

[comfort zone]

RENIGHT

vitaminic
antioxidant
nourishing

NIGHT



WE ARE ALWAYS OXIDATING!

Day and night, free radicals form in our body. They are the result of human physiological processes, such as breathing or eating, as well as from the environment.

To contrast their damaging action, our body is equipped with a defense and repair system that is synchronized with the natural rhythm of the sun. During the day, the skin focuses on defending itself against the different stressors. At night, it activates its natural repair mechanisms to contrast oxidation.

Nevertheless, with age and unbalanced lifestyle the body's ability to ward off free radicals becomes less efficient and additional antioxidant agents are required.



DEFENSE AND RECOVERY WHILE YOU SLEEP

Leveraging the antioxidant power of Goji berry, a superfood rich in vitamins and oligoelements, coupled with a blend of precious nourishing oils, RENIGHT repairs the skin from free radical damage and reinforces the natural defense.

In the morning, the skin is more compact, smoother, deeply nourished.



ANTIOXIDANT EFFICACY SCIENTIFICALLY TESTED*
NOURISHING EFFICACY UP TO 8 HOURS

*Orac test by an independent laboratory.

SCIENCE-BASED CONSCIOUS FORMULAS™

Since skincare products feed and nourish the skin, we are extremely rigorous about what we put in our formulas. We select the finest natural-origin ingredients, 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.



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

We replaced silicones with natural-origin oils and butters for maximum silkiness and for a "REAL ACTIVE BEAUTY" on the skin.

Made in Italy with electricity from renewable sources.

ACTIVE INGREDIENTS

ANTIOXIDANTS

CERTIFIED ORGANIC GOJI BERRY OIL

Certified organic oil extract from the precious superfood originating in Tibet. It provides a high concentration of pro-Vitamin A, Vitamin E and oligoelements for an intense antioxidant action.

HYDROLYZED TOMATO EXTRACT

Rich in lycopene, a powerful antioxidant carotenoid. It is obtained via a highly sustainable extraction process without solvents, that guarantees maximum purity.

NOURISHING

A BLEND OF PRECIOUS OILS

Macadamia, babassu, rice, walnut, jojoba and sesame oils with emollient and nourishing properties.

HYALURONIC ACID*

Intensely hydrating hygroscopic molecule which maintains skin elasticity and softness.

*Sodium hyaluronate



OIL nourishing vitamin oil

97,5% natural-origin ingredients

rich but not heavy
suitable for all skins
all year, all climates

30 ml e 1.01 fl.oz. U.S.



CREAM nourishing vitamin cream

88% natural-origin ingredients

rich but not heavy
suitable for all skins
all year, all climates

60 ml e 2.09 oz. U.S. Net wt.

REVEAL A HEALTHY, GLOWING SKIN WITH THE OIL

For a boost of nourishment and for a soft, velvety skin, place a few drops of Renight oil into palms, rub together and apply gently onto clean skin. Alternatively mix a few drops of the oil with Renight cream or even to your moisturizer used during the day for a dewy, healthier look. Adjust the amount according to your skin condition.

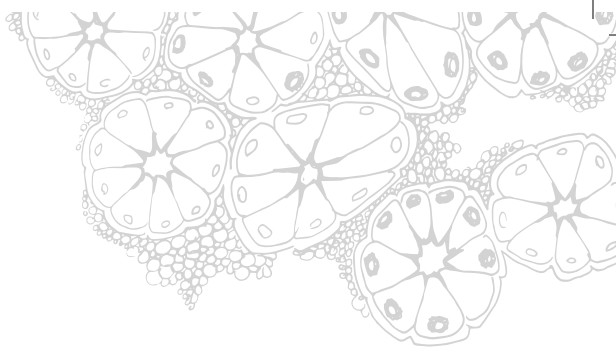
LIFESTYLE TIPS TO FIGHT OXIDATION FROM WITHIN

Follow our integrated approach developed by our experts to make a real change in the skin and reveal its beauty and vitality.



