

**[ comfort zone ]**

ESSENTIAL

great skin every day

LIFESTYLE  
AND SKIN CARE  
GUIDE





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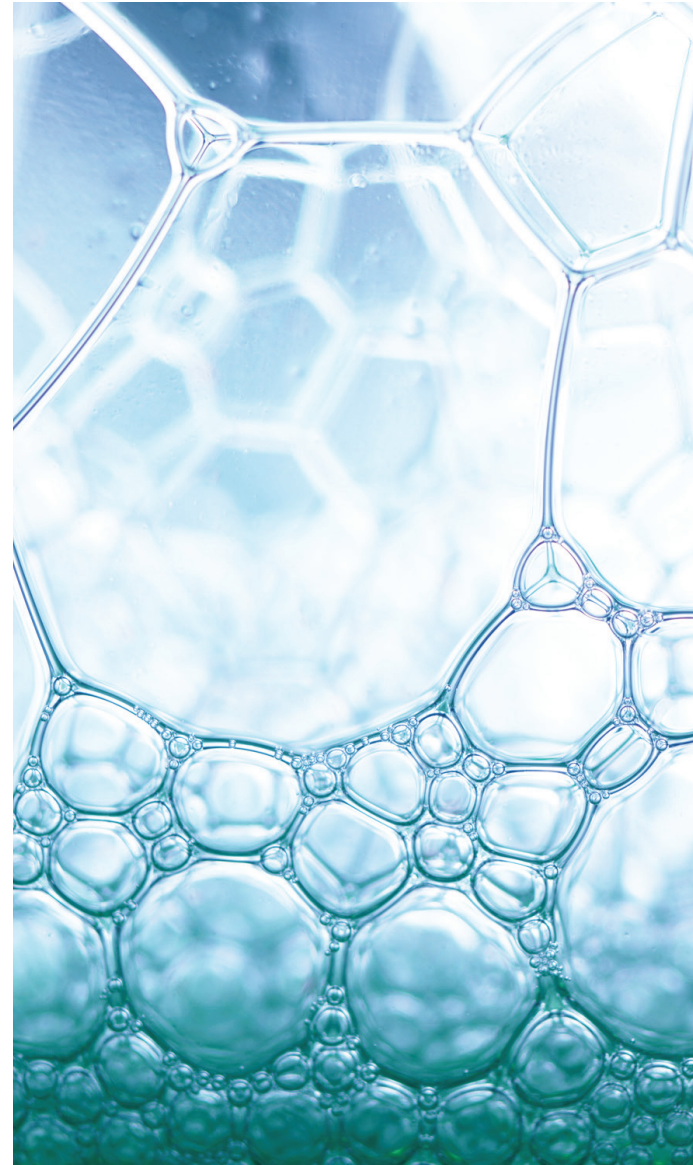
ESSENTIAL RECIPES

## DAILY CLEANSING A KEY STEP FOR BEAUTY

Good cleansing is the first golden rule for skin beauty: removing make-up residues, pollution dust, excess sebum and renewing the skin surface level are essential for a healthy and radiant complexion.

An aggressive cleansing, partly removing also the natural skin protective barrier, can lead to a sensation of "tight skin", redness and itching, which are symptoms of dehydration.

Or the opposite may also happen, i.e. it can cause an excessive sebum production that leads to an oily and shiny skin.

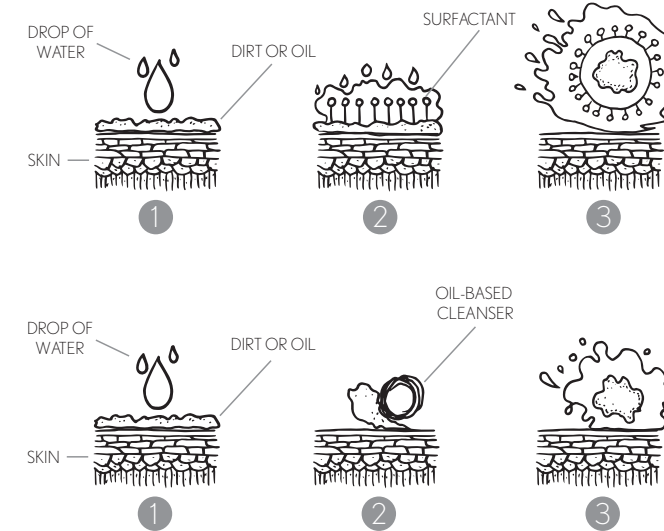


## CLEANSERS HOW THEY WORK

There are two cleansing mechanisms:

