

REAL WORLD ESTHETICS

For Estheticians Who Want to Know More, Do More, Be More.



PREFACE

The world of esthetics is literally an open book. The sky is the limit. I am going to take you, the professional, on a real-world journey of esthetics.

Once a student becomes a licensed professional it may be overwhelming. So, take a deep breath, close your eyes, and let's start turning dreams into reality.

Whether you complete 300 hours or 1200 hours, esthetics learning never stops. The real-world experience starts the second you touch skin in a professional spa environment.

There are so many elements to success as a licensed skin care professional. You will have an opportunity to discover and learn the various components of the esthetics industry.

Learn more about how the esthetic industry has evolved. What habits you want to keep when pursuing your own type of business success.

Each chapter will take you through the process of developing essential learning tools as a guide to help you move forward in your skin care career.

In the following chapters you will have the knowledge to enhance your critical thinking skills, implementing hands-on techniques, and product recommendations for all skin types, conditions, and colors.

Skin for Life is a company that uses compassion, dedication, and authentication when working within the esthetic industry. This book is written as a journey for you as the licensed skincare professional to assist with your career choices.

Tushar Shah, owner, and president of Skin for Life created a dynamic skincare company. The ultimate focus is to enhance the beauty industry by providing a performance-driven immunity skincare line as well as USA manufactured state of the art equipment.

Freda Mills, Director, CIDESCO Diplomat, B.I.M.C., and Brand Product Manager works closely with Tushar Shah and our laboratory to ensure quality, performance-driven skincare, and up-to-date educational information for beauty therapists, skincare professionals, and other medical or beauty specialists.

Our mission is to assist professionals to build a strong foundation in developing an esthetic business, while understanding inventory control, implementing a training structure, learning retail strategies, and treatment outcomes. All of this and more as you travel through the knowledge of esthetics.

Let's begin. Your journey awaits...

CHAPTER 1

How do I start?

Do you like skincare? Have you been trying product after product to find that special one. Maybe you have had difficult skin throughout your teenage, adult years. There are so many reasons why some men and women want a career in skincare.

The life of an esthetician starts with giving yourself to the well-being of skin. Trying to not only make skin beautiful, but healthy, invigorating with cumulative skin results.

If you are the person that wants to be a part of your clients skin experience, assisting clients with their skin goals and you feel it is rewarding and fulfilling, then read on. I think you are on the right path.

Here are some questions, that if you answer yes to the majority of questions, then you are definitely in the right place for a fulfilling and rewarding career choice.

Do you have interpersonal skills? Do you take the time to listen and show compassion towards others?

Do you like to problem solve? Or have the ability to use critical thinking skills when determining the outcome?

Are you open to someone else's ideas, opinions, or strategies? Do you feel you have an open mind, when working with others?

Esthetics requires ongoing education. Do you like to research to maintain current updated information?

Do you like change? Growth? Personal success?

These are some of the important questions that need a yes. If any of the questions are no then I suggest you take your time and think how you want to pursue a career in the esthetic industry.

The objective of a skincare therapist is not about you, it is about the client and their skin success. Your listening, interactive, and problem-solving skills are extremely important for the health of clients skin, which in turn will effect the health of your business, reputation, word of mouth, and social marketing environment.

How you treat others will determine your longevity in the esthetic industry. This includes your professionalism, presentation, and communication.

How you present yourself not only by appearance, but also your knowledge and humanity towards others provides insight of who you are, and how your confidence translates to others.

Your Esthetics Education Begins Here

Once you've determined that esthetics is the career field for you, now the real journey begins and yes, it can be fun! Finding the right education is an exciting but sometimes overwhelming step. You're about to become a student, and naturally, you want the best possible foundation.

When you enter the world of professional esthetics, you're eager to dive in, ready to grasp techniques, build expertise, and begin changing the quality and health of your clients' skin. The possibilities are thrilling.

But here's the truth: you likely won't be taught by Ph.D. instructors. Instead, most esthetics educators are passionate professionals who bring real-world experience to the classroom. They're dedicated to sharing what they've learned along the way but remember, your true education starts after you graduate.

Getting your professional license doesn't mean your learning is complete, not even close. In esthetics school, you'll receive the fundamentals, the bare bones of what you need to know. It's up to you, as a licensed professional, to keep growing. Seek out the best educators, mentors, and continuing education in the beauty industry.