FILL YOUR PLATE WITH ANTIOXIDANTS

Our bodies cannot produce all of the nutrients that we need to function properly, so we must include them in our diet. Vitamins, such as C, E and betacarotene, as well as oligoelements, are powerful antioxidants and the body’s best allies to stay healthy and strong.



NUTRIENT	WHERE TO FIND IT	THE EXPERT SAYS
VITAMIN C Water-soluble antioxidant	Berries, dark green leafy vegetables, broccoli, kiwi, citrus fruits, tomatoes, peas, papaya.	“Water-soluble vitamins can’t be stored in our bodies for long, so we need to eat them almost every day.”
VITAMIN E Fat-soluble antioxidant	Tofu, spinach, nuts, sunflower seeds, avocado, fish, olive oil, broccoli, pumpkin and squash.	“Vitamin E is a powerful antioxidant, essential to protect the cellular membranes and prevent aging.”
BETACAROTENE Fat-soluble vitamin, responsible for giving fruits and vegetables their orange pigment	Sweet potatoes, carrots, dark green leafy vegetables, pumpkin or squash, melon, apricots, red peppers.	“To improve absorption, eat betacarotene-rich foods with a fat, like extra virgin olive oil or nuts.”
OLIGOELEMENTS Zinc, Manganese, Copper, Selenium	Seafood, milk and nuts.	“They normalize enzyme and hormonal functions in order to regulate homeostasis in the body.”

LIFESTYLE TIPS TO FIGHT OXIDATION FROM WITHIN

DON'T OVERCOOK!

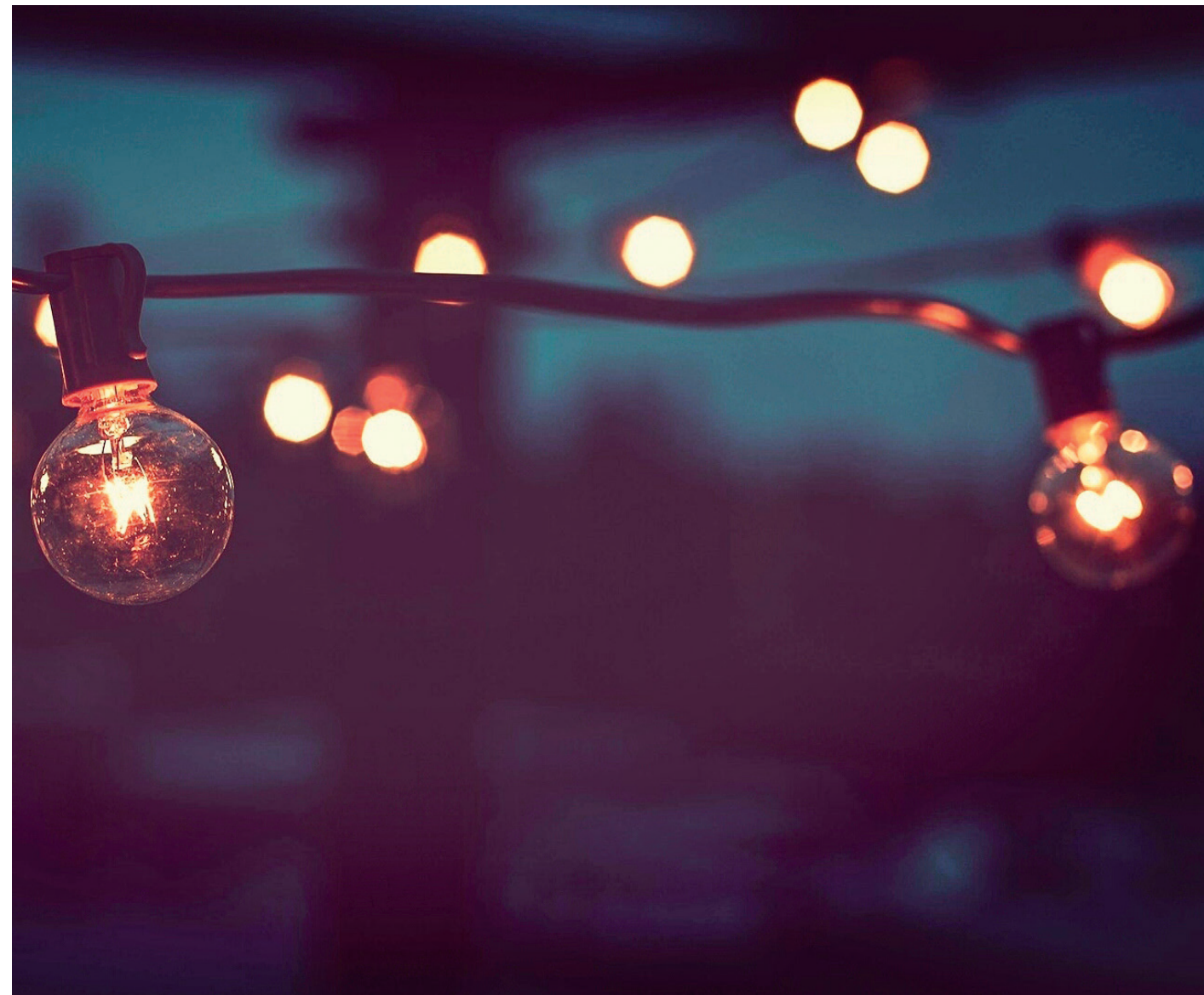
Follow these cooking tips to get the most nutritional value from the foods you eat.