**CLEANSERS WITH SURFACTANTS:** it is the most common and used mechanism; it draws on molecules called «micelles» that can bind both with water and with the oily phase by effectively removing impurities of different origins, such as sweat, dust, sebum and make-up. Not all surfactants are the same, some, such as SLES, can be aggressive and cause irritation on the face skin.

**OIL-BASED CLEANSERS:** particularly recommended for sensitive skins and those that tend to dehydration, in these cleansers the oil base binds with sebum oil and make-up, removing them effectively and without altering the skin natural barrier.





## ESSENTIAL CLEANSING MAKE-UP REMOVING EXFOLIATING

The ESSENTIAL range includes a collection of products for all skin types that are indispensable to cleanse, exfoliate and remove make-up.

Designed for the daily routine, all the products act gently on the skin to effectively remove all impurities without altering the skin barrier.

Formulated with a natural osmolyte extracted from sugar beets, they help the skin maintain its hydration level and support it against external aggressions.

Free from silicones, parabens, mineral oil and SLES, with up to 99% natural-origin ingredients.

The skin looks revitalized and radiant day after day.

## OUR PROMISE 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.

Silicones have been replaced by natural oils that ensure the same silkiness and softness for a "real active beauty" on 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



## ACTIVE INGREDIENTS

### NATURAL OSMOLYTE

Extracted from sugar beets, it contributes to making the cleanser gentle and respectful of the skin balance, and to maintaining the skin's natural hydration level.

### BROMELAIN

Complex of enzymes extracted from pineapple, renewing the skin and respecting its balance.

### SPHERES OF JOJOBA AND PURE SILICA

Natural spheres that promote a gentle and even exfoliating action.

# THE BEAUTY ROUTINE



# THE BEAUTY ROUTINE



## MILK

silkening cleansing milk

92% natural-origin ingredients

For all skin types  
Oil-based cleansing

200 ml 6.76 fl. oz. U.S.



## FACE WASH

gentle foaming cleanser

77% natural-origin ingredients

Recommended for normal or  
combination skin  
Free from SLES  
Free from aggressive surfactants

150 ml 5.07 fl. oz. U.S.



## MICELLAR WATER

face eye lip make-up remover

99% natural-origin ingredients

For all skin types  
Leave-on  
Ophthalmologically tested  
No added fragrance

200 ml 6.76 fl. oz. U.S.



## TONER

softening toner

97% natural-origin ingredients

For all skin types  
Alcohol-free

200 ml 6.76 fl. oz. U.S.



## SCRUB

illuminating refining scrub

96% natural-origin ingredients

Twice a week  
Mechanical action with natural microspheres  
Ideal for impure and oily skin

60 ml 2.02 fl. oz. U.S.



## PEELING

delicate enzymatic mask

93% natural-origin ingredients

Twice a week  
Ideal for sensitive skin  
No added fragrance

60 ml 2.02 fl. oz. U.S.

## THE INTEGRATED APPROACH FOR A GREAT SKIN EVERY DAY

[comfort zone] believes in an integrated approach to beauty and wellbeing. With our Scientific Committee, we propose a selection of essential skincare and lifestyle tips to keep your skin healthy and radiant every day, in few simple steps.



Visit [www.comfortzone.it/en/myessential/](http://www.comfortzone.it/en/myessential/)  
to see extra content.



## DAILY TIPS TO LIVE “ESSENTIAL”

Decluttering has become mandatory in today's overly complex world, to enjoy a less stressful life. The best way is to take things one small step at a time, and to keep clutter in check at least twice a year.

