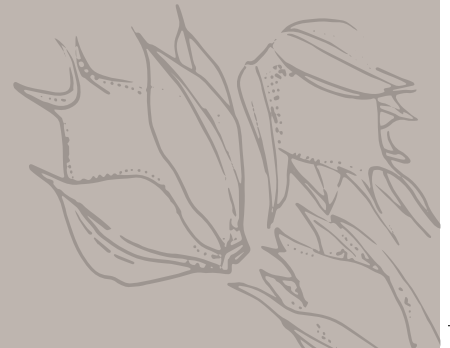


**[ comfort zone ]**

TRANQUILLITY™

time for me

LIFESTYLE  
AND SKIN CARE  
GUIDE





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- WHAT IS STRESS? our number one enemy
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## WHAT IS STRESS? OUR NUMBER ONE ENEMY

Over the last few decades, the word “stress” has become a part of our everyday language. It is the top psychological concern in today’s modern world, according to recent medical studies, and it is also the biggest danger to our health.

Stress is the body’s instinctive fight or flight response to various types of external triggers, when we are feeling threatened or overwhelmed.

While we all function with varying degrees of stressors on a daily basis, when the triggers are constant or excessive, stress can become chronic, leading to anxiety, insomnia and physical ailments. It is not uncommon to suffer from any or all of these, making it difficult to function normally in society.

### DID YOU KNOW?

The word “stress” was first used in physics, indicating how much tension a material can support before arriving at its breaking point, in other words, its level of resistance!



## WHERE DOES STRESS COME FROM? THE PRIMARY CAUSES

Sometimes when we feel stressed we don’t understand why. More often than not, it’s related to a series of events, not only from one source.

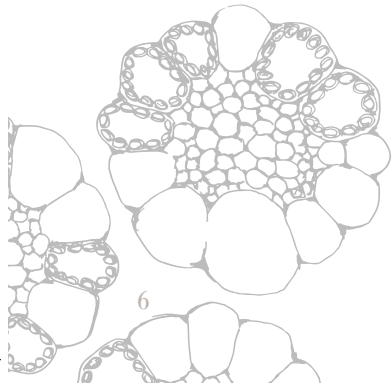
- > **NEGATIVE THOUGHTS:** Stress thrives when we focus only on the negative aspects of our lives. Assuming a positive outlook can have a healing effect.
- > **WORK:** Keeping a hectic professional pace, juggling responsibilities and managing sometimes difficult professional relationships is a common source of stress.
- > **HYPER-CONNECTIVITY:** The ever-connectedness of today’s world and overwhelming technological stimulus make it very difficult to disconnect and be centered.
- > **LOVE:** Although love can bring us much joy and happiness, if it is unhealthy it can open us up to great vulnerabilities and cause erratic behaviors.
- > **LONELINESS:** The absence of significant human interactions in our lives can be painfully stressful for some people.
- > **TOXIC PEOPLE:** Eliminating toxic people with negative attitudes from our lives saves us from undue stress.
- > **NOISE STRESS:** Growing more prevalent, withstanding noisy environments for extended periods can trigger stress.



## SELF-DIAGNOSIS ARE YOU STRESSED?

Our personal baggage, life experience and inherent personality types determine how each of us responds to stress, often in different ways. For example, one person could view gaining more responsibility in his personal or professional life as a positive, whereas another could become distressed, assuming a completely different outlook.

Stress can manifest itself in different ways, and it is useful to know these ways and recognize them.



### PHYSICAL STRESS

- constant fatigue
- irregular and disturbed sleep
- frequent migraines
- erratic breathing
- muscular tension, especially in the neck and shoulders
- cramps
- hunger attacks with preferences for sweets or carbohydrates
- digestive disturbances
- dull complexion, skin sensitivity

### MENTAL STRESS

- difficulty in concentrating
- frequent memory loss
- lack of motivation
- inability to see positive solutions
- depression



## SELF-DIAGNOSIS ARE YOU STRESSED?

### EMOTIONAL STRESS

- nervousness and hyperactivity
- bouts of anger
- very self-critical
- sexual problems

### SOCIAL STRESS

- self-isolation
- difficulty in relating to others
- playing the victim

Although stress affects different aspects of us, left untreated, it can loom larger and negatively influence other areas of our lives.

If you experience different types of stress that last for longer than a month, your stress level may be critically high, signaling the urgent need to take better care of yourself.





