BECOME AN EXPERT —→ ANTI-AGING PROGRAM

What is the true age of the skin?
The 4 grades of skin aging in the Sothys program

<table>
<thead>
<tr>
<th>Theoretical age</th>
<th>Signs of aging</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade 1</td>
<td>30’s</td>
</tr>
<tr>
<td></td>
<td>Expression lines, first wrinkles.</td>
</tr>
<tr>
<td>Grade 2</td>
<td>40’s</td>
</tr>
<tr>
<td></td>
<td>Wrinkles, permanent expressions lines</td>
</tr>
<tr>
<td>Grade 3</td>
<td>50’s</td>
</tr>
<tr>
<td></td>
<td>Deeper wrinkles, sagging skin</td>
</tr>
<tr>
<td>Grade 4</td>
<td>60’s +</td>
</tr>
<tr>
<td></td>
<td>Loss of fullness and radiance.</td>
</tr>
</tbody>
</table>

How to determine the true age of the skin of the client?

In order to customize the Collagène Hyaluronique™ IT and recommend the proper Sothys anti-aging homecare products the esthetician needs to determine the true age of the skin / the Grade of aging. This can be achieved simply and quickly using the Sothys analysis tool and prescription pad.

Collagène Hyaluronique™ Intensive Treatment

This customized anti-aging facial packs a powerful punch of peptides, antioxidants, firming collagen and Hyaluronic filling agents. Start the reversal of aging with a mineral microdermabrasion of volcanic rock and salicylic which prepares the skin to receive the “injection-like” effects of wrinkle-filling serums. After the patented elasticity revealer is massaged, a collagen lifting mask plumps and repairs, instantly revealing a more youthful skin.

Dramatic results after 1 just one treatment.
For more intensive results a series of 3 treatments, 1 per week is recommended.

All skin types, male and female. Suggested duration 60 – 80 minutes.

Home Care Serums and Creams – key actives

When facing external aggressions (free radicals) if the skin is not protected and well equipped to defend itself it will become vulnerable, more easily overwhelmed and in need of renewal & repair. Signs of aging are accelerated, skin becomes dull and lifeless.

**H2CR™ COSMECEUTICAL COMPLEX** is a key active in each of the Anti-aging Serums, Grades 1 – 4. The complex is a combination of natural messenger peptides and powerful plant antioxidants to increase overall skin health. The complex helps each cell to effectively communicate with its surroundings to reinforce its natural self-defense
system. It therefore provides optimal antioxidant protection and restores communication between cells, thereby boosting the number of healthy cells. It also increase cell metabolism and effectively protects, restores and renews cells. It effectively and visibly combats skin aging, increases skin health promoting a uniform radiant even complexion.

ANTI-AGE SHIELD
Each Anti-aging Cream contain the Anti-age Shield which combines the actions of a tetrapeptide and natural plant extracts → Candle bush, Alfalfa and Myrtle to target the factors of aging.

Candle Bush (Senna alata) extract - powerful anti-free radical for protection of the DNA of the mitochondria, maintains optimal cell activity.

Tetrapeptide -anti-glycation, preserves the integrity of collagen and elastin proteins

Alfalfa extract – anti-metalloproteinases (MMPs), protects collagen and elastin from degradation

Myrtle extract - restores the synthesis of longevity proteins (sirtuins) and extends the life of cells.

This progressive shield is combined with additional actives to specifically target the factors of aging associated with each grade.

Home Care Recommendations
According to the clients’ grade of aging recommended the most suitable combination of an anti-aging serum + cream.

Grade 1: First Wrinkles Revitalizing Serum + Anti-Aging cream (theoretical age :30)

Fight against the first signs of aging – fine lines, expression lines, loss of radiance.

First Wrinkle Revitalizing Serum Grade 1:
- H2CRTM - increase cellular health, cell protection
- Sugar (ribose) = restore cellular energy to gain radiance and vitality.

Anti-Aging Cream Grade 1:
- The Anti-age Shield Grade 1→ Candle Bush (Senna alata) extract - anti-free radical
- Di-peptide = relaxes facial muscles, targets the Myo-aging
- Oat extract = immediate tensing effect
Grade 2: Anti-Wrinkle Lifting Serum + Anti-Aging Cream grade 2  or Comfort Cream grade 2 (theoretical age :40’s)

Fight against deep wrinkles and permanent expression lines.

**Anti- Wrinkle Lifting Serum Grade 2:**
- **H2CR™** = increase cellular health, cell protection
- **Hyaluronic Acid** = low molecular weight enables it to act in both the epidermis and dermis to regulate hydration and increase skin firmness.
- **Pentapetides** = stimulates fibroblasts cell for synthesis of collagen, fibronectin and glycosaminoglycans.