Where Do I Go from Here? Start by Reading.

The most successful estheticians are lifelong learners. One of the best ways to continue building your knowledge is to read—and read often. Below is a list of foundational books that should be part of your esthetics library:

Thibodeau, G. A., & Anthony, C. P. (1988). Structure and Function of the Body (8th ed.). Times Mirror/Mosby College Publishing.

This classic anatomy and physiology textbook includes review questions to help you understand key concepts essential for mastering how the body (and skin) functions.

Price, S., Price, L., et al. (2021). Aromatherapy for Health Professionals (5th ed.).

Aromatherapy plays a valuable role in holistic esthetics. This book provides a clinical understanding of essential oils and how they can affect skin conditions, sensitivities, and mood—vital knowledge when working with clients who react to fragrance.

Elias, P. M., & Feingold, K. R. (2005). Skin Barrier. CRC Press/Taylor and Francis.

A scientific deep dive into the anatomy and physiology of the skin, particularly the structure and function of the skin barrier. Understanding the skin at this level sets you apart as a serious professional.

Frangie, C. (2019). Milady's Standard Foundations with Standard Esthetics: Fundamentals (12th ed.). Widely used in esthetics programs, this is your go-to reference for foundational esthetic practices, treatments, and safety.

These titles are just the beginning of your professional library. Commit to being a student of the skin for life and your clients will thank you for it.

Why Skin for Life?

Why Isn't It in the Mainstream "Go-To" Product Line?

Skin for Life isn't just another skincare brand it's a company with heart, purpose, and science behind every bottle. But it's also a brand that has chosen depth over hype, results over trends, and professional integrity over mass-market exposure.

So why isn't Skin for Life part of the typical "mainstream" skincare lineup that you see in department stores or viral online posts? The answer is simple:

Skin for Life was never designed for the mainstream. It was designed for the treatment room, for licensed professionals, and for those who want to understand the skin not just sell to it.

While many commercial brands rely on marketing gimmicks and celebrity endorsements, Skin for Life puts its energy into clinical performance, clean formulations, and educating professionals. Every ingredient has a purpose. Every product is backed by skin science.

We don't chase trends. We build trust.

That's why you may not see Skin for Life plastered across magazine ads or social media influencers' feeds. Instead, you'll find it where it matters most: in the hands of estheticians, dermatologists, and skin therapists who are serious about results.

This isn't skincare for everyone. It's skincare for those who know the difference and who expect more from their products.

So, if you're looking for a product line that's grounded in science, purpose, and professional integrity, Skin for Life is for you.

Let's Dive Deeper: The Power of the LSS™ Delivery System (Trademarked Technology Exclusive to Skin for Life)

At Skin for Life, skincare isn't just about the packaging, what's in the bottle. It is about how those ingredients get to where they are needed the most. That is where LSS™ delivery sets us apart.

LSS™ stands for Life Sustaining System™, and it's the proprietary nanotechnology that drives the effectiveness of our entire skincare line. This advanced delivery method is the heartbeat of our formulations, working behind the scenes to ensure active ingredients reach the layers of the skin where it can create real, visible change.



What Makes LSS™ Different?

Most skincare products sit on the surface of the skin, offering temporary hydration or superficial benefits. But the skin's barrier is smart and protective, it doesn't easily allow substances to penetrate. That's why even well-formulated products can fall short without the right delivery system.

Skin for Life's LSS™ delivery system was developed to bridge that gap enhancing ingredient absorption without compromising the skin's natural barrier. It's designed to mimic the body's own biological processes using a trademarked nanotechnology encapsulation, allowing oxygen, vitamins, peptides, and other actives to work in harmony with the skin, not against it.

How It Works:

Bio-availability Focused: LSS™ ensures that only bio-compatible ingredients are used so the skin recognizes and accepts them.

Precision Absorption: Targets the epidermis and dermal junction, delivering ingredients where cellular turnover and repair take place.

Oxygen-Enhanced: Works synergistic with Skin for Life's oxygen infusion systems to improve cellular respiration, detoxification, and vitality.

