

VMV HYPOALLERGENICS

VMV Is ... Hypoallergenicity as a Lifestyle | Evidence-Based, Therapeutic Cosmeceuticals | Advanced Dermatological Research | Your Partner in Great Skin: Skininvolved and Skin Cahoots with you, from Diapers to Dermabrasion | and ...

Skinfatuated, Skintelligent, Skin-the-Know:

We are Skin Specialists,
utterly devoted to
— obsessed with — skin.

We love what we do, and, crucially,
we really know what we're doing.

In the spirit of spreading our skinspiration,
we've put together this "Skinformation"
Guide to help you learn more about the
targeted VMV Regimen you've chosen to
help you achieve your Skin Goals.

This is your Skinformation Guide to your ...

Skin is Lifted — to all
New Heights, New
Life, Newfound Youth.

[Glykeros Micro
Dermabrasion,
Cellular Revitalisation,
Anti-Senescence
Therapy](#)



Micro Dermabrasion Photoageing Rejuvenation Regimen

Your skinvestment begins here ...

About Your Regimen

Lift Off!

[Click here to skip this section and jump to your regimen](#)

[Glykeros Micro Dermabrasion, Cellular Revitalisation, Anti-Senescence Therapy](#) contains amplified doses of the impressive Alpha Hydroxy Acid, Glycolic Acid, in its unbuffered form for maximum efficacy. This fundamental peel exfoliates dead cells at a microscopic level, and motivates skin to regenerate faster. But unlike chemical peels, this procedure has no downtime, and the sustained therapy delivers enhanced results — a daily, self-perpetuating lift that, over time, improves your skin's natural ability to stay firmer. Glykeros also has Kinetin, a Growth Hormone so potent, even minute amounts of it can stimulate cells, rejuvenates cells by promoting cell division and growth ... helping skin stay younger at the cellular level.

Conjunctive Therapy

Each Glykeros product is specifically formulated to enhance each other's action for true skin rejuvenation from cell to surface.

Your Targeted Regimen

Your Regimen is designed to take full advantage of Glykeros therapy to deliver:

- Cell stimulation, skin renewal, and a lift so thorough, it's microscopically impressive.
- Firmer, more taut, brighter, more radiant — truly newer and younger — skin, beginning in just weeks of regular use.
- Lifts away fine lines, dullness, and other signs of photoageing.
- Retexturises skin (sheds the skin's scaly outer layer) so it's notably smoother, more vibrant: imparting that enviable, post-chemical-peel glow — but, instead of once-a-month, on a daily basis.

Regular, sustained use over several years gives you the best returns on your Glykeros skinvestment.

VMV Skintegrity: Clinically Proven, Evidence-Based

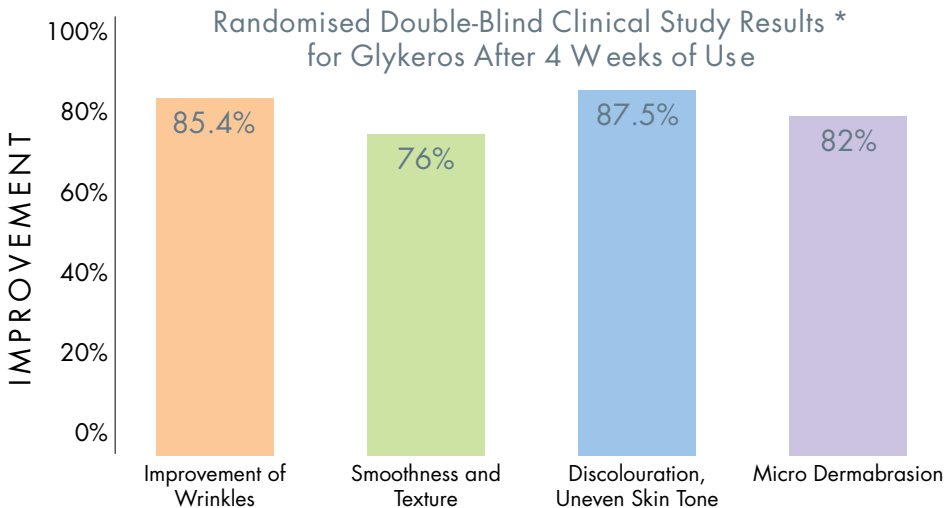
[Click here to skip this section and jump to your regimen](#)

Your Regimen's Validity

In addition to Glycolic Acid's well-documented efficacy in micro-exfoliation and micro dermabrasion (particularly in its unbuffered form, which is more effective but more difficult to use in a stable formulation), Glykeros' Kinetin Growth Factor provides impressive skin rejuvenation benefits.