## TRANQUILLITY™ AROMATIC NOURISHING SYSTEM

When the frenzy of every day life, stress and lack of sleep take their toll on your mood and affect your vitality and beauty, it's time for TRANQUILLITY™.

This aromatic nourishing bath and body system contains an exclusive blend of essential oils that help you manage stress and rediscover a sense of profound tranquility and wellbeing.

FREE FROM SILICONES, PARABENS, MINERAL OILS and SLES, up to 96% NATURAL-ORIGIN INGREDIENTS.

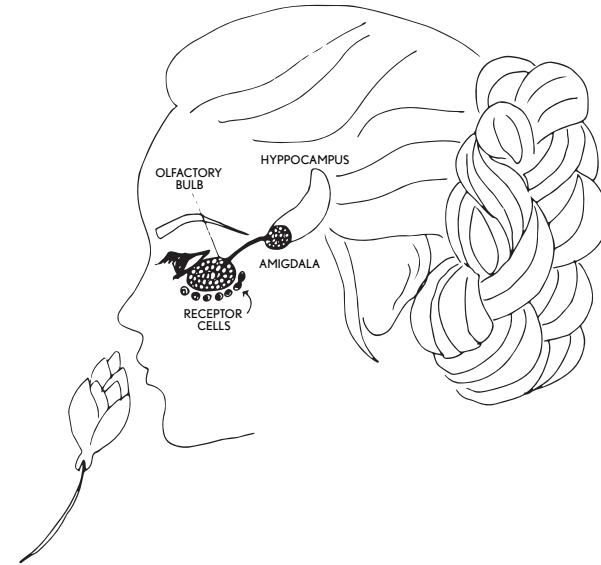
The SILKY-TOUCH texture leaves the skin velvety soft and pleasantly scented.  
An absolute wellbeing experience for your mind and body.

## THE SENSES TO REBALANCE FOR MIND AND BODY WELLBEING

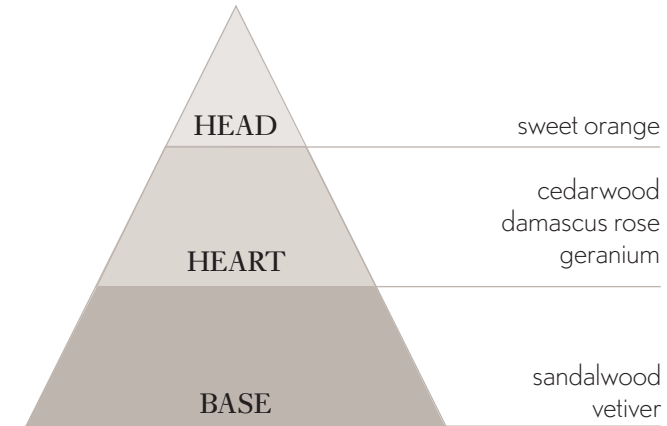
Smell connects our outside world and inside emotions. Once stimulated, it is a powerful conduit in rendering the mind and body both ready and open for a relaxing rebalancing experience.

### ESSENTIAL OILS

Essential oils, products of a plant's metabolism, are found in their leaves, resins, branches, wood, flowers, roots and in peels of fruits. They are considered the "soul" or the "energetic essence" of the plant itself. The use of essential oils promotes a treatment, defined as aromatherapy, which activates the nervous and endocrine systems, the center of our emotional responses, and positively manifests on the skin.



The aromatic notes of Tranquillity™ are captured by the olfactory receptors, directly reaching the limbic system, stimulating a positive emotive response of tranquility and wellbeing.



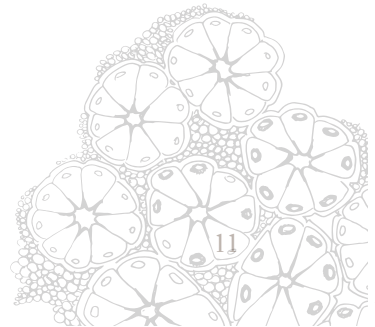
## ACTIVE INGREDIENTS

### EXCLUSIVE BLEND OF ESSENTIAL OILS

Primarily composed of cedarwood and sweet orange essential oils, our exclusive Tranquillity™ blend balances mind and body, contrasting stress and tension, leaving your skin with a delicate, aromatic fragrance.

### AMARANTH OIL

A native Central American plant, amaranth oil was revered by the Aztecs and Incas for its nourishing properties. Rich in squalene and tocotrienols with a high affinity for the skin, it is exceptionally suited to dry skins, hydrating while restoring elasticity and softness.