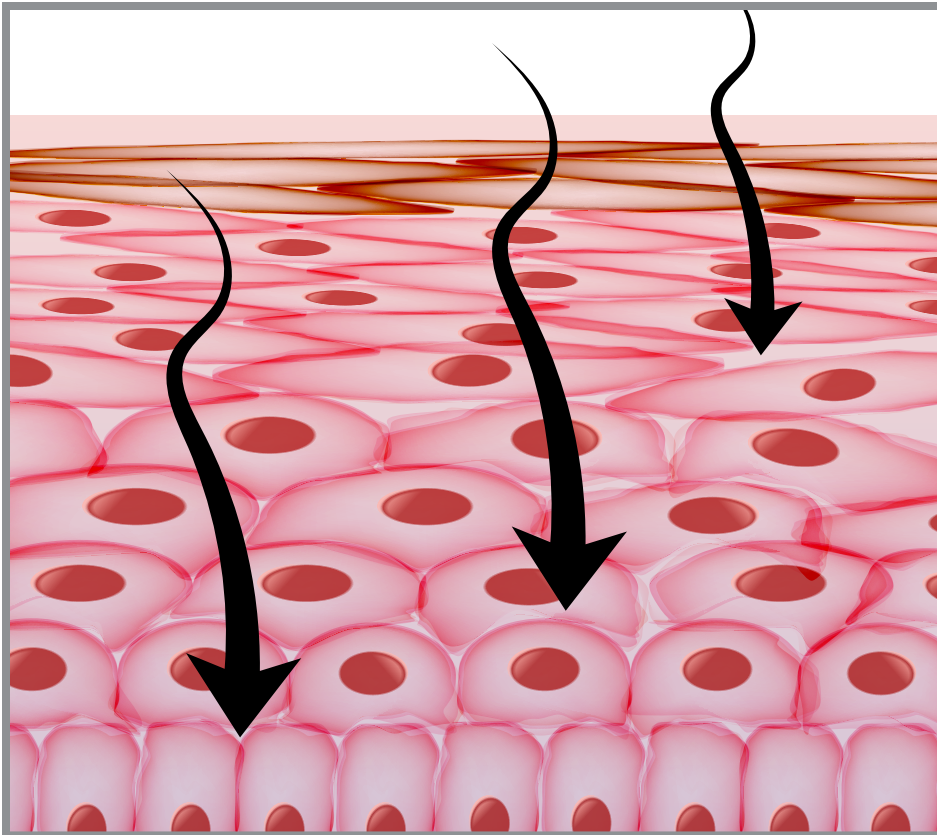
Barrier-Respectful: Supports skin function rather than stripping or disrupting the lipid barrier.

Why It Matters

In a crowded market of skincare "claims," Skin for Life's LSS™ Delivery System is backed by real-world results and years of esthetic experience. It's not about hype it's about helping professionals give their clients the results they expect with the safety they deserve.

This is why Skin for Life products don't just sit on the skin, they work with it, respecting its physiology while enhancing its function. It is a therapeutic-action professional immunity-based skincare line.

"LSS™ delivers active ingredients with precision—deep enough to work, gentle enough to protect."



How Does Product Penetrate?

10% of water resides in the stratum corneum. In between the stratum corneum cells is a water reservoir and lipid mantle. The production of this intercellular matrix, lipid barrier is produced from the stratum spinosum layer.

Skin care products no matter the formulation will consist of ingredients of esters, lipids, alcohols, acids, along with active natural raw ingredients for skin change.

But it takes a bit more to go beyond the surface of the skin. LSS™ delivery is Skin for Life's trademarked

nanotechnology delivery system. The small particle contains critical factors required for enhancement of the skin renewal process. **Magnesium Ascorbyl Phosphate** is the premier form of stabilized vitamin C (ascorbic acid). Ascorbic acid is necessary for both collagen production, collagen cross-linking, and the regeneration of antioxidant enzymes.

Lecithin or Phosphatidyl Choline is required to sustain cell membrane integrity in the epidermis and help maintain the hydrophobic characteristics and acid mantle of the stratum corneum.

Potassium Wheat Amino Acids provides the essential amino acids in a transdermal deliverable from (laurylated) to allow maximal metabolic protein production.

Additional **Lysine** has been added to ensure this essential amino acid for collagen production is present for optimized collagen production.

