


arbonne®

Targeted
Skincare
Focus Guide

CATERING TO YOUR
UNIQUE NEEDS

A close-up photograph of a woman's face, focusing on her right eye and cheek. She has light blue eyes and is looking slightly to the right. A dollop of white, creamy skincare product is applied to her right cheek, with some product also visible on her forehead. The background is a soft, out-of-focus light blue.

Targeted skincare
coupled with
healthy living can
deliver the solution
to almost any
challenges that
your skin is facing.

Whether your skin is oily and sensitive, or dry and acne-prone, combining a nutrient-rich diet and specialized topical ingredients can help improve the appearance of your skin. Gain confidence in yourself and your daily regimen by combining products that uniquely cater to your needs.

WHAT'S YOUR SKIN TYPE?

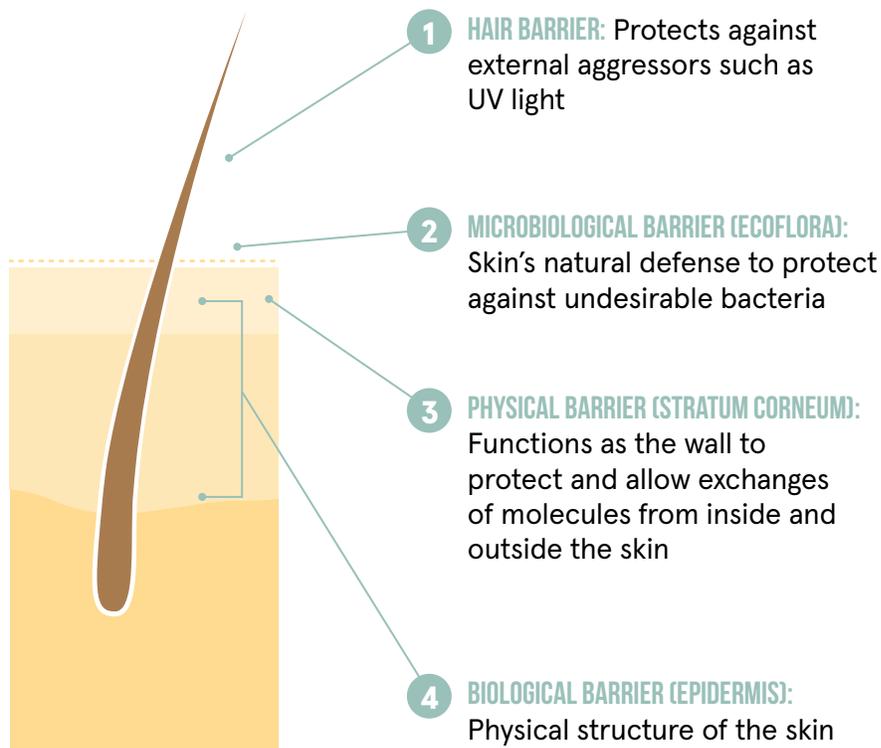
NORMAL		Balanced sebum production, even complexion and good circulation
OILY		Excess sebum production, oily overall and marked by larger pores
DRY		Flaky or rough texture, feels tight and dehydrated
COMBINATION		Mix of oily and dry, primarily with excess sebum in the T-zone, coupled with dry cheeks

Skin types can often be affected by genetics, climate, and product use. While your genetics and climate can't be controlled, choosing the correct products to support the unique needs of your skin can help create the appearance of normal, balanced skin.

UNDERSTANDING THE SKIN'S ECOSYSTEM

The skin's primary function is to serve as a physical barrier to protect our body from harmful foreign organisms or toxic substances. When skin is viewed under a microscope, you can see it has its own ecosystem — a biological community of interacting organisms — similar to a rainforest. It has many diverse sections and layers, as well as both beneficial and harmful bacteria.

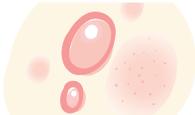
Four barriers help regulate the skin's ecosystem and offer targeted care when needed:





WHAT ARE YOUR NEEDS?

