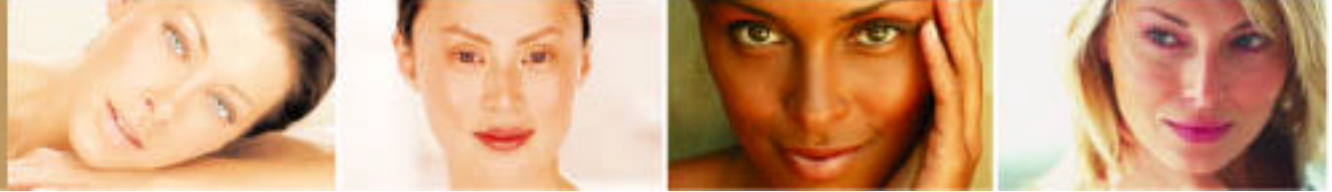




THE FUTURE OF
NUTRITION IN SKIN CARE

TRAINING MODULE

 NU SKIN®



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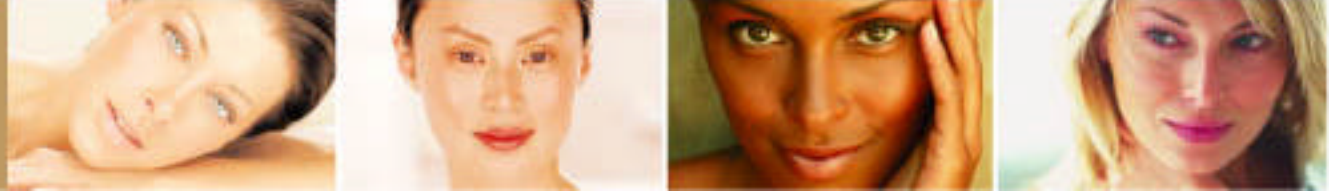
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Nutricentials™ “Nutrition from the outside in”

What makes skin beautiful? Along with genetics and the environment, dermatologists believe essential nutrients found in certain foods contribute to healthy and radiant skin.

Introducing Nu Skin Daily Skin Care fortified with Nutricentials™ - topically applied nutrient building blocks, proven by research to naturally enhance and reveal the healthy appearance of your skin. These essential nutrients in Nu Skin’s formulas are even more effective because they are applied directly to your skin in their most concentrated and purest form. Use Nu Skin Daily Skin Care with Nutricentials™ to nourish and enhance your skin with the essential nutrients that keep women around the world looking beautiful.



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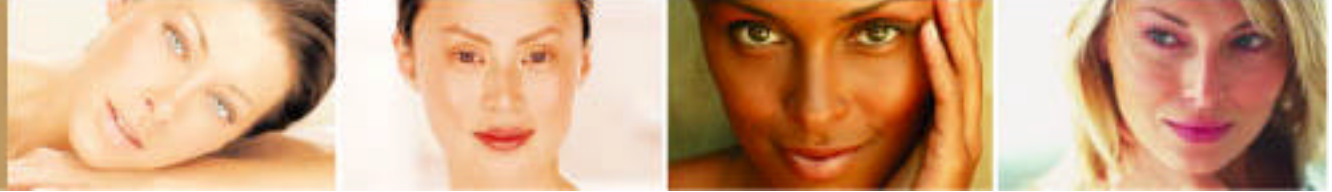
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The Science of Nutricentials™

Around the world, beautiful skin is beautiful in different ways. Of course genetics and environment play a key role in the health and appearance of the skin, but nutrition is also significant. When a diet is particularly rich in a skin-beneficial nutrient, certain skin attributes are observed.

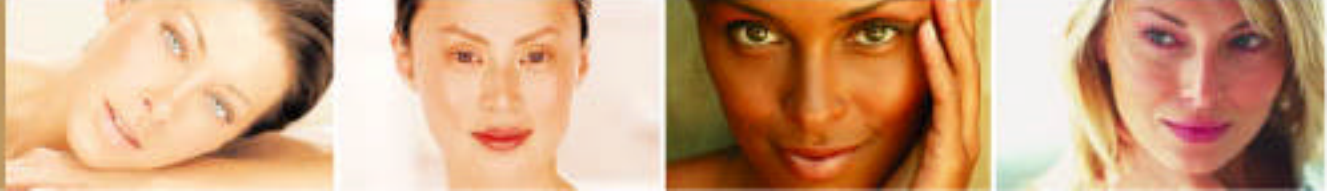
Many of the latest advancements in skin care have evolved from the science of nutrition. After all, the skin is an organ – the largest and most visible of the body and, unfortunately, one that weakens with age. Nutrients that are beneficial in protecting internal organs affected by age are also beneficial to our skin. [\[more\]](#)



By identifying those nutrients that are beneficial to the skin and those that are even more beneficial when applied topically, Nu Skin has developed a daily skin care regimen that brings the advantage of skin-beneficial nutrients from around the world.

