

We have the SECRET to Youthful, Beautiful Skin
4/8/12 Week – Skincare & Anti Aging Regime

Welcome to the Planet Beach family. Want to Achieve Youthful and Beautiful Skin? Our services & products will make your face & body absolutely amazing. Details of the Regime are below. Whichever option you choose, a Spa Consultant will assist you in your quest to achieve your desired results.

Level 1 Skincare & Anti Aging Regime.

This will be a 4 week Regime which will include the following:

12 Lumiere Facial treatments - 3 sessions per week, waiting 48 hours between each session (may use Red Light Therapy the same day).

Red Light Therapy – at least 3 or more sessions per week (may use Lumiere Facial the same day)

A photo should be taken prior to commencing the program and on completion. Your Spa Consultant will assist you.

Included in the program are the following:

- 6 packs of Lumiere Facial Serum
- 1 x Cleanse
- 1x Body Contouring Oil
- 25% off Planet Beach Nutrition (Enrich, Indulge or detoxify)

Level 1 Price: R2399

Level 1 Member Price: R1499

Level 2 Skincare & Anti Aging Regime.

This will be an 8 week Regime which will include the following:

24 Lumiere Facial treatments - 3 sessions per week, waiting 48 hours between each session (may use Red Light Therapy the same day).

Red Light Therapy – at least 3 or more session per week (may use Lumiere Facial the same day)

A photo should be taken prior to commencing the program and on completion. Your Spa Consultant will assist you.

Included in the program are the following:

- 12 packs of Lumiere Facial Serum
- 1 x Cleanse
- 1 x Energize
- 1 x Body Contouring Oil
- 25% off Planet Beach Nutrition (Enrich, Indulge or detoxify)

Level 2 Price: R4399

Level 2 Member Price: R2799

Level 3 Skincare & Anti Aging Regime.

This will be a 12 week Regime which will include the following:

36 Lumiere Facial treatments - 3 sessions per week, waiting 48 hours between each session (may use Red Light Therapy the same day).

Red Light Therapy – at least 3 or more session per week (may use Lumiere Facial the same day)

A photo should be taken prior to commencing the program and on completion. Your Spa Consultant will assist you.

Included in the program are the following:

- 18 packs of Lumiere Facial Serum
- 1 x Cleanse
- 1 x Energize
- 1 x Replenish
- 1 x Firm
- 1 x Body Contouring Oil
- 25% off Planet Beach Nutrition (Enrich, Indulge or detoxify)

Level 3 Price: R6599

Level 3 Member Price: R4499

Anti-Aging Equipment:

Lumière Light Therapie™ is a skin rejuvenation therapy that utilizes powerful LED technology to dramatically and painlessly reduce the appearance of fine lines and wrinkles, improve skin clarity, boost collagen and elastin production and clear acne-prone skin, ALL with the natural power of light.

Light is part of the electromagnetic spectrum. Each colour of the spectrum has a different wavelength & benefit for the skin. Like plants, our bodies need light to maintain our health. Lumiere Excel uses both Red light and invisible near Infrared light



Why is it effective?

<u>Light Color</u>	<u>Wavelength</u>	<u>Facts & Benefits</u>
<u>Red Light</u>	<u>633nm</u>	<ul style="list-style-type: none">• Visible Red light penetrates the epidermal layer of the skin and begins to heat the dermis layer.• The rise of temperature causes new collagen and elastin to naturally be produced.• Increases Blood circulation• Acts as an Anti-inflammatory• Firms the skin

		<ul style="list-style-type: none"> • Removes deep lying toxins
<u>Near infrared Light</u>	<u>830nm</u>	<ul style="list-style-type: none"> • 37% of Sunlight is Near Infrared Heat this is why sunlight is good for our health • N.A.S.A began to study Near Infrared over 40 years ago, they discovered it heals and regenerates human cells. • It enhances ATP production and gives your cells energy. • Stimulates collagen & elastin • It's a powerful antioxidant which repairs aged skin and protects cells. • It protects cells from toxins

Red Light Therapy -

- Visible red light, at wavelengths of 600 – 660 nanometers, penetrate to the skin's tissue.
 - Beneficial in treating problems close to the skins surface such as wounds, cuts, scars and is particularly effective in treating skin infections
 - Full body rejuvenating and cell repairing service
- Infrared light, at wavelengths of 600-700 nanometers, penetrate to the skin's tissue.
 - Beneficial in treatment of sore joints and deep muscle tissue
- This process results in the vascular walls of the skin's small blood vessels being strengthened, thus improving oxygenation and detoxification of the skin.
- Hydration is increased and the ability of the skin to retain moisture improves. Increased cellular activity, improved natural repair and the creation of healthy skin conditions leads to cell regeneration.
- Supplies additional oxygen and nutrients needed for healthy skin.
- Stimulates the release of ATP- ENERGY!