Every day, our skin defends our body from external aggressors. Our skin's overall healthy look can be impacted by daily external elements such as diet, water intake and stress as well as environmental factors like weather, pollution, and sun exposure. Internal factors such as age, hormones and overall health can also take a toll on our skin.

SENSITIVE		Itching, irritation, uneven tone, blotchiness, flushing quickly with heat or spicy foods, adverse reactivity to skin or home products
ACNE-PRONE		Whiteheads, blackheads, red pimples, clogged pores, increased sebum production, redness
DEHYDRATED		Dry, sunken, uneven texture
AGING		Fine lines, wrinkles, dryness, lackluster, and uneven tone

LOOK INSIDE

Skincare products are one critical step to achieving a balanced skin ecosystem. You also need to focus on health from the inside out with the right nutrition to achieve glowing, clear, balanced skin. Your body works as a system where all functions are connected and how we treat our body and digestive system can show up on our skin.

SO WHAT CAN YOU DO?

1. Aim to have a diet that's made up of nutrient-rich whole foods by choosing colorful and cruciferous vegetables, lean or vegan proteins, nutrient-rich carbs and healthy fats. Prioritize your gut!
2. Hydration is also key, so try to drink half your body weight in ounces of water each day. It doesn't always have to be in the form of a liquid! Diversify your hydration sources by eating water-rich foods like celery, cucumber, carrots, tomatoes, and spinach.
3. Lastly, adopt habits of healthy snacking, minimize stress and clock in quality sleep to help begin a healthy lifestyle that fuels your mind, body and skin.

“As a Board-Certified Aesthetic and Procedural Dermatologist, I can tell you that the best approach to healthy skin is not only doing good skin care, but also reflective of how we take care of our bodies via our gut (food and nutrition) and mind health.”

– NAISSAN WESLEY, MD, FACMS,
ARBONNE SCIENTIFIC ADVISORY BOARD

A diet of gut-supporting whole foods is important but it's also critical that you fill in nutrient gaps with the right supplements.



PROBIOTICS: The digestive system naturally has billions of bacteria, like the skin. Probiotics provide strains of beneficial bacteria to help support the digestive tract.



DIGESTIVE ENZYMES: This helps the body process foods effectively and the digestive system function normally.

GutHealth Digestion & Microbiome Support – Contains 3 billion CFUs of probiotics plus digestive enzymes



ADAPTOGENS: Traditionally used in Ayurvedic practices, which is one of the world's oldest holistic, “whole body” wellness systems developed over 3,000 years ago in India. It's based on the belief that health and wellness depend on a delicate balance between the mind, body and skin.

InnerCalm Adaptogenic De-Stress Powder with Ashwagandha and Saffron – Helps support mood balance and improve quality of sleep



ELECTROLYTES: Sodium and potassium are needed to help replace sweat-related electrolyte loss, and sodium also helps stimulate thirst. Other electrolytes, such as calcium, magnesium, chloride, and phosphorus help maintain the acid-base balance in the body and support muscle, nerve and cardiac function.

TrueSport Hydration – Provides 6 different electrolytes to support optimal hydration for proper muscle and cell function



Targeted Skincare Solutions





ARBONNE® BIO-HYDRIA™: YOUR SOLUTION TO DEHYDRATED SKIN

Water makes up 60–65% of our total body weight and the skin holds approximately 10% of our water for functional hydration. When the skin is well-hydrated, it can appear smooth and radiant. The Arbonne Bio-Hydria regimen of products has been created for everyone – both men and women – who are looking for products that deliver on the skin's fundamental need for one thing: hydration. The products are all simple, easy to use and effective in delivering and retaining skin moisture and feature our proprietary Edulis Cellular Water, which delivers intensive, deep-down hydration while pooling critical moisture within.