Myristoyl Pentapeptide-11 is a potent metabolic epidermal/dermal stimulant. Human cell culture models which mimic in vivo skin cells are stimulated by Myristoyl Pentapeptide-11 to up-regulate the critical matrix proteins:

Collagen (~89% increase) • Fibronectin (~95% increase) • Elastin (~95% increase)

SPARC (109% increase)

SPARC is important for the formation and organization of the extracellular matrix (ECM) in the skin, which provides structural support to tissues.

PLOD3 (101%)

PLOD3 is the critical enzyme associated with collagen I cross-linking which becomes deficient with age.

Our Philosophy-And Why It Works

Most skincare lines still rely on a surface-irritation model, stimulating the skin through aggressive exfoliation, acids, or friction. While these methods may create the illusion of improvement, they often disrupt the skin's barrier and compromise long-term health.

At Skin for Life, we've moved beyond that outdated approach.

Thanks to advancements in bio-technology and ingredient delivery systems, we now know that optimal skin health doesn't require irritation. In fact, true transformation happens when you work with the skin's natural chemistry, not against it.

We believe healthy, radiant skin is achievable at any age, in any condition, and for every skin type. Our approach is based on the science of communication interacting with the skin on a cellular level, beginning at the stratum corneum, and indirectly influencing the lower layers you can't see, but where real change begins.

When skincare respects the skin's biology, it doesn't need to force a reaction. It creates a response. That's the Skin for Life philosophy and it works.

Why Skin Responds Best to Rhythm, Not Aggression

We believe that skin functions best when it follows a natural rhythm. Intermittent peaks followed by intentional cool-downs throughout the treatment process.

Just like physical exercise, the skin thrives on controlled stimulation, but only when it's paired with adequate recovery. We avoid prolonged or extreme peaks that leave the skin red, inflamed, or overly fatigued. These aggressive approaches may create short-term reactions, but they often compromise the skin's ability to heal and maintain long-term health.

After every peak, there must be a cool-down phase, a period of rest and restoration that allows the skin to build resilience, strengthen its barrier, and engage its natural repair mechanisms.

This cycle of stimulate, calm, and recover ensures that the skin is never pushed beyond its biological limits. It respects the skin's need to rebuild rather than react, creating results that are sustainable, not superficial.

In our philosophy, true transformation is a process, not a push.

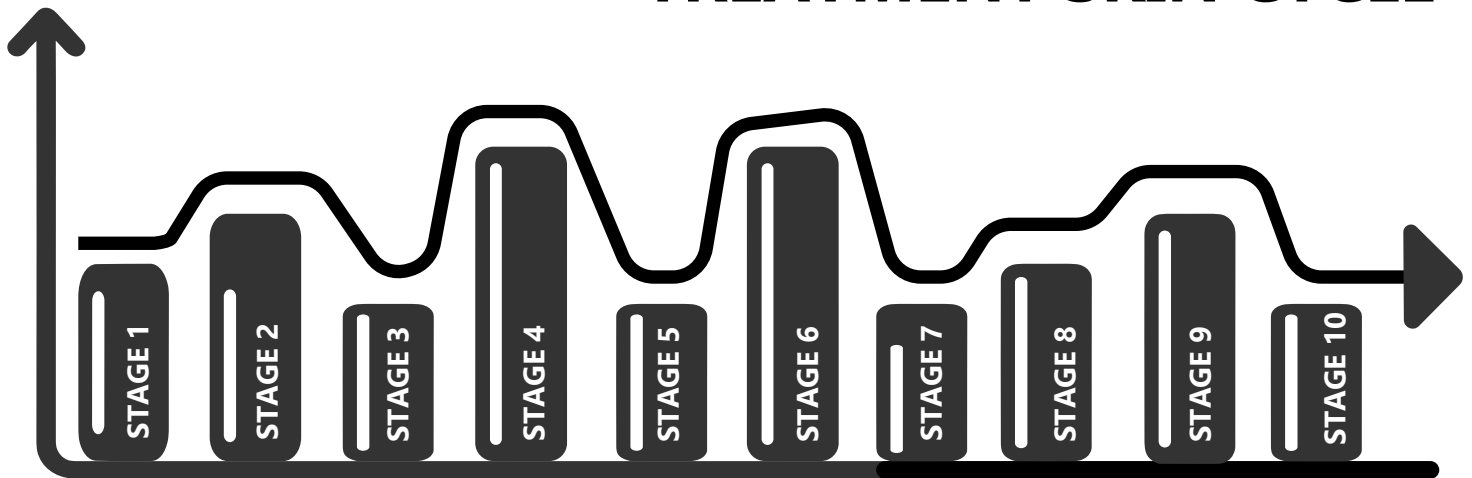
Just like the body, skin performs best with brief, purposeful peaks, not exhaustion.
Without recovery, there is no resilience.
Without rhythm, there is no real repair.

