

EMBRACING SKIN HEALTH THROUGH A FOCUS ON
SKINCARE
AND
SELF-CARE
关注护肤，
关爱自己，
助你重拾肌肤健康

ROSEMARY
MEDICAL ESTHETICIAN AND ENTHUSIAST,
SPA OWNER
资深抗衰老达人，美容院院长



▶ Life begins at the end of your comfort zone

生活始于你的舒适区的尽头

- Neale Donald Walsh

SKIN FOUNDATION – WHY SKINCARE

护肤基础知识 – 为什么要护肤



▶ 3 Basic Steps ?

SKIN FOUNDATION – 3 BASIC STEPS
护肤基础知识 – 3 个基础步骤

► Cleansing 清洁

SKIN FOUNDATION – 3 BASIC STEPS 护肤基础知识 – 3 个基础步骤

Cleansing 清洁





90% 以上毒素
排出體外

經口吸收

肝臟會發揮解毒功能，因此進入人體內90%以上的毒性會被分解，十天內因代謝作用可排出體外。

VS.



90% 以上毒素
殘留體內

經皮吸收

進入人體的毒素，部分會儲存於皮下組織，其他會從器官細胞、血液、淋巴液中進入人體循環。90%毒素會殘留體內，尤其是塑化洗劑成分屬物質不滅，如戴奧辛等。

資料數據來源：日本醫學博士竹內久米司、稻津 教久著作，《無孔不入經皮毒》

SKIN FOUNDATION – 3 BASIC STEPS