DAILY REGIMEN: Gel Cleanser, Liquid Serum, Eye Gel, Gel Cream, + Herbal Tea / Water

Key Ingredients

Proprietary Sustainable Edulis Cellular Water helps to deeply hydrate and maintain critical moisture.

Sustainably Sourced Aloe Vera, containing vitamins and minerals that are taken from the inner part of the leaf, help moisturize to soothe and support skin's natural ability to maintain a healthy-looking glow.





SUPERCALM: YOUR SOLUTION TO SENSITIVE SKIN

Our 3-step regimen was designed to address the needs of sensitive, easily stressed skin. Each gentle product is formulated with hydrating ingredients to soothe potentially reactive skin. Use them daily to help your skin look more even-toned and healthy, with fewer signs of sensitivity. It's important to use a cleanser that retains hydration and is gentle on the skin's moisture barrier, and support the skin's renewal process with a soothing serum that helps to improve the appearance of skin texture and tone. Moisturizing is the last step, helping skin retain hydration to resist drying and irritation while staying calm and looking stress-free.

Clinical Results

After 1 week, SuperCalm study participants experienced:

- 30% improvement in skin hydration, to replenish the skin's moisture barrier

After 4 weeks, SuperCalm study participants experienced:

- Significant reduction in the appearance of brown spots
- Improvement in overall skin tone and feel
- 100% reported that their skin felt touchable, soft and smooth*

Clinical study of 21 participants using SuperCalm regimen including Vegan Cleansing Milk, Skin Relief Serum and Soothing Hydrator. Results compared to baseline based on clinical grading and evaluation.

**Perception study of 19 participants following the same SuperCalm skincare regimen.*

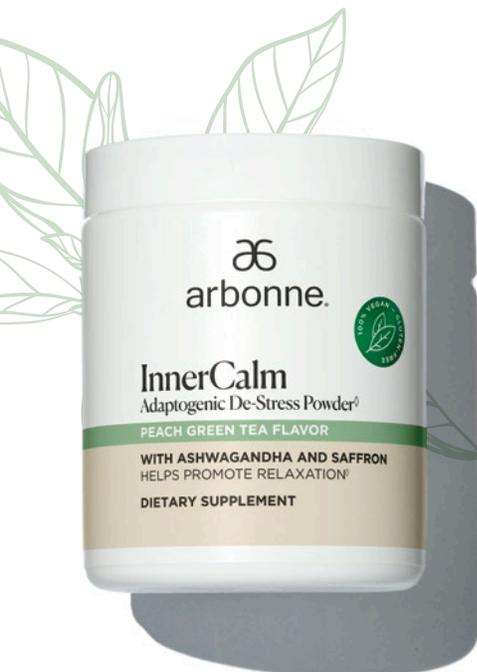
DAILY REGIMEN: Vegan Cleansing Milk, Skin Relief Serum, Soothing Hydrator + InnerCalm Adaptogenic De-Stress Powder

Key Ingredients

Sustainably Sourced Agastache Mexicana Extract helps support the skin's moisture barrier, promoting the appearance of radiance with hydration.

Sustainably Sourced Tiger Grass Extract, also known as Gotu Kola, an herb used in traditional Chinese medicine, supports skin balance while soothing and comforting skin. It got its name when people observed tigers rolling in the herb and believed it to help heal their wounds.

Probiotic Lysate supports skin cell renewal process, moisture barrier function and natural exfoliation.





CLEAR FUTURE®: YOUR SOLUTION TO ACNE-PRONE SKIN

Acne occurs when pores become clogged from increased sebum or oil production, coupled with decreased cellular turnover. Pores can get clogged when cellular turnover is slowed due to excess oil or an imbalance in bacteria on the skin surface, as well as inflammatory effects from hormone fluctuations or dietary choices. Clear Future products were developed as a complete system to help keep skin clear as well as reduce the number of acne blemishes and help prevent new ones from forming. The formulas are powered with acne-fighting Salicylic Acid, along with a unique blend of skin-conditioning botanicals to calm and soothe skin, plus Prebiotics to help mattify skin. The system is clinically tested to deliver faster results with consistent use, helping skin look more even toned and clear.