Kinetin is already regularly used to extend the life of plants: when added to plant water, Kinetin stimulates cells to grow, preventing the yellowing of leaves, and literally delaying the plant's ageing.



Kinetin is also effective on fibroblasts — the cells that create collagen and elastin, which give skin its tensile strength and elasticity. With age, fibroblasts produce less of these fibres and the skin creases and sags. **In a recent study, when Kinetin was added to human fibroblasts in culture, it remarkably retarded the ageing of the skin cells: they acted like young fibroblasts in terms of growth rate, size, and molecular activity.** ** This is supported by results from randomised, double-blind clinical studies on human subjects done at the University of California at Irvine*** and separately at VMV Skin Research Centre + Clinics* wherein as early as 2 weeks into regular therapy, subjects noted an improvement in their skin's texture, appearance of wrinkles, tenacity, and natural glow.






* VMV Skin Research Centre + Clinics: A double-blind, randomised study on 50 subjects. As early as 2 weeks, a 26% to 81% improvement was reported.

** Rattan SIS, Clark BFC. Kinetin delays the onset of ageing characteristics in human fibroblasts. Biochem Res Commun 1994; 201: 665-7

*** Weinstein GD, McCullough JL, Ali NN, Shull TF, Moudy D.

Step 1: Cleanse		<input checked="" type="checkbox"/> AM <input checked="" type="checkbox"/> PM
Product		Glykeros Lift Off Treatment Comfort Cleansing Crème
Function	Soft Cirebelle beads and mild Bamboo Crystals in a gentle, pH-adjusted cleanser. Washes away debris, begins the exfoliation process, and keeps skin comfortable throughout therapy.	
Directions	Splash water onto face and gently massage a pea-sized amount of Crème. Rinse Clean. Do not rub harshly or press down while scrubbing. Do not scrub any one area of skin for longer than 1 to 2 seconds. A short, gentle massage is all you need.	
Note on pH Levels	The Glykeros system's pH level is quite low. Your skin easily adjusts to this. But if you use a low-ph product for treatment and a high pH product to cleanse, such as a soap (due to how they're made, soaps inherently have high pH levels), your skin has to work hard to adjust between both extremes. This cleanser is pH-adjusted to keep skin comfortable throughout therapy.	
Step 2: Tone-&Treat		<input checked="" type="checkbox"/> SLOWLY increase until 2x-a-day
Product		Glykeros Lift Treatment Toning Essence
Function	Begins your Glycolic Acid + Kinetin therapy. Invigorates, deep cleans, and tones. Removes deep-seated, skin-dulling dirt.	
Directions	Pour onto cotton ball (it should be damp, not dripping wet with Toner). Apply over face, carefully avoiding membranous areas of eyes, nostrils, and mouth. Start with 2x-a-week applications ONLY. <i>Slowly</i> increase to 3x-a-week, then once-every-other-day, then once-a-day, until you achieve 2x-a-day usage.	
IMPORTANT	<p>Go slow. Rushing your usage could lead to irritations (such as a feeling of tightness or redness, and the possibility of post-inflammatory hyperpigmentation). If you experience this, you'll have to stop all skin products for at least 7 days and re-start your therapy at the very beginning.</p> <p>Many people get to 2x-a-day usage around the 35th day; some get there earlier, some later, and others never do. Go at your own pace.</p> <p>PACING TIP: If the Toner stings slightly, wait a few days before using it again. If it no longer stings, apply it again the next day. If it stings then, wait a few days. Repeat until no stinging is felt, and you can use the Toner daily.</p>	