Lumiere Facial Results – Repair Regime

- ✓ Restores radiance to dull, tired-looking skin
- ✓ Decreases fine line and wrinkles
- ✓ Diminishes freckles, age spots and skin redness and evens out pigmentation
- ✓ Minimizes the size of facial pores
- ✓ Detoxifies skin, enhances the ability to repair damaged skin and encourages cellular regeneration
- ✓ Stimulates collagen synthesis and improves the skins supportive structure
- ✓ Deeply moisturizes dehydrated skin and improves the ability to retain moisture
- ✓ Reverses the harm caused by exposure to the sun and improves the appearance of sun weathered skin

Lumiere Facial Results – Firming Regime

- ✓ Provides immediate firming and decreases sagging in the areas of the cheek fold, over the cheekbone and eye area
- ✓ Reduces puffiness and removes dark circles around the eyes
- ✓ Softens forehead lines
- ✓ Plumps and enhances the fullness of lips
- ✓ Smooths the skin and brightens complexion
- ✓ Revitalizes and strengthens the skin's collagen network and elastin matrix
- ✓ Provides intense hydration and improves moisture retention
- ✓ Rids the skin of oxygen free radicals and other pollutants

Lumiere Facial Results – Clearing Regime

- ✓ Improves the appearance of problematic areas on the surface of the face
- ✓ Improves oily and uneven complexions
- ✓ Removes impurities
- ✓ Repairs DNA damage
- ✓ Promotes cellular renewal
- ✓ Minimizes the size of facial pores
- ✓ Calms inflammation
- ✓ Helps to repair damaged skin
- ✓ Aids in collagen synthesis
- ✓ Heals and balances the skin's PH levels

Products used for the Anti-Aging Regime:

REPAIRING REGIME – Developed for your mature client, desiring to reverse signs of aging AND your younger clients, wishing to improve cosmetic imperfections of the skin. The Repairing Regime improves skin clarity, tone and texture, minimizes the appearance of fine lines and wrinkles, and reverses sun damage.

FIRMING REGIME – Customers desiring to reverse visible signs of aging - specific to loss of firmness in the skin. The firming Regime provides immediate lifting and tightening of skin while improving it's support matrix to enhance firmness and elasticity.

CLEARING REGIME – Customers desiring to reduce acne prone skin, uneven skin complexions, impurities, and problematic areas such as inflammation and oily skin.

BODY CONTOURING OIL is infused with natural & essential oils and works to stimulate the circulatory system & increase the body's lymphatic flow. This process is essential to detoxify tissues that hold toxins and create the appearance of cellulite on the body. Apply the Contouring Oil on the full body prior to your Red Light Therapy session in Spa.

CLEANSE - The first step to skin care is the proper cleansing of the skin. This includes removal of dirt and grime from external sources; sebum, excess oils and other waste materials from perspiration, soot, smog residues, and other pollutants from the air; colognes, perfumes, after shaves, make-up and other applied substances, as well as bacteria and fungus.

While soap can remove part of these substances, it is considered a great enemy of the skin. Soap is made from animal fat and very alkali, or drying. It does not clean thoroughly and leaves alkaline residues, and most often dries the facial skin out by stripping it of all of its natural moisture. These alkaline residues disrupt the protective acid mantle that nature provides for the skin to inhibit bacterial growth. In addition this dehydration of the skin is one of the major causes of wrinkles.

Soap residues also contribute to clogged pores, blackheads, and blemishes. So-called cleansing creams should not be used, as they do not clean, but spread dirt and bacteria around. Many also contain waxes and fillers which leave residues to collect in and clog the pores.

PB Spa Cleanse gel replaces soaps, astringents, cleansing creams, and facial scrubs. Cleanse provides superior "deep-pore" cleansing action. It is pH balanced, at a pH level of 5.7 in order to be gentle yet effective for all types of skin. Cleanse helps acne conditions, and is also ideal for make-up removal, to be used as a body wash, and can even replace shaving cream for both men and women. Cleanse helps to relieve ingrown hairs, and to soften the re-growth of new hair.

USE: Use Cleanse twice per day, in the morning and in the evening to cleanse the facial skin. For best results, use 2 times in a row in the evening, leaving the product on the facial skin the second time for about a minute for extra deep cleansing. Cleanse can also be used as a daily Body Wash, Feminine Wash, Shampoo, Toothpaste, and Shave Gel for men and women. Cleanse is gentle enough to use on any age and any skin type.

ENERGIZE - is a superior moisturizer for the skin of the face and neck. This product provides hydration to the skin without adding oil, which makes Energize a good moisturizer for oily skin types and acne skin conditions. Energize also prompts cell renewal by stimulating the formation of essential collagen and elastin. In addition, Energize protects the skin against UV and environmental damage.

Energize contains Ester-C, which has been shown to be a technological breakthrough, retaining 90% of its vitamin C activity for 730 days, making each bottle potent and effective for two full years.

USE: Use in the morning and at night as a moisturizer for the facial skin. Apply a small amount by gently massaging into the facial skin using upward strokes to the face and neck.

FIRM - Is a unique formulation that dramatically diminishes wrinkles and fine lines within minutes of application! Long term benefits are also achieved as Firm has been clinically tested to reduce wrinkles by up to 45% in 60 days.