Clinical Results

AFTER 3 DAYS:

- 100% showed improvement in moisturization
- 76% showed visible improvement in skin redness
- 38% showed a reduction in acne blemishes

AFTER 1 WEEK:

- 88% showed improvement in the appearance of dark spots (skin discoloration)
- 79% showed a reduction in acne blemishes
- 79% showed visible improvement in skin redness

AFTER 4 WEEKS:

- 84% showed a reduction in acne blemishes
- 75% showed visible improvement in skin redness

DAILY REGIMEN: Deep Pore Acne Cleanser, Corrective Acne Treatment Pads, Intensive Acne Spot Treatment, Mattifying Acne Treatment Lotion, + Soothing Overnight Mask (once weekly) + Arbonne Essentials® Digestion Plus

Key Ingredients:

Salicylic Acid is a potent exfoliant known for its anti-bacterial properties.

Prebiotics (Alpha-Glucan-Oligosacchride), derived from bio-fermentation and natural sugars, helps mattify and moisturize skin.

Exopolysaccharide, derived from marine algae, helps mattify skin and control sebum by absorbing it at the skin's surface.

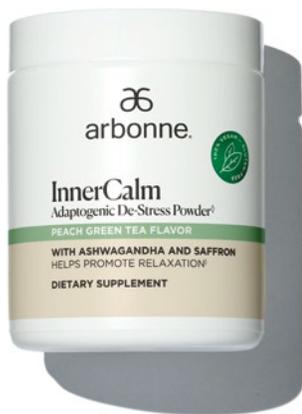
Naturally derived Polysaccharide, Rhamnose, Glucose, Glucouronic Acid, derived from bio-fermentation and natural sugars, protect the skin's moisture barrier.



The Arbonne Difference

Innovative skincare formulas with high-performing, clean ingredients help support healthy-looking skin, regardless of your skin type, tone or concern.

SUPPLEMENT YOUR ROUTINE WITH THESE MIND. BODY. SKIN.™ PRODUCTS!



This “meditation in a bottle” is our go-to to adapt to stress better over time, ensuring that we’re not only working to balance our skin but also helping to balance our daily mood. Containing specialized ingredients, Sustainably Sourced Ashwagandha and Sustainably Sourced Saffron, these powerful adaptogens have been traditionally used in Ayurvedic practices to help manage occasional stress and help achieve a balanced mindset.◊ Drink this daily to help your future self adapt better to stress and reinforce feelings of wellbeing.◊



Each MindHealth Focus Super Powder stick pack contains sunflower seed-derived Phosphatidylserine, a key building block for brain cells, and Vitamin B12, which supports neurological performance like concentration and focus.◊ Use daily to help support brain health and cognitive performance including aspects like memory and learning.◊



This mild powder has soothing notes of Ginger and Chamomile, and delivers Prebiotics, 3 billion CFU of Probiotics, and Enzymes to help support normal digestive function.◊



This vegan formula contains ingredients to help support your natural collagen production with a botanical blend featuring Sea Buckthorn Extract, Hyaluronic Acid, Biotin, and Vitamin C.◊

◊These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Tips To Enhance Healthy-Looking Skin

- Join the 30 Days to Healthy Living program to explore Arbonne nutrition products and learn how to fuel your body well.
- Try to drink half your body weight in ounces per day and supplement your active lifestyle with TrueSport Workout Fuel, Hydration, and Muscle Recovery.
- Choose an Arbonne daily moisturizer and makeup that has mineral SPF to ensure daily protection and wear long-sleeved shirts or hats whenever you have prolonged sun exposure.
- Explore products and solutions for healthy aging in the Healthy Aging Focus Guide on The Source.



Visit The Source for additional training and individual Meet the Product Sheets.



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