Step 3: Nourish-&Treat		<input checked="" type="checkbox"/> SLOWLY increase until 2x-a-day
Product	 Glykeros Lift Primer First Formula ,* or Glykeros Lift Treatment Advanced Formula *If you are new to Glykeros, you must start with Primary Formula.	
Function	Unbuffered Glycolic Acid + Kinetin Growth Factor = effective micro dermabrasion and cell rejuvenation.	
Directions	Apply onto face, carefully avoiding membranous areas of eyes, nostrils, and lips. Start with 1x-a-week applications ONLY. <i>Slowly</i> increase to 2x-a-week, then once-every-other-day, then once-a-day, until you achieve 2x-a-day usage.	
IMPORTANT While increasing application frequency, use Glykeros Lift Physique Hand and Body Lotion as an interim facial lotion. It helps your skin gently adjust to therapy.	Go slow. Rushing your usage could lead to irritations. If this happens, you'll need to stop all skin products for 7 days and re-start therapy. Many people get to 2x-a-day usage around the 35th day; some get there later, and others never do. Go at your own pace. PACING TIP: If the Formula stings slightly, wait a few days before using it again. If it no longer stings, apply it again the next day. If it stings then, wait a. Repeat until no stinging is felt, then use it daily. ADVANCED THERAPY: Once you achieve 2x-a-day usage of the First Formula, you can move up to the Advanced Formula. When you do, re-start usage at the very beginning (once-a-week, etc.).	
Step 3a: Target Treat		<input checked="" type="checkbox"/> As often as needed
Product	 Glykeros Eye and Lip Lift-Contour Serum	
Function	Glycolic Acid + Kinetin + Biophytex + Liftensyl provide long-term benefits of a firmer eye area with reduced puffiness. The immediate addition is the instant, temporary botox®-like lift!	
Directions	Apply as often as necessary on skin around the eyes and lips.	
Step 4: Protect		<input checked="" type="checkbox"/> Daily <input checked="" type="checkbox"/> Indoors <input checked="" type="checkbox"/> Outdoors
Product	 Armada Face Cover 30	
Function	Full-spectrum protection against indoor and outdoor UVA, UVB, Infrared, Visible Light. This step is crucial for your therapy.	
Function	Apply daily, indoors and outdoors (even halogens, fluorescents, and computer screens can harm skin), and whether or not Glykeros has been applied on a given day. For efficacy and protection, use Armada every day, indoors and out.	
IMPORTANT	Try other Armada products for higher protection when outdoors or for lightening. IF YOU ARE ALLERGIC TO CHEMICAL SUN-SCREENS, use SuperSkin Creammy Rich Moisture Milk SPF 15 .	

SkINSPECTION

Pay attention to your skin's behaviour throughout therapy.

What's Normal ...

If you're new to Glykeros, you may experience a slight redness or stinging at the start of therapy.

These are normal and initial, and disappear with correct use. It is therefore important to ...

1. Follow the very slow increase in application frequency,
2. Use low-pH products,
3. Use Armada throughout therapy.

To be extra safe or if you have very sensitive skin: if you experience any of these normal initial reactions, slow down your usage frequency.

What's Not Normal ...

- Severe redness that doesn't disappear even with proper use,
- Visible peeling or flaking,
- Skin discolourations,
- A feeling of severe tightness,

If you experience an abnormal reaction, immediately:

1. **Discontinue all products applied on skin for 7 days** (Glykeros, other cleansers, moisturisers, makeup, everything),
2. Use pure mineral oil or virgin coconut oil to cleanse, and
3. Consult a dermatologist, get a patch test, and do not apply

anything on your skin until s/he says that you may do so.

Why may abnormal reactions occur? Some common possible causes are:

- Improper use of Glykeros,
- Use of non-VMV products. We at VMV believe in hypoallergenicity as a lifestyle: we promise safe skin, which is happy, healthy, gorgeous skin; everything we do fulfils this promise.

If you use Glykeros but also use non-VMV products (that may contain comedogens or allergens) for your other skin or cosmetic needs, those products could cross-react with Glykeros and your skin may suffer in ways we cannot predict.

- VMV products contain none or the least amount possible of known cosmetic allergens. But, as we are all unique, some people are sensitive to ingredients to which no one else is — so, you may be sensitive to an ingredient in Glykeros that is not an allergen.