Firm leverages 3 advanced technologies to combat the effects of wrinkles; GABA, Peptides, and Hyaluronic Acid. Feel Firm instantly tighten and tone wrinkled or sagging areas of the facial skin as it is applied!

USE: Use Firm twice per day, in the morning and in the evening after Replenish. Apply only to the areas of the face where tightening and toning of the facial skin is desired. It is not necessary to apply to the entire face.

REPLENISH - Hyaluronic Acid is a naturally occurring part of the human skin, like collagen and elastin. A form of Hyaluronic Acid was first developed in the late 1970's and used in eye surgery to protect delicate eye tissue.

Replenish is a Hyaluronic Acid serum, which is a clear liquid which possesses the uncanny ability to absorb 1,000 times its own weight in water when applied to the skin. It also does not penetrate the dermis, but remains on the surface, keeping it moist. For this reason, surface lines become less visible instantly upon application.

Replenish is an excellent vehicle for active ingredients, particularly PB Spa FIRM firming eye gel, NOURISH facial moisturizer, or REPAIR facial nutrient drops, because active ingredients are more easily absorbed in a hydrated environment.

Hyaluronic Acid is one of the latest substances to go from medicine to cosmetic use. It was approved by the FDA for cosmetic use in 1981 and first introduced by "Estee Lauder" in their "Advanced Night Repair".

USE: Apply a small amount of Replenish to the face while skin is still moist. Gently smooth over entire facial surface. Apply after cleansing at night, cleansing in the morning. Firm and Energize should then be added over Replenish for maximum results.

Optional:

It is also recommended that you take a Supplement / Multi Vitamin. *True skin and body care is 70% internal .*

Are you giving your skin and body what it needs to look and feel it's very best? With Planet Beach® Nutrition, your body will receive adequate vitamins and nutrients it needs for glowing, radiant skin and the energy needed for everyday life.

The Planet Beach Enrich total Spa Nutrition is the complete nutritional solution to all of your skin wellness and wellness goals, consisting of six supreme quality dietary supplements.

The 6 supplements in the ENRICH Daily Pack include:

- **MULTIVITAMIN** : Skin directly reflects your overall internal body health. It is essential for beautiful skin to have assimilatable, 100% nutrition. A perfect balance of vitamin, mineral and amino acids that gives your body the building blocks for healthy cell renewal.
- **DIGESTIVE ENZYME** : The body requires a standard amount of nutrients to perform normal body functions. When the body is unable to digest food properly, the maximum amount of nutrients in food is not absorbed. In attempts to obtain more nutrients, the body will tell itself to acquire more food, therefore making one hungry and wanting more food. Obviously this leads to weight problems. Proper digestion, with the aid of digestive enzymes, can aid in weight control. The enzyme formula helps the body rest vital organs and helps restore natural energy. Helps promote weight control by heightening absorption of all other nutrients, which in turn provides the body with energy.
- **FLAX SEED OIL (OMEGA 3 ESSENTIAL FATTY ACID)** : Many types of skin disorders can be cleared within weeks based on a Regime that incorporates essential fatty acids. When deficient in fatty acids the skin reflects that deficiency by exhibiting skin disorders such as eczema, psoriasis, acne and aging symptoms.
- **EVENING PRIMROSE OIL (OMEGA 6 AND 9 ESSENTIAL FATTY ACIDS)** : This can improve the quality of the skin whether your skin is dry or oily. Your skin will benefit from the balancing ability of essential fatty acids. Helps to keep the skin smooth and soft, helps repair damaged skin cells and dissolve fatty deposits that block pores.
- **PROBIOTIC** : The critical component between skin problems and acne is the balance between good (probiotic) and harmful (pathological) bacteria. By using friendly bacteria (probiotic) to control the population of hostile microbes, you can maintain and revive the health of both the body and the skin,

allowing them to grow new healthy cells, maintain present cell health, and return vibrancy and youthful appearance.

- **ANTIOXIDANT WITH ASTAXANTHIN** : Free radicals are responsible for causing many adverse skin reactions, especially aging of the skin. Antioxidants inhibit skin-damaging free radical activity. Antioxidants are required for collagen synthesis, which declines in aging skin. Anti-oxidants are shown to significantly aid in fine lines and wrinkles, coarseness of the skin, skin tone, sallowness and overall features. Its main health benefits are eye and skin health although it has also been linked to joint health and central nervous system health and is said to have an antioxidant payload 500 times that of vitamin E. Most astaxanthin is derived from the algae, *Haematococcus pluvialis*, which is commonly consumed by fish and crustaceans and is responsible for their pink coloration.

Please note it is advisable that you book your appointments before you leave the Spa, so as to keep up the momentum of your Regime or call 011 463 0201 to book telephonically.

Also please feel free to ask the Spa Consultants any questions when the need arises.

The services will be explained and shown to you before commencing the program.

I hope that you will contact me if at any time you encounter any customer service issues or concerns. Please also feel free to contact me with any amazing results you've seen after using our incredible services. It is our pledge to make your goals a reality; and to fulfil our customer service promise to take care of your wellness needs.

Get ready to look and feel great.

Kind Regards,

Monica Annetts

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