Our Nutricentials™-inspired line brings higher order benefits to the skin care products we use every day. Topically applied nutrient building blocks enhance and reveal the healthy appearance of your skin. This is the science of Nutricentials™.

As a result of this unique philosophy, Nu Skin is uniquely positioned to be the leader in nutritionally-enhanced skin care because we have the advantage of advanced nutritional science that is derived from our sister company, Pharmanex. [\[more\]](#)



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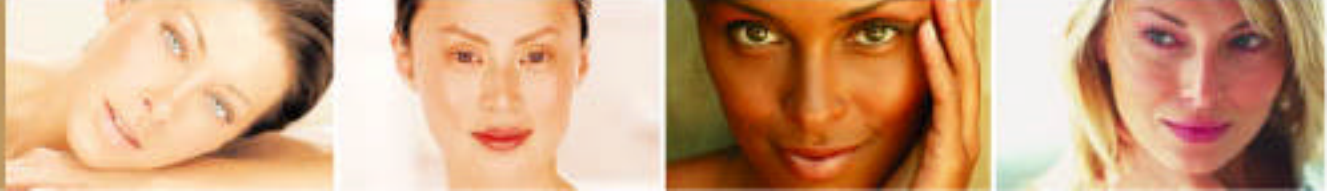
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Nu Skin offers a complete daily skin care regimen specially formulated to address the needs of various skin types. Products fortified with Nutricentials™ include:

- CLEANSE • Innovative cleansers that remove impurities and protect the skin's moisture barrier
- TONE • Toners designed to tighten and diminish the appearance of pores so skin appears soft and smooth [\[more\]](#)



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- NOURISH • A nourishing treatment high in antioxidants to protect the skin from environmental stress.
- PROTECT • High-performance protective lotions that hydrate, protect, and promote vibrant, healthy-looking skin
- HYDRATE • A special night-time moisturizer that fortifies cell membranes, restoring flexibility and resilience to skin cells

Now all your daily skin care needs can be met by
Nu Skin's daily skin care regimen enriched with Nutricentials™.



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- Creamy Cleansing Lotion
- Pure Cleansing Gel
- pH Balance Toner
- pH Balance Mattefying Toner
- Celltrex[®] Ultra Recovery Fluid
- Moisture Restore[™] Day Protective Lotion SPF 15 (Normal to Dry)
- Moisture Restore[™] Day Protective Lotion SPF 15 (Combination to Oily)
- Night Supply[™] Nourishing Cream



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 **nutricentials.**

Creamy Cleansing Lotion

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Creamy Cleansing Lotion

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- Order # 01 110310
- Packaging 150 ml. (5 oz.) bottle
- Suggested Purchase Price \$14





Creamy Cleansing Lotion

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- Soy lipids replenish the skin's protective barrier each time you cleanse
- Meadowfoam seed oil hydrates and softens the complexion
- Mugwort, licorice, and algae extracts soothe and comfort delicate skin
- Gentle, soap-free cleansers remove skin impurities
- Leaves skin feeling soft, smooth, and comfortable
- Mild formula is compatible with normal, dry, and sensitive skin.

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Women of Asia and Polynesia have a secret to keeping their skin looking and feeling soft and supple: nourishing soy found in their diets. Nu Skin brings the skin-nurturing benefits of soy to this gentle, soap-free cleanser. Lipids found in soy are similar to those that make up the skin's natural moisture barrier, and when applied topically they support and reinforce this important barrier preventing excess moisture loss.

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Creamy Cleansing Lotion

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Along with soy lipids, Creamy Cleansing Lotion combines other beneficial ingredients to create a cleanser that pampers normal to dry skin. Meadowfoam seed oil adds extra moisture to hydrate and soften the skin, while mugwort, licorice, and algae extracts soothe dry skin. Together these ingredients make Creamy Cleansing Lotion a gentle, effective cleanser for normal to dry skin.

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Label:

Water (Aqua), Caprylic/Capric Triglycerides, Butylene Glycol, Isodecyl Neopentanoate, Glyceryl Stearate, PEG-100 Stearate, Disodium Cocoamphodiacetate, Limnanthes Alba (Meadowfoam) Seed Oil, Glycine Soja (Soybean) Lipids, Dipotassium Glycyrrhizate*, Artemisia Vulgaris (Mugwort) Extract, Laminaria Digitata (Algae) Extract, Glycerin, Carbomer, Stearyl Alcohol, Triethanolamine, Tetrasodium EDTA, Fragrance (Parfum), Phenoxyethanol, Chlorphenesin, Methylparaben.

*Licorice Extract

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Q. How does Creamy Cleansing Lotion differ from Cleansing Lotion?

A. Creamy Cleansing Lotion has the benefits of soy lipids to provide extra nourishment for dry skin while providing gentle, moisturizing cleansing.