# THE WELLBEING RITUAL

## BATH & BODY



**BLEND**  
aromatic oil blend

80% natural-origin ingredients  
Blend of relaxing essential oils for use in its pure form or added to body products.

50 ml 1.69 fl. oz. U.S.



**OIL**  
bath and body aromatic nourishing oil

89% natural-origin ingredients  
Versatile texture which transforms from an oil into a milk, to be diluted in water or applied directly to the body.

200 ml 6.76 oz. U.S.



**SHOWER CREAM**  
aromatic shower cream

88% natural-origin ingredients  
Aromatic silkening shower cream. Delicately cleanses without drying the skin.

200 ml 6.76 fl.oz. U.S.



**BODY CREAM**  
aromatic nourishing body cream

87% natural-origin ingredients  
Rich, precious texture suited for massage and ideal for very dry skins.

180 ml 6.27 fl.oz. U.S.



**BODY LOTION**  
aromatic moisturizing body lotion

92% natural-origin ingredients  
Light hydrating and silky texture, ideal for those who love lotions which absorb quickly.

200 ml 6.76 fl.oz. U.S.



**HAND CREAM**  
nourishing protective hand cream

96% natural-origin ingredients  
Light, non-oily texture, ideal for all skins and at any moment.

75 ml 2.53 fl. oz. U.S.



**CANDLE**  
aromatic relaxing candle

Pleasantly perfumed with intense floral notes, sweet orange and cedarwood to bestow a sense of wellbeing. It lasts more than 55 hours.

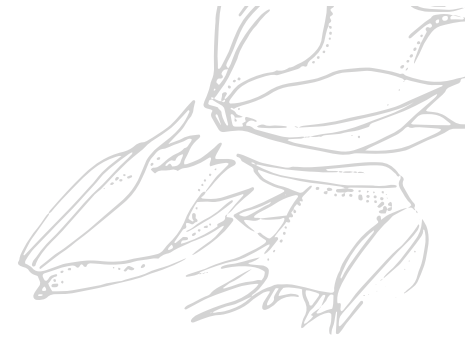
280 gr 9.8 fl.oz. U.S.



**SPRAY**  
ambience spray

Delicate floral fragrance soft and captivating to create a relaxing environment.

200 ml 6.76 fl.oz. U.S.



## BATH & BODY

## AMBIENCE

## OUR PROMISE SCIENCE-BASED CONSCIOUS FORMULAS™

Since skincare products feed and nourish the skin, we are extremely rigorous about what we put into our formulas. We select the finest natural-origin ingredients and oils, the most advanced high-tech molecules and carrier systems.

Every ingredient is consciously chosen to guarantee the maximum efficacy, safety and sensoriality of our products. Silicones have been substituted with oils and butters which provide silkiness and softness and "real active beauty" for the skin.



FREE FROM  
SILICONES, PARABENS,  
MINERAL OILS, ARTIFICIAL COLORS,  
ANIMAL DERIVATIVES



ALL PACKAGING COMPONENTS  
ARE RECYCLABLE



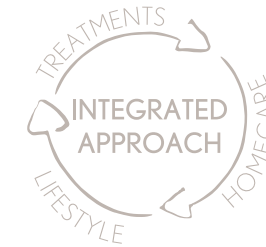
100% PAPER FROM  
RESPONSIBLE SOURCES

made in Italy with competence and care  
produced with electricity from renewable resources



## THE INTEGRATED APPROACH FOR MIND AND BODY WELLBEING

[ comfort zone ] believes in an integrated approach to beauty and wellbeing. With our Scientific Committee, we propose an innovative holistic regime to help you manage life's daily challenges and rediscover a real sense of tranquility and profound relaxation for mind and body.



### TRANQUILLITY™ PRO-SLEEP MASSAGE

Discover our new professional body treatment purposely created to stimulate three different sensorial pathways, olfactive, tactile and hearing, to induce a state of deep rest and a balanced, regenerated mind. The ideal treatment if you suffer from insomnia, troublesome sleep or jet lag.



## COMBAT STRESS TIPS FOR YOUR DAILY ROUTINE

### TRY AROMATHERAPY

Essential oils are a proven way to quell an upcoming wave of stress and redirect your focus. Keep our Tranquillity™ Blend nearby and during moments of stress, apply a few drops to your pulse points and take 3 deep breaths. This relaxes your mind and brings you back to the present moment. When at home prepare a hot bath with a few drops of Tranquillity™ Oil, or create a relaxing ambience with the Tranquillity™ Candle or Spray.