护肤基础知识 – 3 个基础步骤

经皮毒

► Cleansing Key point: use alkaline products
w/ caution

清洁重点：谨慎使用皂碱类产品



SKIN FOUNDATION – 3 BASIC STEPS 护肤基础知识 – 3 个基础步骤

Cleansing 清洁

► Moisturizing 保湿



SKIN FOUNDATION – 3 BASIC STEPS 护肤基础知识 – 3 个基础步骤

Moisturizing 保湿

▶ Key point: use mineral oil products w/
caution

清洁重点：谨慎使用矿物油产品

SKIN FOUNDATION – 3 BASIC STEPS 护肤基础知识 – 3 个基础步骤

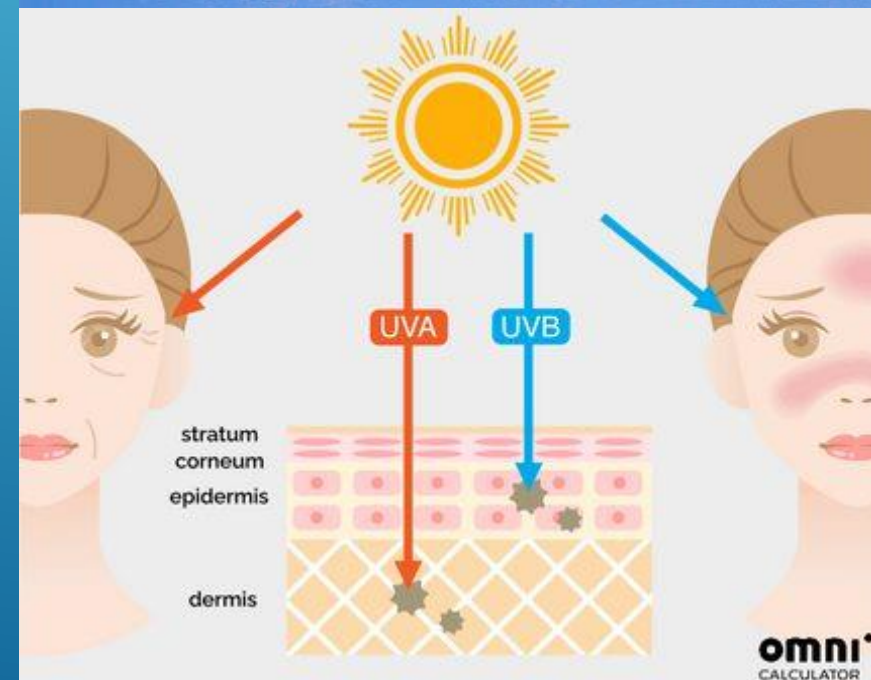
Moisturizing 保湿



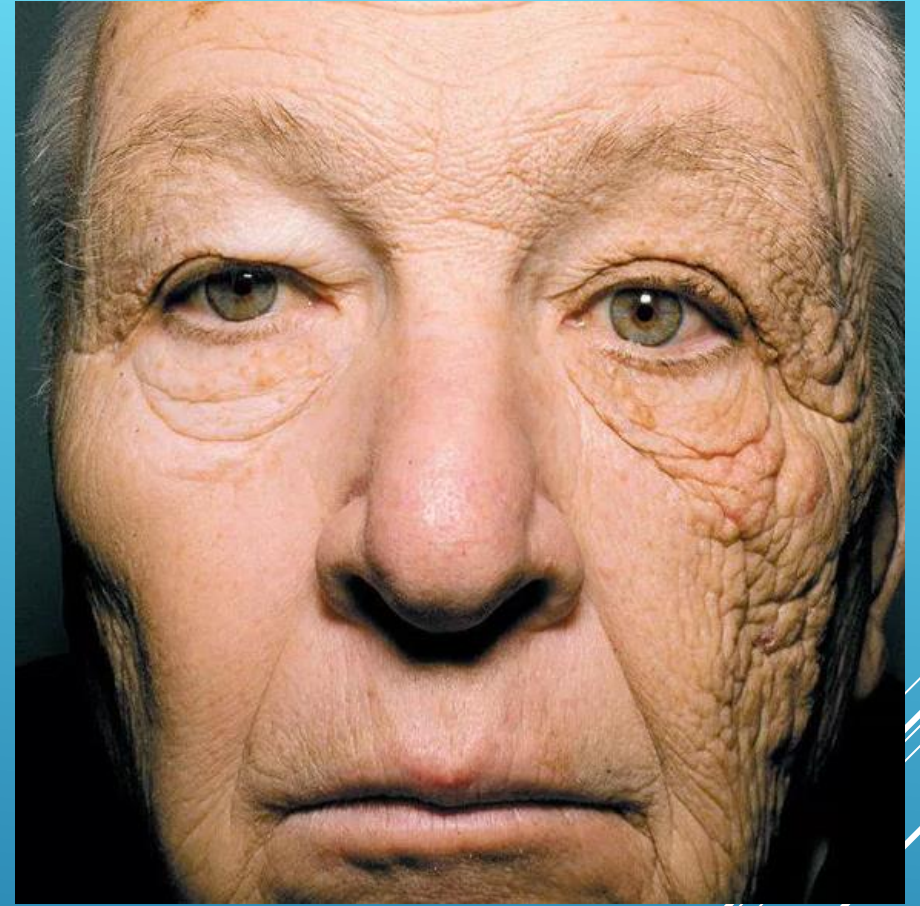
► Sunscreen 防晒

SKIN FOUNDATION – 3 BASIC STEPS 护肤基础知识 – 3 个基础步骤

Sunscreen 防晒



- ▶ Key point: 防晒重点
- ▶ **prevent skin damage**
- ▶ premature aging
- ▶ reduces the risk of skin cancer
- ▶ It should be worn daily, even on cloudy days