Q. What skin type should use Creamy Cleansing Lotion?

A. Creamy Cleansing Lotion is specifically formulated for those with normal to dry skin, but any skin type requiring a gentle, moisturizing cleanser will benefit from Creamy Cleansing Lotion. [\[more\]](#)



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Q. I've noticed that Creamy Cleansing Lotion doesn't lather. How can it clean my skin without lathering?

A. People often associate lather with cleansing, but lather isn't the only thing that gets your skin clean. Nu Skin's Creamy Cleansing Lotion features several gentle cleansing agents to remove dirt, impurities, and pollution from the skin without creating much lather.

Q. How is Creamy Cleansing Lotion removed?

A. Creamy Cleansing Lotion can be easily rinsed, tissueed, or wiped off with a cotton pad. [\[more\]](#)



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Q. Will Creamy Cleansing Lotion remove my makeup?

A. Creamy Cleansing Lotion gently and effectively cleans the skin and removes makeup. For tough eye makeup, however, you may prefer using Nu Skin Eye Makeup Remover as it is specifically formulated to remove even the most difficult makeup without pulling or tugging.

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pH Balance
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- Order # 01 110309
- Packaging 150 ml. (5 oz.) bottle
- Suggested Purchase Price \$14





Pure Cleansing Gel

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- Papain enzyme dissolves pore-blocking debris to help clean and refine skin
- Extracts of lemon, geranium, and fennel help balance oil levels
- Sage, marigold, and elder flower provide skin cleansing properties
- Chamomile and cornflower extracts soothe and calm skin
- Soap-free, foaming gel formula thoroughly removes dirt, oil, and makeup without stripping essential moisture
- Controls excess sebum, helping to reduce shine throughout the day
- Refreshing citrus scent

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Nutrient-rich tropical papaya in the diets of Venezuelan women helps them maintain a radiant complexion. Nu Skin brings to Pure Cleansing Gel the benefits of papaya- featuring an enzyme from papaya called papain. Papain is a proteolytic enzyme, meaning it dissolves proteins. In the body proteolytic enzymes act as trash collectors, removing dead, broken-down proteins. On the skin papain helps free pores of excess oil, dead skin cells, makeup and pollution, clearing the way for refined, healthier looking skin.

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Pure Cleansing Gel

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Label:

Water (Aqua), Ammonium Lauryl Sulfate, Lauryl Betaine, Sodium Lauroyl Sarcosinate, Glycerin, PEG-120 Methyl Glucose Dioleate, Papain*, Citrus Medica Limonum (Lemon) Fruit Extract, Foeniculum Vulgare (Fennel) Fruit Extract, Anthenis Nobilis Flower Extract, Calendula Officinalis Flower Extract, Centaurea Cyanis Flower Extract, Chamomilla Recutita (Matricaria) Flower Extract, Geranium Maculatum Extract, Hypericum Perforatum Extract, Salvia Officinalis (Sage) Leaf Extract, Sambucus Nigra Flower Extract, Tilia Cordata Flower Extract, Carbomer, Butylene Glycol, PVP, Sodium Chloride, Fragrance (Parfum), Tetrasodium EDTA, Benzoic Acid, Phenoxyethanol, Chlorphenesin, Methylparaben.

*Papaya Enzyme

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Q. How does Pure Cleansing Gel differ from Cleansing Gel?

A. Pure Cleansing Gel has the additional benefits of papain (papaya enzyme) to help remove oil, dead skin cells, makeup, and pollution from pores for even cleaner skin.

Q. What Skin type should use Pure Cleansing Gel?

A. Pure Cleansing Gel is an excellent cleanser for combination to oily skin. [\[more\]](#)



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Q. Will Pure Cleansing Gel remove my makeup?

A. Pure Cleansing Gel uses the strength of papain to dissolve pore-blocking debris and effectively remove makeup. For eye makeup that is difficult to remove, however, you may prefer using Nu Skin Eye Makeup Remover as it is specifically formulated to remove even the toughest makeup without pulling or tugging.

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 **nutricentials.**

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Toner**

pH Balance
Mattefying Toner

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- Packaging 150 ml. (5 oz.) bottle
- Suggested Purchase Price \$10





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- Polyphenol-rich strawberry extract helps refine the complexion and diminish the appearance of pores
- Humectants sodium PCA and hyaluronic acid draw moisture to the skin
- Algae extracts soothe the skin
- Camphor cools and freshens the complexion
- Helps restore skin to its optimal pH level, allowing moisturizers to work more effectively
- Formulated without alcohol, which can overstimulate oil production

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Just as a diet rich in nourishing berries helps Scandinavian women maintain flawlessly smooth skin and almost invisible pores, pH Balance Toner contains strawberry extract to help your skin look smooth and radiant. Rich in vitamin C, strawberry extract can help increase the brilliance of your complexion when applied externally. Strawberries also contain arginine, magnesium, and polyphenols-powerful antioxidants that help soothe the skin. These components help diminish the appearance of pores so skin appears refined and refreshed. The alcohol-free formula helps return your complexion to its ideal pH, priming skin for hydration and nourishment.