- › Eat fruits and vegetables raw at least once a day.
- › Keep cooking times short.
- › Steam instead of boiling vegetables and use cooking water for pasta or soups.
- › Bake or steam vegetables in their skin.
- › Store in the refrigerator for the least time possible.
- › Cover sliced fruit with cling film and store in the fridge.

FOCUS ON: GOJI BERRIES

Learn more about this powerful superfood.

- › Commonly used in Chinese medicine to boost the immune system. Rich in amino acids, vitamins, betacarotene, vitamin C and fiber.
- › Anti-inflammatory, anti-bacterial and anti-fungal.
- › Commonly available in dried form, they can be added to muesli or oatmeal for a tasty breakfast.
- › They can also be soaked for 20 minutes in warm water, creating a delicious drink that may be enjoyed alone or added to smoothies.



LIFESTYLE TIPS FOR A GOOD NIGHT'S SLEEP

Some simple habits can improve the quality of your sleep, allowing skin and body time to recover and regenerate.

- › **CAFFEINE:** it can impair sleep for up to 12 hours, so stop drinking coffee after 2pm and don't exceed 2-3 cups per day.
- › **ELECTRONIC DEVICES:** light can delay the sleep phase, keeping the mind alert. Try to turn off all devices, including TV, half an hour before bedtime.
- › **DARKNESS:** keep the room as dark as possible to stimulate your Circadian system and melanin production.
- › **EASE YOUR BODY AND MIND INTO SLEEP:** doing some gentle stretching, yoga, breathing exercise or "checking in" with yourself for a few minutes before bedtime are great ways to relax and fall asleep more easily.
- › **DIGESTION:** Opt for healthy meals in the evening, with reduced fat content, as slow digestion can affect the quality of your sleep.

VITAMINIC ANTIOXIDANT RECIPES

CARROT COCONUT SOUP

Ingredients

1 lb carrots, peeled and finely chopped
1 cup full-fat coconut milk + 4 tbsp for topping
1 tbsp extra virgin olive oil
1 tbsp sesame oil
1/2 small spring onion, chopped
1 tbsp turmeric
3 cups vegetable broth

1/2 tsp salt or to taste
1 fresh sage sprig
1 fresh marjoram sprig

Toppings

2-3 tbsp almonds, chopped
parsley or fresh basil leaves

In a large saucepan, heat olive oil and chopped onion over medium heat. Add chopped carrots, turmeric and sauté for 4-5 minutes. Add broth, bring to a boil and cook for 10-15 minutes or until carrots are tender.

Use an immersion blender or transfer to a blender and puree until smooth. Return puree to the saucepan if needed. Add coconut milk and fresh sprigs and simmer for 5 minutes. Remove fresh herbs, add sesame oil and adjust seasoning if needed. Whisk to combine.