### GET MOVING!

Do anything to get your blood moving and raise your heart rate. Find an activity that works for you, be it running, walking, yoga, pilates, dancing, hiking or whatever else. Enjoying these activities in nature is an added benefit.

### DRINK SUPPORTIVE TEAS

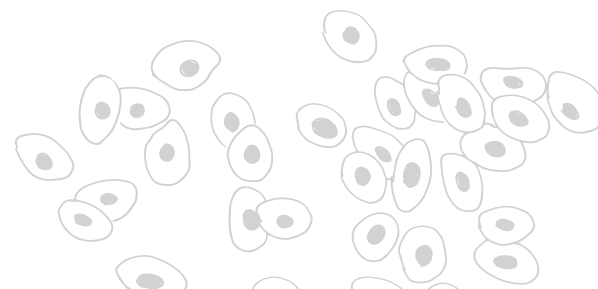
Sipping herbal teas with adaptogenic relaxing properties, such as ginseng, hawthorn, verbena or lemon balm, is recommended to help alleviate fatigue, instill calm into your day and elevate your mood.

### PRACTICE BREATHWORK

Knowing how to control your breath is essential for balancing your body. It is calming and cultivates awareness - key benefits if you struggle with insomnia, hyperactivity, anxiety or depression.

1. Sit in a comfortable position with your back straight. Close your eyes.
2. Place your left hand on your thigh. With the thumb of your right hand, close your right nostril. Exhale through your left nostril and then inhale through your left nostril.
3. With your middle finger of your right hand, close your left nostril and exhale through your right nostril and then inhale through your right nostril.

Continue alternating your nostrils, with 10 repetitions each side. Breathing should be natural, but slower and deeper than usual.



## COMBAT STRESS TIPS FOR YOUR DAILY ROUTINE

### COLOR

To offset stress, relax with one of childhood's most time-honored traditions: coloring. Coloring books especially created for adults are very popular and they develop concentration and offer stress detoxification.

### SELF-MASSAGE AND MEDITATION

At bedtime, try our Tranquillity™ Sound and self-massage that quiets your mind, soothes muscular tensions and promotes tranquil sleep.

Visit [www.comfortzone.it/en/tranquillity-time](http://www.comfortzone.it/en/tranquillity-time) to download the coloring book, the video and the sound.



## NUTRITIONAL ADVICE FOOD TO DE-STRESS

Eating a proper diet provides key nutrients which positively influence your body's auto-regulating systems and help to control stress.

### BE AWARE OF YOUR LEVELS OF CORTISOL

Production of this hormone increases under severe psycho-physical stressful conditions, such as long-term fasting or poor dietary habits. Eat at least 5 small meals per day, including a breakfast rich in complex carbohydrates such as oats, cereals and whole grain breads.

### REDUCE STIMULATING SUBSTANCES

Coffee, tea, and foods rich in fats and sugars can aggravate your body and slow the digestive process which is detrimental to your health. Healthy eating practices will keep your system in top working order.



## NUTRITIONAL ADVICE FOOD TO DE-STRESS

### YES TO VITAMIN B

Fundamentally, this amazing vitamin transforms food into available energy, which is necessary when under stress. Vitamin B can be found in whole wheat grains, which provide carbohydrates with a low glycemic index, regulating the blood sugar, thereby protecting you from unexpected drops in energy. Amaranth, legumes, eggs, citrus fruits, vegetables and lean organic meat are also rich sources of Vitamin B.

### YES TO MAGNESIUM AND ZINC

These substances, which diminish drastically when under stress, are essential for improving your mood. Foods rich in these minerals are whole grain cereals, legumes, fruit with shells/husks, green leafy vegetables, almond milk and dark chocolate.

### COMBAT FREE RADICALS

Stress causes toxic molecules, otherwise known as free radicals. Eating foods rich in antioxidants, especially fresh seasonal fruits and vegetables, in conjunction with green tea or spices such as turmeric and chili, help neutralize free radicals and reduce tiredness and fatigue. Choosing foods rich in omega 3s, such as cold water fish, dried fruit, and fatty seeds, is also important.