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Label:

Water (Aqua), Aloe Barbadensis, Hamamelis Virginiana (Witch Hazel) Distillate, Glycerin, Butylene Glycol, Fragaria Vesca (Strawberry) Fruit, Camphor, Fucus Vesiculosus Extract, Gellidiela Acerosa (Algae) Extract, Hypnea Musciformis Extract, Sargassum Filipendula (Algae) Extract, Hyaluronic Acid, Sodium PCA, Royal Jelly, Sorbitol, Citric Acid, Triethanolamine, Disodium EDTA, Phenoxyethanol, Methylparaben, Caramel.



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Q. What is the difference between this pH Balance Toner and the original?

A. The new pH Balance Toner with Nutricentials™ features a formula rich in strawberry, sea kelp, and aloe. It is designed especially for normal to dry skin types and has even more moisturizing properties than the original.

Q. Is this toner alcohol-free?

A. Yes, pH Balance Toner is free of harsh drying alcohols. It uses other ingredients such as Witch Hazel and camphor to tone and cool the skin while soothing with aloe, seaweed, and algae extracts.

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pH Balance Mattefying Toner

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**pH Balance
Mattefying Toner**

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- Packaging 150 ml. (5 oz.) bottle
- Suggested Purchase Price \$10





pH Balance Mattefying Toner

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- Polyphenol-rich strawberry extract helps refine the complexion
- Bi-phase formula instantly reduces shine and helps control oil
- Silica and boron nitride mineral powder reduce shine
- St. John's Wort (*Hypericum perforatum*) refreshes skin
- Helps restore skin to its optimal pH level, allowing moisturizers to work more effectively
- Formulated without alcohol, which can overstimulate oil production



pH Balance Mattefying Toner

Along with strawberry extract, pH Balance Mattefying Toner also features silica and boron nitride to control the oil that plagues combination to oily skin. These mineral powders are suspended in a unique bi-phase formula to give an instant matte finish and control shine. pH Balance Mattefying Toner also contains St. John's Wort to refresh the skin while its alcohol-free formula returns your skin to its ideal pH, priming skin for hydration and nourishment.

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Label:

Water (Aqua), Hamamelis Virginiana (Witch Hazel) Distillate, Butylene Glycol, Fragaria Vesca (Strawberry) Fruit, Foeniculum Vulgare (Fennel) Fruit Extract, Copper PCA, Silica, Boron Nitride, Hypericum Perforatum Extract, Anthemis Nobilis Flower Extract, Calendula Officinalis Flower Extract, Centaurea Cyanus Flower Extract, Chamomilla Recutita (Matricaria) Flower Extract, Tilia Cordata Flower Extract, Glycerin, PEG-40 Hydrogenated Castor Oil, Fragrance (Parfum), Tetrasodium EDTA, Benzoic Acid, Phenoxyethanol, Chlorphenesin, Methylparaben, Ethylparaben.



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Q. What gives pH Balance Mattefying Toner its blue color?

A. Copper PCA gives pH Balance Mattefying Toner its unique blue color. Copper PCA is a humectant similar to NaPCA, but the copper gives it a blue tint.

Q. What is bi-phase suspension and how does it work?

A. Bi-phase suspension refers to the combination of two different states of matter together, such as a liquid and a powder. In pH Balance Mattefying Toner the bi-phase technology suspends oil-absorbing mineral powder to give an instant matte finish and control shine.

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 **nutricentials.**

Celltrex[®] Ultra

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- Order # 01 102700
- Packaging 15 ml. (.5 fl.oz.) dispensing bottle
- Suggested Purchase Price \$33

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- Provides daily antioxidant protection to maintain the beauty of your skin with patented hydroxytyrosol
- Hydroxytyrosol is known for its life-nurturing benefits for healthy-looking skin
- Keeps skin looking supple, firm, and healthy
- Lightweight serum is quickly absorbed into skin
- Light, aromatic scent from orange and lavender plant extracts
- Safety-allergy-dermatologist tested



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Look to the Mediterranean for the secret of beautiful skin. Long-recognized as a source of health for the body, olive oil is now being used in skin care preparations to combat cellular oxidation. Celltrex® Ultra Recovery Fluid contains extra virgin olive oil with elevated levels of the polyphenol hydroxytyrosol?the most powerful antioxidant component that protects cells by scavenging skin-aging free radicals - to create a younger appearance. [\[more\]](#)



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Dermatologists understand that cellular oxidation is a source of skin aging. Daily exposure to the environment unleashes a cascade of free radicals in the body. Science shows that a specific component, hydroxytyrosol, found in extra virgin olive oil can be effective in relieving oxidative stress on cells.

Just a few drops of Celltrex® Ultra every morning and night keeps your skin looking supple, firm, and healthy.