**Anti-Aging Cream Grade 2 & Comfort Cream Grade 2:**
- **The Anti-age Shield Grade 2** → Candle Bush (Senna alata) extract and Tetrapeptide - anti-glycation, preserves the integrity of collagen and elastin proteins.
- **African Tiger Nut extract (Cyperus esculentus)** = Reduces the depth and length of wrinkles by reinforcing the structure of the dermis.

Grade 3: Anti-Wrinkle Restructuring Serum + Anti-Aging Cream Grade 3 & Comfort Cream Grade 3 (theoretical age :50’s)

Fight against deep wrinkles and sagging.

**Anti- Wrinkle Restructuring Serum:**
- **H2CR™** = increase cellular health, cell protection
- **Dill Extract** = The dill seed extract stimulates the synthesis and quality of LOXL enzyme thus restoring skin’s elasticity.
- **Almond biofibers** = Biopolymer of sweet almond proteins. It smoothes microrelief and has an immediate anti-wrinkle effect. The skin appears firmer, more radiant, younger.
- **Matrikins** (biomimetic peptides) = complex of tripeptide and tetrapeptide that act in synergy to repair skin damage caused by aging. This complex boosts the synthesis of collagen I, fibronectin and hyaluronic acid to help attenuate wrinkles, especially deep wrinkles and increase skin elasticity and tone.

**Anti-Aging Cream Grade 3 & Comfort Cream Grade 3:**
- **The Anti-age Shield Grade 3** → Candle Bush (Senna alata) extract, Tetrapeptide and **Alfalfa extract** = anti-metalloproteinases (MMPs), protects collagen and elastin from degradation.
- **Protein and peptide complex** = anti-wrinkle action and brings hydration, suppleness, elasticity and resistance to the skin for a youthful appearance.
Reveal the essence of a young skin.

**Anti- Aging Replenishing Serum:**
- **H2CR™** = increase cellular health, cell protection
- **Flax complex** = a combination of flax seed oil rich in omega-3 fatty acids and an extract of flax seeds rich in sugars. This complex provides the skin with nutrients that are indispensable for optimal nutrition and function.
  The oil is excellent for the renewal of skin cells and for its anti-inflammatory role.

**Anti-Aging Cream Grade 4:**
- **The Anti-age Shield** Grade 4 → **Candle Bush (Senna alata) extract, Tetrapeptide, ti-Alfalfa extract** and
- **Myrtle extract** = restores the synthesis of longevity proteins (sirtuins) and extends the life of cells.
- **Lupine peptides** - nourish, oxygenate and regenerate cells to reveal the natural beauty of the skin. The complexion luminous, more uniform with restored radiance.

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**What is the recommended use for the Serums and Creams?**

**Serums:**  
- 1 to 4 times per year as required  
- apply to a clean skin every morning and evening for intensive results

**Creams:**  
- All year long  
- apply morning and / or evening

The use of both products is essential for optimal anti-aging results.

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**Anti-age Duo Mask**

A multi-action anti-aging mask for all skin types. The Skin is nourished; supple with increased radiance and a more youthful appearance  
- Smoothes fine lines  
- Immediate tightening / lifting effect  
- Revitalizes / restores radiance

The duo mask consists of :

**Phase 1 Radiance Smoothing Mask + Phase 2 Tightening Mask**

**Radiance smoothing mask** - hydra-nourishing complex, (Filagrinol®) mineral complex (Zinc, Magnesium Copper, Calcium)

**Tightening mask**: oat extract + natural polysaccharide
**Application:**

**Phase 1** - apply the entire content (3ml – a full ½ teaspoon) of the **Radiance Smoothing mask** to the face and neck avoiding the eye contour. Circular movements for 1 minute.

**Phase 2** – immediately apply the **Tightening mask** over the top. Leave the Duo mask for 10 to 15 minutes and remove with damp sponges.

Recommend 1 to 2 times per week.

**Packaging:**
- Retail 20 x 3ml packets (10 of each mask) in white box
- Professional 3.04Fl Oz tubes (1 tube of each mask, 24 applications)

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**Shaping Neck Care**

The ultimate moisturizer for the neck to redefine the contour of the lower face, jawline, neck & décolleté.

**Actives:**
- Mamaku extract, Watercress, Bio-mimetic peptides - firming and redensifying complex
- Bitter orange extract - slimming effect. Improves facial contours.
- Almond bio-fibers - immediate tightening and lifting effect
- Tetrapeptides – cellular communication

**Application**

Every morning and evening apply to the neck, jaw line and décolleté. Apply before the usual day / night cream

**Packaging:**
- Retail 1 Fl Oz tube in white / gold box