If this is the case, you would have reacted to Glykeros within the first few hours of use, and can return your VMV product (read our [policy on returns and exchanges](#) for details).

If you are sensitive to something no one else is, we can still help: by customising your product based on your patch test results. For more information, [Ask VMV](#).

More SkINFORMATION

Attention: Practice Prevention for the Retention of Your Skin's Health!

As with any medical or health concern, prevention is as vital as therapy. Your regimen won't matter much if you keep using products that work against it. So, always look for validated (proven) hypoallergenicity and non-comedogenicity in all your personal care products.

Why all personal care products? Because even products not often associated with skin can cause or worsen skin problems. For example, comedogens in some hair care can trickle down with sweat and clog pores (this may result in back, neck, forehead, or cheek acne). Some oral-care products contain halogens which can cause acne or rashes around the mouth and chin (peri-oral contact dermatitis). Soaps, powders, or antiperspirants with fragrance can cause itching, redness, darkening, or bumps.

Many allergens are also photo-allergens (they react with light to darken skin). And even simple zits can leave dark spots (post-inflammatory hyperpigmentation) which can be difficult to treat.

All [VMV products](#) — from Body + Bath to makeup — help you prevent skin problems, and work with (not against) your Rejuvenation Regimen.

The VMV PATCHTEST™

Before using anything new on your skin, do The VMV Patch Test™, especially if you have a history of skin sensitivity.

STEP 1: Spread a pea-sized dot of product on a small patch of skin (like the underside of the elbow or wrist).

STEP 2: If your skin shows redness or a temporary discolouration, or itches, burns, or has other sensations not indicated to be normal (like the initial subtle redness or stinging from an active ingredient), use a damp towel to wipe off the product and do not purchase it.

STEP 3: Choose products that do not cause adverse reactions in your skin. If you are very allergic, get a full patch test at a dermatologist's clinic (make sure your dermatologist has completed a proper residency program and is boarded with your country's official dermatology organisation), or [Ask VMV](#) to customise a product for you.

SkIN Cahoots

At VMV, we believe in helping you stay skin-the-know: the more you know, the more empowered you are to make the best decisions for your skin. Check out VMV's online Knowledge Base:

www.vmvhypoallergenic.com >
[Knowledge Base.](#)

Or, click [Ask VMV](#) for help.

We're your partners in skin and 100% skininvolved. We're in this with you for the long haul, and are happy to help in any way we can.

About **VMV**. We are ...
Hypoallergenicity as a Lifestyle (we promise safe skin, which is happy, healthy, gorgeous skin; everything we do fulfils this promise) ... **Evidence-Based Therapeutic Cosmeceuticals** (our products work towards cell-to-surface healthy, microscopically-sound skin; they deliver results, they do what they say they do, and our claims are backed by clinical studies) ... **Advanced Dermatological Research** (our studies regularly appear in dermatological publications, they're that good) ... **Skinfatuated, Skintelligent, Skin-the-know** (we're utterly devoted to — some say obsessed with — skin).

Who uses VMV? Women, men, and kids from ages 0 on up. We believe great skin is a lifelong commitment. And we're your long-term partners in skin — we're skin cahoots with you, as it were. Many of our clients have been with us for decades for precisely that reason: **we're skinvolved, we're**

in this with you for the long haul, from diapers to dermabrasion.

We've Been Around since 1979, making us one of the first hypoallergenic cosmeceuticals.

VMV Products are clinically proven to be unabashedly in love with your skin:

Validated Hypoallergenic, 100% All-Types-Of-Fragrance-Free, 100% Preservative-Free, Usage, Patch, In Vivo, + Clinically Tested, Non-Comedogenic.

We Make ... skin care, advanced skin treatments, sun + light protection, hair, body + bath care, and makeup. **Skin-Perfecting Stuff from Head to Toe.**

What Is "Validated Hypoallergenic"?

Hypoallergenic means our products contain the least amount — or **0** — **cosmetic allergens** (stuff that causes skin irritations). Validated means we prove it. Our reference for allergens? The North American Contact Dermatitis Group.

Welcome to VMV.

Love your skin. We do.