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Label:

Water, Glycerin, Sorbitol, Guar Hydroxypropyltrimonium Chloride, Ethoxydiglycol, Olea Europaea (Olive) Fruit Oil*, PEG-60 Hydrogenated Castor Oil, Tocopheryl Acetate, Retinyl Palmitate, Citrus Aurantium Dulcis (Orange) Oil, Lavendula Angustifolia (Lavender) Oil, Anthemis Nobilis Flower Oil, Isoceteth-20, Oleth-10, Sodium Hydroxide, Citric Acid, Sodium Chloride, Disodium EDTA, Methylparaben, Ethylparaben, Propylparaben.

*Extra virgin olive oil with concentrated Hydroxytyrosol



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Q. How does Celltrex[®] Ultra differ from Celltrex[®] ?

A. Celltrex[®] Ultra moisturizes and provides maximum antioxidant benefits while Celltrex[®] is primarily a moisturizing serum.

Q. Does Celltrex[®] Ultra contain Avian Collagen?

A. No. Celltrex[®] Ultra combines several beneficial ingredients with hydroxytyrosol from extra virgin olive oil into a light serum that smoothes and moisturizes the skin. [\[more\]](#)



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Q. Do I need to use both Celltrex® Ultra and Celltrex® ?

A. It is not necessary to use both, as these products have many similar properties. Celltrex® Ultra however, is a new formula that offers additional benefits such as polyphenol antioxidant protection.

Q. Why do we use extra virgin olive oil?

A. Extra virgin olive oil is the oil extracted from the first pressing of ripe olives, and is considered to be the highest quality olive oil.

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Moisture Restore™ Day

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- **Order Number**
Normal to Dry #01 102703
Combination to Oily #01 102702
- **Packaging 50 ml. (1.7 fl. oz.) bottle**
- **Suggested Purchase Price \$30**



Moisture Restore™ Day

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- Features unique colorless form of carotenoids that provides all the benefits without coloring the skin
- Colorless carotenoids increase skin's natural resistance to environmental exposure through natural antioxidant protection
- SPF 15 guards against UVA and UVB exposure
- Replenishes essential moisture without blocking pores
- Promotes vibrant, healthy-looking skin with consistent daily use
- Safety-allergy-dermatologist tested



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Moisture Restore™ Day Protective Lotion is the first skin care product to utilize a unique antioxidant - colorless carotenoids. Carotenoids are antioxidants that make carrots orange, tomatoes red, and squash yellow. These powerful antioxidants are produced by plants to help protect them from environmental stresses. When humans ingest or apply these compounds, the skin's natural resistance to the environment is enhanced. [\[more\]](#)



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Carotenoids that are non-colorless can be problematic when applied topically. When obtained from brightly colored vegetables, carotenoids can color and stain our skin. Nu Skin has discovered unique colorless carotenoids that provide all the antioxidant protection of colored carotenoids without discoloring the skin. [\[more\]](#)



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Nu Skin's colorless carotenoids come from an algae living in the waters of Israel. Israel is at a high altitude where UV rays are intense, and these plants which are exposed to sunlight all day produce chlorophyll. However, the plants growing at a greater depth in the water are not exposed; therefore their chlorophyll is not activated and the plant is colorless. This algae is rich in beneficial carotenoids that enhance the skin's natural resistance to the environment.

[\[more\]](#)



Moisture Restore™ Day (N to D)

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Moisture Restore™ Day Protective Lotions not only contain colorless carotenoids but these carotenoids have also been carefully formulated to work with many different skin types. Moisture Restore™ Day Protective Lotion Normal to Dry formula provides added UVA/UVB protection and extra hydration with meadowfoam seed oil, shea butter, and evening primrose oil. [\[more\]](#)



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**Moisture Restore™ Day Protective Lotion
Combination to Oily formula is lightweight and
perfect for oily skin. It contains micronized
zinc oxide, a sunscreen agent that not only
protects the skin from damaging UV rays, but
also helps minimize shine.**



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Normal to Dry Formula Essential Ingredients:

- **Colorless carotenoids** provide powerful antioxidant protection against the environment
- **Parsol 1789** shields aging UVA damage
- **Shea butter, evening primrose oil, and meadowfoam seed oil** provide rich emollients to enhance the skin's natural barrier function and increase hydration levels
- A blend of flower extracts including **chamomile, cornflower, and matricaria** soothes the skin [\[more\]](#)



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Combination to Oily Formula Essential Ingredients:

- **Colorless carotenoids** provide powerful antioxidant protection against the environment
- **Micronized zinc oxide** shields aging UVA and UVB damage, while minimizing shine
- **Tocopheryl acetate**, a pure form of vitamin E, helps promote healthy-looking skin
- A blend of flower extracts including **chamomile, cornflower, and matricaria** soothes the skin [\[more\]](#)



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Normal to Dry Label

Active Ingredients: Ethylhexyl Methoxycinnamate, Butyl Methoxydibenzoylmethane (Parsol 1789).