## ANTI-STRESS RECIPES

### CREPES WITH LEMON CURD

#### Serves 2

##### For the crepes

3/4 cup flour or whole wheat flour  
1/2 cup chickpea flour  
1/2 cup water  
1/2 cup + 2 tbsp rice, almond or soy milk  
1/4 tsp baking soda  
1 tbsp grapeseed, coconut or olive oil  
+ more for greasing the pan  
1 tsp pure vanilla extract or 1/2 vanilla bean  
a pinch of salt

##### For the lemon curd (makes 2 cups)

1 can full-fat coconut milk  
1/3 cup lemon juice  
3 tbsp tapioca starch or potato starch  
1-2 tbsp agave, maple syrup or honey  
zest of 1 lemon  
1/4 tsp turmeric powder (optional)  
For serving: strawberries and edible flowers,

For the crepes: in a bowl, combine all the ingredients and stir with a hand blender until mixture is smooth and has no lumps.

Grease a nonstick pan with a little oil and a paper towel and heat over medium heat. Pour 3 tablespoons of batter into the center of the pan. Tilt and swirl to form a thin coating. Cook until the edges start to peel away and darken and repeat on the other side.

For the lemon curd: add coconut milk, lemon juice and tapioca starch to a mixing bowl and whisk vigorously to dissolve the starch. Pour the mixture and all the remaining ingredients to a small saucepan over a medium heat and whisk to combine. Boil for 2 minutes, constantly stirring to prevent sticking. Cool the curd and refrigerate the leftovers in a covered container.



## ANTI-STRESS RECIPES

### AMARANTH VEGGIE BURGER

#### Makes 5-6 patties

1/4 cup amaranth  
1/2 cup water  
1 1/5oz can black beans, rinsed and drained  
2-3 tbsp bread crumbs  
5-6 pitted kalamata olives (optional)  
1 tsp chili paste or powder (optional)  
1 garlic clove, peeled  
1 tsp smoked paprika  
1 tsp oregano  
2 tsp fresh rosemary, minced

1 tsp salt or to taste  
1/3 cup + 1 tbsp red bell pepper, diced  
1/3 cup carrots, diced  
5-6 fresh basil leaves, chopped  
2 tbsp extra virgin olive oil  
5-6 small slider buns or wraps  
To serve:  
sliced tomatoes, avocado, cucumbers,  
greens, vegan mayo, ketchup, tzatziki,  
pesto or salsa

Using a fine strainer, rinse amaranth until the water is clear and without foam. In a saucepan, bring the amaranth and water to a boil. Add a pinch of salt and stir. Reduce heat to medium-low, cover and simmer until the water has been absorbed, about 20 minutes. Place black beans, cooked amaranth, bread crumbs, olives, chili paste, garlic, spices, herbs and salt in a food processor and pulse until smooth. Mixture should be dry and moldable. Transfer to a bowl and add bell peppers, carrots and chopped basil. Mix all the ingredients and form into 5-6 patties. In a large nonstick skillet, heat olive oil over medium-high heat and pan-fry patties until browned and warm, about 2-3 minute per side. Remove from heat and drain on a paper towel. Serve on slider buns with sliced tomatoes, avocado, cucumbers, greens, vegan mayo, ketchup or salsa. Can be served cold with a green salad or in lettuce wraps.

## ANTI-STRESS RECIPES

### BEEF HUMMUS

#### Serves 6-8

1 medium size beet, cooked or roasted  
2-3 garlic cloves

1 can chickpeas, rinsed and drained  
(keep the water)

1/4 cup + 1 tbsp tahini (sesame seed butter)

1 tbsp extra virgin olive oil or grapeseed oil

1 tbsp tamari or soy sauce

1 1/2 tbsp balsamic vinegar

2 tbsp fresh lemon juice

1/2 tsp sea salt or to taste

3 tbsp to 1/4 cup chickpea water  
or mineral water

For garnish:

sesame seeds and edible flowers

Peel and quarter the beet and the garlic cloves. Place all ingredients in a food processor or blender and stream in 1 tbsp. of water at a time while blending, until smooth and creamy. Taste and adjust seasonings as desired, adding more salt, lemon juice or balsamic vinegar to taste.

Store covered in the fridge for up to 5 days. Serve with sesame seeds, edible flowers and drizzle with extra virgin olive oil. Eat with sliced carrots or celery, spread it on a slice of bread or use it to fill sandwiches, burgers, crepes or wraps.



Photos and recipes by Francesca Bettoni [www.beautyfoodblog.com](http://www.beautyfoodblog.com)



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[www.comfortzone.it](http://www.comfortzone.it)