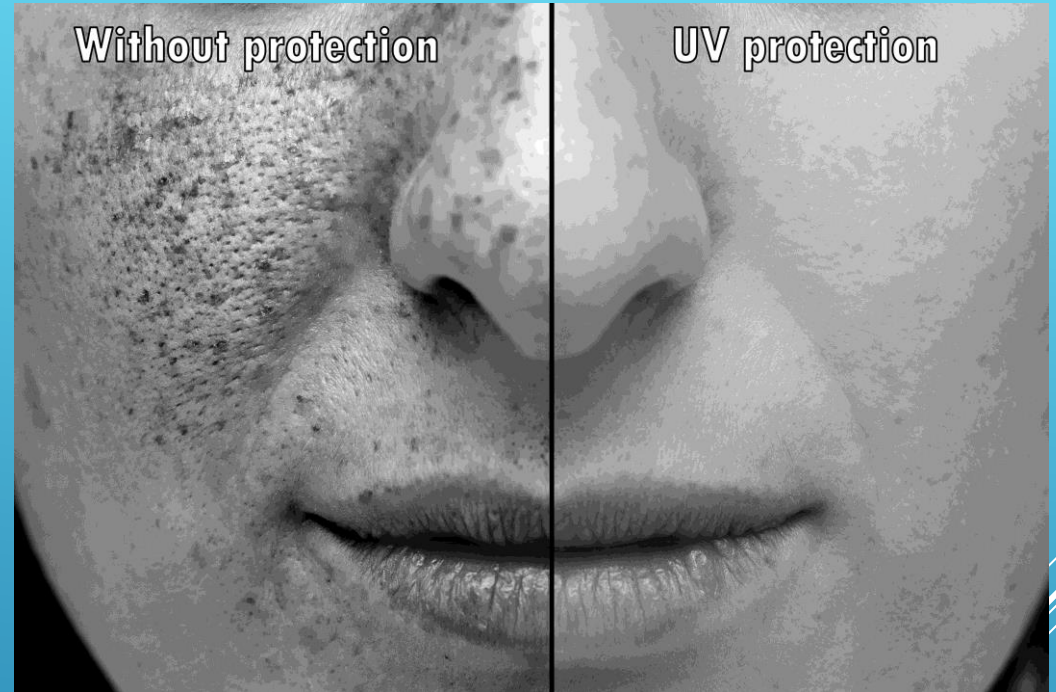
SKIN FOUNDATION – 3 BASIC STEPS

护肤基础知识 – 3 个基础步骤

Sunscreen 防晒

Photo of truck driver shows what
28 years of sun damage looks like

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- ▶ **premature aging**
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SKIN FOUNDATION – 3 BASIC STEPS

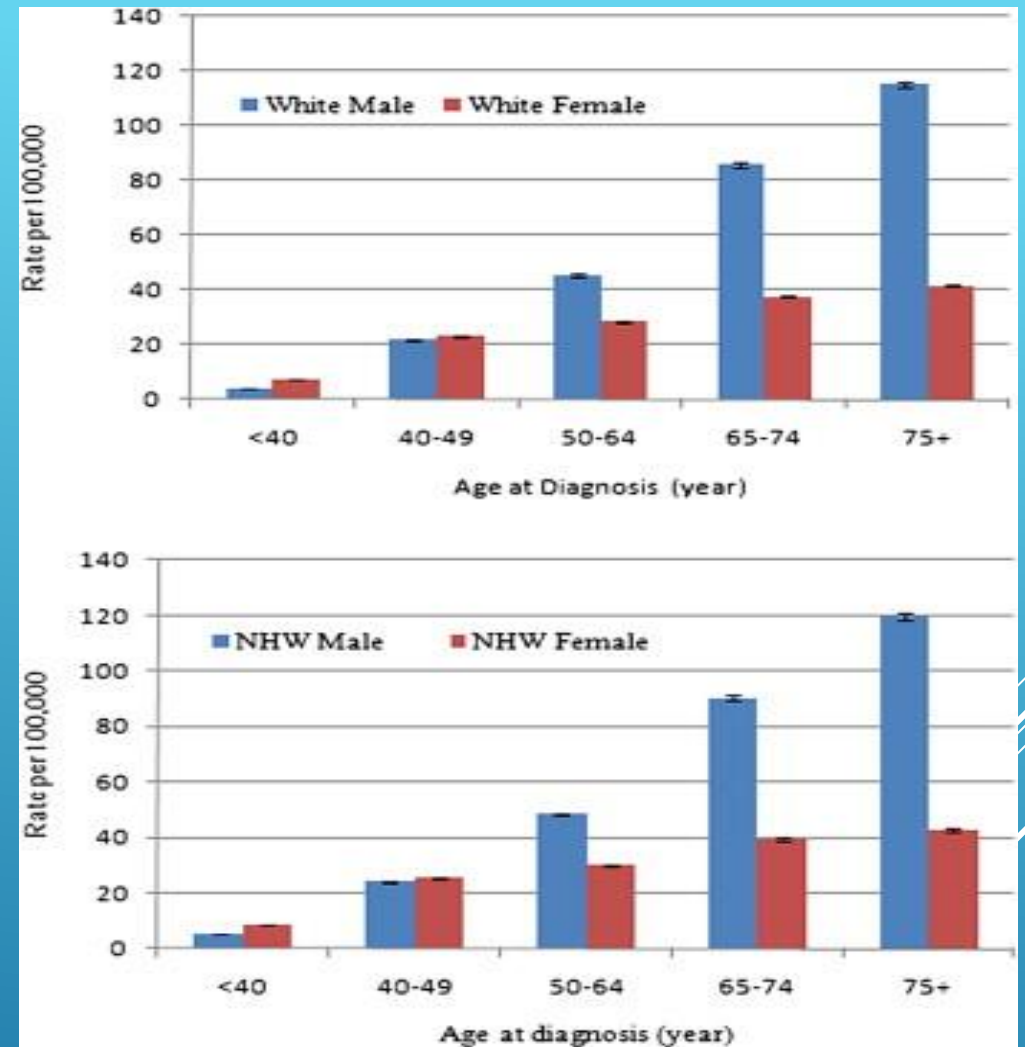
护肤基础知识 – 3 个基础步骤

Sunscreen 防晒

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SKIN FOUNDATION – 3 BASIC STEPS 护肤基础知识 – 3 个基础步骤