Other Ingredients: Water, Octyldodecyl Neopentanoate, Glycerin, Cyclomethicone, Cetyl Alcohol, Algae Extract*, Butyrosperum Parkii (Shea Butter) Extract, Oenothera Biennis (Evening Primrose) Oil, Tocopheryl Acetate, Calendula Officinalis Flower Extract, Anthemis Nobilis Flower Extract, Tilia Cordata Flower Extract, Centaurea Cyanus Flower Extract, Chamomilla Recutita (Matricaria) Flower Extract, Hypericum Perforatum Extract, Limnanthes Alba (Meadowfoam) Seed Oil, Allantoin, Hydrogenated Lecithin, Dimethicone, Butylene Glycol, Polyacrylamide, Laureth-7, Ceteth-20, Steareth-20, Tetrasodium EDTA, Myristyl Myristate, C13-14 Isoparaffin, Phenoxyethanol, Chlorphenesin, Propylparaben, Methylparaben, Benzoic Acid, Fragrance. [\[more\]](#)

*Colorless Carotenoid



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Combination to Oily Label

Active Ingredients: Ethylhexyl Methoxycinnamate, Zinc Oxide

Other Ingredients: Water, Octyldodecyl Neopentanoate, Glycerin, Cyclomethicone, Glyceryl Stearate, PEG-100 Stearate, Cetyl Alcohol, Algae Extract*, Tocopheryl Acetate, Calendula Officinalis Flower Extract, Anthemis Nobilis Flower Extract, Tilia Cordata Flower Extract, Centaurea Cyanus Flower Extract, Chamomilla Recutita (Matricaria) Flower Extract, Centaurea Cyanus Flower Extract, Hypericum Perforatum Extract, Allantoin, Hydrogenated Lecithin, Dimethicone, Butylene Glycol, Polyacrylamide, Laureth-7, Disodium EDTA, Myristyl Myristate, C13-14 Isoparaffin, Phenoxyethanol, Chlorphenesin, Propylparaben, Methylparaben, Benzoic Acid, Fragrance.

*Colorless Carotenoid



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Q. What are colorless carotenoids (the Nutricentials™ ingredient in Moisture Restore™ Day Lotions)?

A. Carotenoids are naturally produced in certain fruits and vegetables (such as tomatoes and carrots), usually giving a red, orange, or yellow color. While they are an excellent source of nutrition for the body, having excellent antioxidant properties, until now their intense color has made them impractical for use in skin care. Nu Skin has located a plant source from the waters of Israel that produces a colorless carotenoid.

Most carotenoids are sensitive to light and air, but this colorless carotenoid is found to be much more stable to oxidation than other carotenoids. Colorless carotenoid in Moisture Restore™ Day helps build the skin's natural resistance to the environment. [\[more\]](#)



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Q. How do I determine which formula to use?

A. To decide which formula to use, determine your skin type. Nu Skin has produced a new sales aid called the “Individualized Daily Skin Care Guide,” which is designed to help you determine your clients’ skin type and recommend the best products based on their needs. Six basic questions about the way your skin looks and feels three hours after cleansing will help you determine if you have normal, dry, combination, or oily skin. (see [skin chart](#))

Q. Can I use Moisture Restore™ Day at night?

A. This product is specifically formulated for daytime use. We recommend you use one of the many other moisturizers offered by Nu Skin as a nighttime moisturizer.

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Night Supply™ Nourishing Cream

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Creamy Cleansing
Lotion

Pure Cleansing
Gel

pH Balance
Toner

pH Balance
Mattefying Toner

Celltrex® Ultra

Moisture Restore™
Day (N-D)

Moisture Restore™
Day (C-O)

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- Order # 01 102705
- Packaging 50 ml. (1.7 fl. oz.) jar
- Suggested Purchase Price \$35





Night Supply™ Nourishing Cream

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- Patented phosphatidylcholine helps restore flexibility and resilience to cell membranes promoting smoother, softer skin
- Naturally derived emollients, including squalance, evening primrose oil, and shea butter, enhance moisture retention
- Herbal extracts of chamomile, calendula, and matricaria comfort and soothe skin
- Advanced formula provides thorough hydration without the heavy, greasy feel of typical overnight creams
- Unique creamy texture feels light and silky on the skin



Night Supply™ Nourishing Cream

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Optimize your skin's repair process at night. Night Supply™ Nourishing Cream boosts the skin's nighttime renewal process by restoring flexibility and resilience to the skin. During sleep, your body naturally undergoes cellular maintenance. With age, however, skin cell membranes - the outer walls that keep cells intact and fluid - become rigid, losing their natural plasticity and plumpness. This results in dry, fine lines on the skin's surface. Night Supply™ Nourishing Cream contains patented phosphatidylcholine to fortify cell membranes. A source of nourishment to the people of Asia and Polynesia, this unique soy ingredient helps strengthen and repair the skin's natural protective barrier. With Night Supply™ Nourishing Cream you wake up to noticeably soft, youthful looking skin. [\[more\]](#)