Skin for Life's Philosophy - For Every Esthetician, Skincare Therapists, and Beauty Industry Professional

Think about how you accelerate your treatments—not just with technique, but with intention. We'll guide you through each performance aspect, showing how it directly influences the skin's chemistry, functionality, and overall well-being. Understanding these connections empowers you to create treatments that are both corrective and supportive to the skin's natural processes.

Let's get started... WARM UP • COOL DOWN • PEAK PERFORMANCE • COOL DOWN

TREATMENT SKIN CYCLE



STAGE 1: This is an important step. Take your time to engage in the first communication response of the skin. Do not rush through. Apply **Gentle Milk Cleanser antioxidants** on a dry skin (Do not Add Water). Massage, manipulate for 1 minute. Variables to watch out for:

Watch for a resistive skin response: If a skin is resistive, the milk cleanser will stay on the surface and resist absorption. This will indicate a dehydrated skin, poor receptivity, and an imbalance. It is important to allow the skin to adjust to the first cleansing step without adding water to hands. Allow the skin's chemistry to naturally adjust.

After the skin adjusts, then wet hands and massage, manipulate for another minute to encourage intracellular activity (lipid and water balance). The end result is promoting a more receptive skin for the next step using fluid movements as a warm up (blood and lymph circulation).

Remove with lukewarm water (Not Hot) or use a room temperature moistened towel. Dry skin.

STAGE 2: The second cleansing increases the peak of the skin responses. The focus of this step is to assess the client's skin type and conditions. Now that the skin is balanced from Stage 1 and it is at a warm up cycle, select the second cleansing step from our below selections to continue the peak stage of skin receptivity:

Gentle Milk Cleanser antioxidants - dry skin, mature skin lacking lipid retention, dry-sensitive skin

Gentle Gel Cleanser aloe vera juice - sensitive skins, mild, moderate, severe reactive sensitive skin, combination skin, red-inflamed acne skin conditions

Salicylic Gel Cleanser clarifying actives - combination, oily, acne, troubled skin. Overactive oily skin conditions, seborrhea skin conditions.

Once again, apply to a dry skin. Massage, manipulate for 1 minute. You will notice the skin is more flexible, relaxed, and receptive to the second cleaning step. After completing the 1 minute cleansing, wet hands and massage, manipulate for another minute.

Remove with lukewarm water (Not Hot), using soft sponges or gauze. May remove the cleanser with a room temperature moistened towel.

STAGE 3: The cooldown cycle follows the cleansing peak, offering the skin a vital recovery period. As mentioned earlier, the skin functions optimally when it experiences intermittent peaks rather than prolonged stimulation that can lead to exhaustion.

After an accelerated treatment phase, the skin requires a moment of rest to recalibrate and restore balance. This cooldown allows the skin to assimilate the benefits of treatment without triggering undue stress.

Modern skin toners have evolved significantly, now formulated with advanced, vital active ingredients that not only soothe and hydrate but also support the skin's post-treatment repair and renewal process.

Skin for Life recommends the following two skin professional toners after Stage 2:

Instant Soothing Toner - universal skin toner with a pH 5.5. It cools, calms, and diffuses skin redness. May be used on all skin types where redness, irritation, or other sensitives are present.

BHA/AHA Toner - combination, oily, acne-troubled skin conditions are visible. It is the perfect solution for Grade I-IV. BHA/AHA toner is completely balanced with a pH 5.0 and is formulated with an active ingredient, eucalyptus oil, which has antibacterial and anti-fungal properties to retard the growth of propionbacterium, 90% of which contributes to acne conditions

Saturate a dry 2x2 gauze with one of the above skin toners, at least a quarter-size amount on a dry cotton pad. Thoroughly wipe over the skin. Use finger-tips to very lightly blend the toner into the skin until absorbed.