### START WITH YOUR WORKPLACE

Clear everything off the top of your desk and take everything out of the drawers. Clean all the surfaces, sort through all of the “stuff” that has piled up over the months and toss out as much as possible. Likewise, get rid of files and programs on your computer that you don't need. They not only slow down your computer, but they also create visual clutter.

### DON'T LET INFORMATION TAKE OVER YOUR LIFE!

Reduce the number of things that you read each day, chuck those magazine subscriptions you never read, every now and then unsubscribe from unwanted and unnecessary newsletters and emails. This will help to be more focused on what matters to you most!

### SIMPLIFY YOUR CLOSETS

Donate or get rid of anything that you haven't worn in six months. Sort things in piles - toss, donate, or keep. Keep only the things that you love and use frequently...and don't use this an excuse for buying new stuff!

## ESSENTIAL RECIPES

### SPAGHETTI WITH ASPARAGUS, MINT & CHILI PEPPER

#### Serves 2

#### Ingredients

6 oz spaghetti  
10-15 asparagus spears  
6 fresh mint leaves  
1 fresh chili pepper  
1 garlic clove, peeled and diced  
3 tbsp extra virgin olive oil  
2-3 mint sprigs, for garnish (optional)  
grated parmesan cheese or vegan parmesan cheese (optional)

Wash the asparagus and remove the woody bottom. Cut the spears into 3-4 pieces. Cook the spaghetti in plenty of boiling salted water according to package instructions. Add the prepared asparagus during the last 3-4 minutes of cooking time.

Cut the mint leaves à la julienne. Slice and remove the seeds from the chili pepper. Drain the pasta and asparagus when al dente.

In a non-stick frying pan, saute garlic in 2 tablespoons of olive oil until golden.

Add sliced chili pepper and mint leaves and saute for 2 minutes.

Add spaghetti & asparagus and toss for one minute, then stir in 1 tbsp of extra olive oil.

Serve immediately with fresh mint sprigs and parmesan cheese (optional).

Photos and recipes by francesca bettoni [www.beautyfoodblog.com](http://www.beautyfoodblog.com)



## ESSENTIAL RECIPES

### BUCKWHEAT ALMOND APPLE CAKE

#### Serves 8

#### Ingredients

1 apple	1/3 cup + 1 tbsp maple syrup, agave or honey (if not vegan) + 2 tbsp for brushing
1 organic lemon (zested and juiced)	1 small apple, peeled and grated
3/4 cup buckwheat flour	a pinch of salt
1/2 cup almond flour	1 1/4 cup almond or soy milk
1/3 cup + 1 tbsp tapioca or potato starch	1/4 cup almond butter or seed oil
1/4 pod of vanilla or 1/4 tsp vanilla extract	powdered sugar for dusting (optional)
1 tsp baking powder	
1/2 tsp baking soda	

Preheat the oven to 180°C/350°F. Line an 8-inch round cake pan with parchment paper. Wash and peel the largest apple and cut it into thin slices. Arrange the slices on a baking sheet and brush with a mixture of 2 tablespoons of lemon juice and one tablespoon of syrup. Set aside. In a bowl, combine flours, starch, vanilla seeds or extract, baking powder, baking soda and stir well. In another bowl, mix maple syrup and almond butter or oil. Add grated apple, a pinch of salt, lemon zest, milk, and mix well. Pour wet ingredients into dry and mix until just combined. Spread the mixture evenly into the prepared pan. Arrange the apple slices on top of the cake, pressing lightly into the batter. Brush the surface of the cake with a tablespoon of syrup mixed with a half tablespoon of milk. Bake for about 45-50 minutes or until golden, and a toothpick inserted in the center comes out clean. Sprinkle with powdered sugar and serve warm or at room temperature.



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SKIN SCIENCE SOUL

Discover more about our products, professional treatments and lifestyle recommendations at  
[www.comfortzone.it](http://www.comfortzone.it)