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Phosphatidylcholine is a type of phospholipid. To understand its role more visually consider the following analogy:

Imagine a wall of bricks. Each brick represents a phospholipid. All those “bricks” when grouped together make a “brick wall” of phospholipids, which we call the cell plasma membrane. Just as a brick wall begins to deteriorate over time with exposure to the environment, your cell plasma membrane deteriorates with daily exposure to pollution, UV light, and other environmental factors. Applied topically, phosphatidylcholine can help maintain the integrity of the cell membrane keeping your skin looking youthful, soft, and healthy.



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Label:

Water (Aqua), Caprylic/Capric Triglyceride, Cyclomethicone, Cetyl Alcohol, Glycerin, Macadamia Ternifolia Seed Oil, Glyceryl Stearate, Squalane, PEG-75 Stearate, Phosphatidylcholine, Oenothera Biennis (Evening Primrose) Oil, Butyrospermum Parkii (Shea Butter) Extract, Anthemis Nobilis Flower Extract, Calendula Officinalis Flower Extract, Tilia Cordata Flower Extract, Centaurea Cyanus Flower Extract, Chamomilla Recutita (Matricaria) Flower Extract, Hypericum Perforatum Extract, Limnanthes Alba (Meadowfoam) Seed Oil, Hydrogenated Lecithin, Tocopheryl Acetate, Dimethicone, Butylene Glycol, Polyacrylamide, Ceteth-20, Steareth-20, C13-14 Isoparaffin, Laureth-7, Myristyl Myristate, Neopentyl Glycol Diheptanoate, Fragrance (Parfum), Tetrasodium EDTA, Phenoxyethanol, Methylparaben, Isopropylparaben, Isobutylparaben, Butylparaben, Chlorphenesin.

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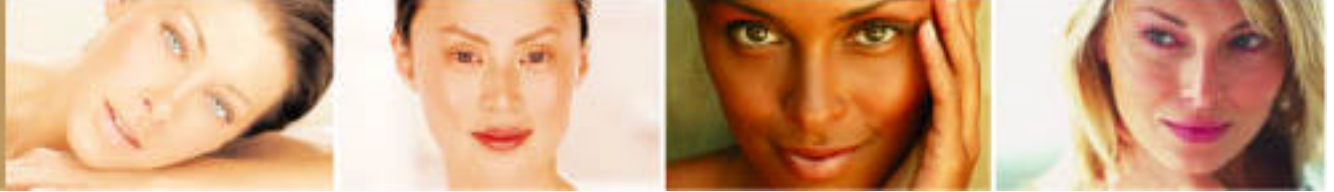
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Q. What skin types should use Night Supply™ Nourishing Cream?

A. Those with normal to dry skin will benefit the most from Night Supply™ Nourishing Cream's rich hydrating formula.

Q. I have combination to oily skin. What should I do?

A. Next spring, Nu Skin plans to launch a Night Supply™ Nourishing Lotion made especially for combination to oily skin types. It will feature the same benefits of phosphatidylcholine but in a format more appropriate for your skin type.



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Click on the following sales aids for additional information. [\[more\]](#)



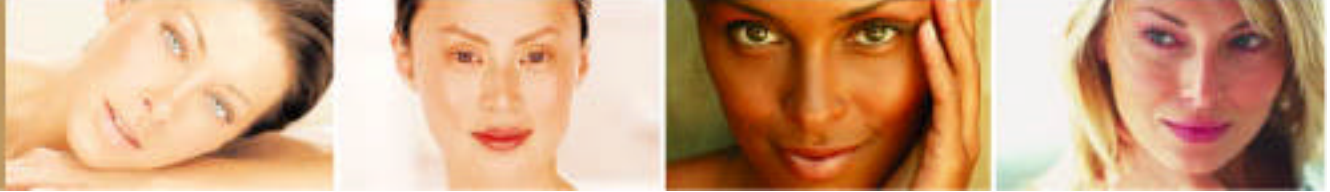
• **Nutricentials™ Magazine**



• **Individualized Daily Skin Care Guide**



• **“Essentials on Oils” Letter**



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Click on the following marketing briefs for additional information.



• Creamy Cleansing Lotion



• Pure Cleansing Gel



• pH Balance Toner



• pH Balance Mattefying Toner



• Celltrex[®] Ultra



• Moisture Restore[™] Day SPF 15 Normal/Dry



• Moisture Restore[™] Day SPF 15 Comb/Oily



• Night Supply[™] Nourishing Cream



Individualized Daily Skin Care Guide

This chart is not all-inclusive. For help determining how other products fit into your personal skin care regimen, please visit www.nuskinusa.com or contact productspecialist@nuskin.com.