Serve immediately and top with a dollop of coconut milk, chopped almonds and fresh basil or parsley leaves.



VITAMINIC ANTIOXIDANT RECIPES

GOJI AND DARK CHOCOLATE BARK

Ingredients

8-10 oz dairy free dark chocolate (70%-75% cacao)
1/3 cup goji berries
Toppings of your choice: nuts, coconut flakes, dried fruit

Chop the chocolate into small pieces, transfer to a heatproof bowl and gently melt over a double boiler, stirring frequently. Alternatively, microwave chocolate for 30 seconds, stir and microwave for another 30 seconds until completely melt. Do not overheat the chocolate so that it won't lose its consistency.

Pour melted chocolate onto a parchment paper-lined baking sheet or a silicone baking mat. Using a spatula, spread the chocolate evenly until it's as thick as you want your bark to be.

Sprinkle evenly with goji berries and your chosen toppings while chocolate is still hot. Let sit at room temperature for 2 hours or until set or refrigerate for 30 minutes.

Enjoy at any time for a boost of healthy energy and vitamins!



VITAMINIC ANTIOXIDANT RECIPES

APPLE & SEEDS COLESLAW

Ingredients

1 cup white cabbage, finely shredded
1 cup red cabbage, finely shredded
1 cup carrots, finely shredded
3/4 cup apple, chopped
1 tbsp fresh chives, chopped
1/4 cup hemp seeds
1/4 cup pumpkin seeds
1/4 cup sunflower seeds
1 tbsp tamari sauce

For the dressing

1/2 cup soy yogurt
1 tbsp Dijon mustard
1-2 tbsp fresh lemon juice
1 tbsp agave, maple syrup or coconut sugar
2 tbsp extra virgin olive oil
1/2 tsp sea salt or to taste

Combine white and red cabbage, carrots, apples, chives and hemp seeds in a large bowl. Toss to mix well.

Heat a non-stick pan over medium heat. Add sunflower and pumpkin seeds and stir often, being careful not to burn them. Remove from the heat and toss to coat with tamari sauce. Set aside. For the dressing: whisk together yogurt, mustard, lemon juice, agave and the olive oil in a small bowl until smooth. Season with salt. Pour the dressing over the salad and toss to combine.

Sprinkle with toasted tamari seeds before serving.

Enjoy with tacos, burgers or as a main dish.



VITAMINIC ANTIOXIDANT RECIPES

BAKED FALAFEL

Ingredients

2 1/4 oz cans chickpeas or
1 1/4 cup dried chickpeas
1 cup parsley leaves, chopped
2 tbsp fresh lemon juice
4 sun-dried tomatoes
1 1/2 tbsp fresh chives, chopped
1 tsp flax seeds
1 1/2 tsp cumin

1 1/2 tsp sesame seeds
2 tbsp rice bread crumbs
2 cloves garlic, germ removed
1 tbsp oregano
1/2 tsp salt or to taste
zest of 1/2 lemon, grated
2-3 tbsp olive oil
bread crumbs for breading (optional)

Preheat the oven to 400°F. Soak dried chickpeas for 24 hours or overnight or use canned or cooked chickpeas. Drain and rinse the chickpeas well. Drain and pat dry the sun-dried tomatoes if packed in oil and chop them. In a food processor, combine chickpeas, garlic, cumin, flax seeds, sesame seeds, lemon juice, grated lemon zest and bread crumbs. Process until creamy and smooth. Add salt, oregano, parsley leaves, chives and sun-dried tomatoes and pulse for few more seconds until combined. Cover and refrigerate for at least 1 hour (recommended).

Scoop out one heaped tablespoon of the mixture and shape into small patties. Lightly coat each patty with the bread crumbs (optional) and pan-fry in 2 tablespoons of olive oil. (Recommended for crispiness). Transfer to a baking sheet and bake for 15 minutes or until golden brown. Serve with tahini dressing, vegan mayonnaise, salads, pita bread or tacos.



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SKIN SCIENCE SOUL

Discover more about our products,
professional treatments and lifestyle recommendations at

www.comfortzone.it