Sunscreen 防晒



Racial and ethnic variations in incidence and survival of cutaneous melanoma in the United States, 1999-2006
National Cancer Institute

- ▶ Key point: 防晒重点
- ▶ prevent skin damage
- ▶ premature aging
- ▶ reduces the risk of skin cancer
- ▶ **It should be worn daily, even on cloudy days, Winter & Summer**
- ▶ **How much sunscreen should you apply?**



SKIN FOUNDATION – 3 BASIC STEPS

护肤基础知识 – 3 个基础步骤

Sunscreen 防晒

Concerns

- ▶ 干燥 dryness
- ▶ 痘痘肌
acne/blemsh
- ▶ 斑 spots
- ▶ 皱纹 lines/wrinkles

Routing Solutions

- ▶ 清洁 cleansing
- ▶ 保湿 moisturizing
- ▶ 防晒
sunscreening

SKIN CONCERNS & SOLUTIONS
护肤问题 & 解决方案

Concerns

- ▶ 干燥 dryness
- ▶ 痘痘肌
acne/blemsh
- ▶ 斑 spots
- ▶ 皱纹 lines/wrinkles

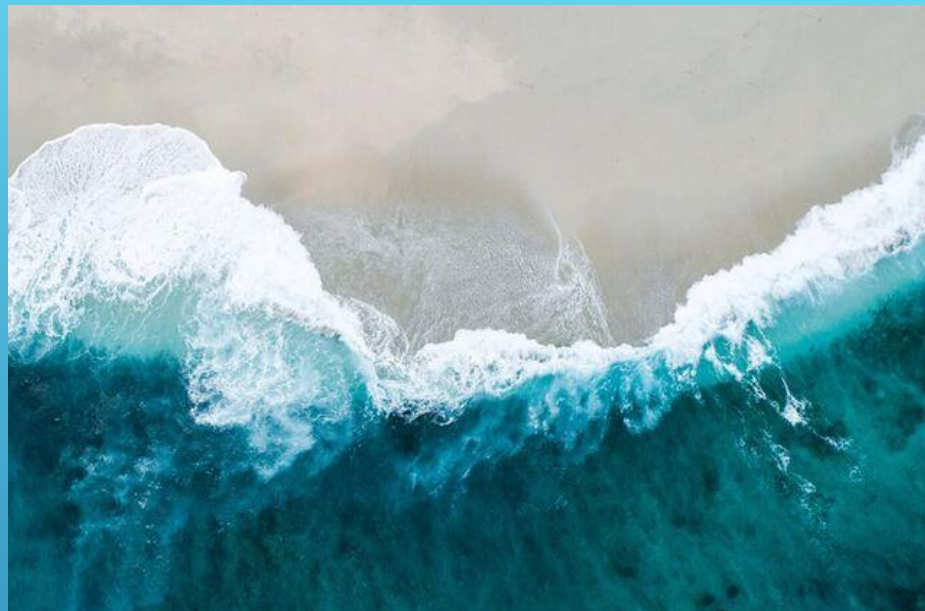
Focus Solution

- ▶ Hyaluronic Acid 玻尿酸
- ▶ Ceramides 角鲨烯/神经酰胺
- ▶ -----
- ▶ AHA /BHA Salicylic Acid 水杨酸 ; 刷酸
- ▶ Retinal 视黄醇 Bakuchiol 补骨脂酚
- ▶ VC 维生素C,
- ▶ 多肽 peptides
- ▶ 胶原蛋白肽 collagen peptides
- ▶ -----
- ▶ SPF 15/30/50
- ▶ 广谱防晒 Broad-spectrum sunscreen 氧化锌 zinc oxide; 二氧化钛 titanium dioxide
PA +/++++/++++/++++

SKIN CONCERNS & SOLUTIONS
护肤问题



SUSTAINABILITY



waste management and recycling

Recycle Right

**Sustainable Products
(ingredients & package)**

**Ingredients
Philosophy**

SOCIAL RESPONSIBILITY - SUSTAINABILITY
社会责任 - 可持续发展