Use this chart to identify your skin type:

Put a check in the appropriate column to the right based on your answers to the following questions.		Dry	Normal	Combo.	Oily
Three hours after cleansing...	Put a check in the appropriate column to the right based on your answers to the following questions.				
...do you notice any oiliness?	<input type="radio"/> Never <input type="radio"/> Seldom <input type="radio"/> Most of the time <input type="radio"/> Always				
If so, where?	<input type="radio"/> Mostly in T-zone <input type="radio"/> All over				
...how does your skin look?	<input type="radio"/> Flaky, parched <input type="radio"/> Slightly dry, pores not visible <input type="radio"/> Shiny, visible pores in T-zone <input type="radio"/> Oily, noticeable pores				
...how does your skin feel?	<input type="radio"/> Tight <input type="radio"/> Comfortable to slightly dry <input type="radio"/> Oily in T-zone, slightly dry on cheeks <input type="radio"/> Oily				

The column containing the most checks indicates your skin type. See chart below for recommended products designed to meet your skin care needs.

Daily Skin Health Maintenance	Dry to Normal Skin	Combination to Oily Skin
Cleanse	Facial Cleansing Bar or Creamy Cleansing Lotion 	Facial Cleansing Bar or Pure Cleansing Gel 
Tone	pH Balance Toner 	pH Balance Mattefying Toner 
Nourish	Celltrex® Ultra Recovery Fluid 	Celltrex® Ultra Recovery Fluid 
Hydrate—a.m.	Moisture Restore™ Day Protective Lotion SPF 15  Normal to Dry Skin	Moisture Restore™ Day Protective Lotion SPF 15  Combination to Oily Skin
Hydrate—p.m.	Night Supply™ Nourishing Cream 	Night Supply™ Nourishing Lotion (coming summer 2002) 
Hydrate—eyes	Intensive Eye Complex	Intensive Eye Complex

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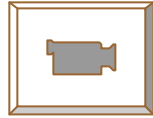
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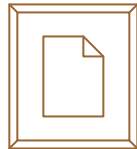
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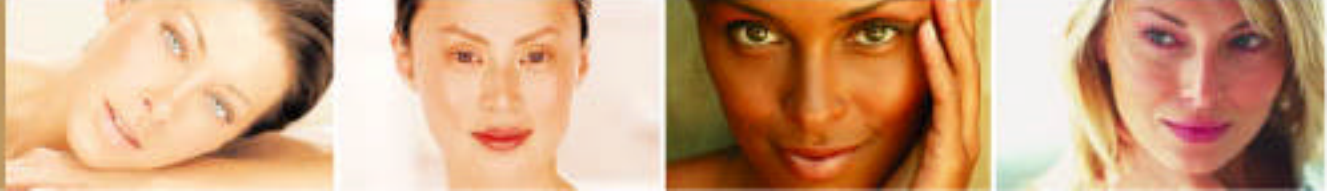
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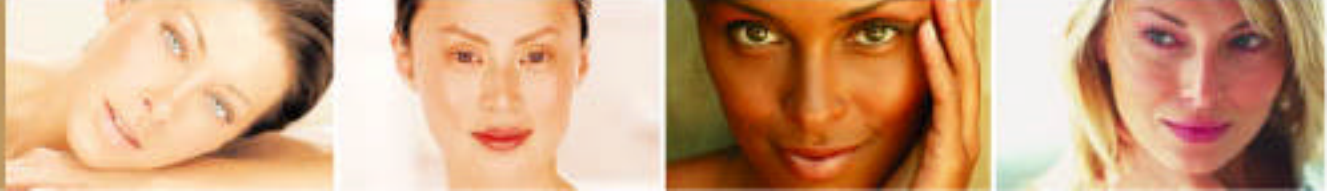
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- **Antioxidants:** Compounds that can donate an electron to neutralize free radicals and their damaging effects.
- **Carotenoids:** Potent antioxidants and pigments that give red, orange, or yellow color to plants.
- **Emollient:** A compound that helps maintain the soft, smooth and pliable appearance of skin. Emollients work with the skin's surface, or the stratum corneum, to reduce flaking and to improve the skin's appearance.
- **Free Radical:** Unstable molecules which 'steal' an electron from neighboring molecules causing a chain reaction. Free radicals are highly unstable and can damage cells, accelerating the signs of aging. [\[more\]](#)



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- **Humectant:** Increases the water content of the top layers of skin. Humectants are also employed to retard moisture loss from product during use and storage.
- **Hydroxytyrosol:** A free radical-scavenging polyphenol found in extra virgin olive oil.
- **Polyphenols:** Found in many plants, polyphenols are naturally occurring substances that act as potent antioxidants
- **Skin's Moisture Barrier:** One of the main functions of the skin is to prevent water loss. Fatty acids like those found naturally in the skin enhance the skin's ability to minimize water loss.