STAGE 4: The “peak” phase acts as a brief, controlled stress point that activates the skin’s natural protective response. During this moment, blood capillaries temporarily expand, increasing the delivery of oxygen, hydration, and essential nutrients to support cellular renewal. As circulation improves, the lymphatic system becomes more fluid, effectively bathing the skin and assisting in the removal of metabolic waste or other inhibitory factors that could impede the skin’s repair process. This heightened physiological activity enhances the skin’s functionality and resilience, laying the foundation for healthier, more responsive skin.

Here are a few skin peak performance exfoliations and/or enhancements at the Stage 4.

- Dermaplaning

- Skin Scrubber with papaya complex or skin scrub marine algae treatment skincare

- Microdermabrasion

- LED Light Therapy

- Oxygen Infusion Therapy

- Microcurrent

- Professional Cosmetic Peels

- NANO Infusion Device

- Micro-needling

and many other possibilities

STAGE 5: After Stage 4 is complete, it’s essential to reinforce the skin’s performance by transitioning into the cooldown phase of the treatment. At this stage, applying **Instant Soothing Toner** is key. Infused with natural actives, this toner serves as the official cooldown step calming the skin, supporting barrier function, and helping to restore optimal balance. It gently guides the skin from heightened activity into a state of recovery, ensuring a smooth and effective conclusion throughout the treatment process.

Saturate a dry 2x2 gauze with one of the above skin toners, at least a quarter-size amount on a dry cotton pad. Thoroughly wipe over the skin. Use finger-tips to very lightly blend the toner into the skin until absorbed.

STAGE 6: This stage is optional and offers an opportunity to reintroduce a controlled peak in the skin's functionality. By doing so, you can further stimulate cellular renewal and enhance overall skin activity, reinforcing the benefits of the previous treatment phases.

For a deeper understanding and more effective results, consider incorporating the following combinations when performing corrective skin treatments. These synergistic pairings can enhance treatment efficacy, support skin recovery, and accelerate visible improvements.

Example 1: Pigmentation Correction Protocol

Stage 4: Microdermabrasion

Perform one pass to gently exfoliate and remove the stratum corneum, preparing the skin for enhanced ingredient penetration.

Stage 5: Cooldown

Apply Instant Soothing Toner to calm and rebalance the skin after exfoliation, supporting the skin's transition into the treatment phase.

Stage 6: Pro Radiance Peel

Apply to increase the depth of active brighteners. This step targets uneven skin tone and pigmentation by accelerating cellular turnover and delivering potent corrective actives more effectively.

Example 2: Wrinkle Control Protocol

Stage 4: Professional Peel System

Follow the cosmetic peel protocol as directed. This step is ideal for targeting fine lines, wrinkles, pigmentation, scarring, and enhancing overall skin texture. It clarifies, brightens, and stimulates cellular renewal for visible skin improvement.

Stage 5: Cooldown

Apply Instant Soothing Toner to calm and rebalance the skin post-exfoliation. This helps reduce sensitivity and prepares the skin for deeper product absorption in the next phase.

Stage 6: NANO Infusion Treatment

This advanced step supports restoration of the skin's natural lipid barrier while infusing targeted corrective serums. It provides an optimal opportunity for long-term skin improvement and positive skin change.

Skin for Life refers to this stage as **"Skin Layering"** — a strategic approach where professionals combine two or more treatment modalities to address multiple skin concerns simultaneously. This technique is highly effective for targeting conditions such as pigmentation, fine lines and wrinkles, demarcation lines, acne scarring, and more. By layering modalities, the treatment becomes customizable, results-driven, and aligned with the skin's unique needs and responsiveness.

STAGE 7: After Stage 6 is complete, it's essential to reinforce the skin's performance by transitioning into the cooldown phase of the treatment. At this point, applying Instant Soothing Toner becomes a vital step.

Infused with natural actives, this toner serves as the official cooldown calming the skin, supporting the barrier function, and restoring optimal balance. It gently transitions the skin from a state of heightened activity into recovery, ensuring a smooth and effective conclusion to the treatment process.

Saturate a dry 2x2 gauze or cotton pad with at least a quarter-sized amount of toner. Thoroughly wipe the skin using gentle, even strokes. Then, using clean fingertips, lightly blend the toner into the skin until fully absorbed. This technique maximizes absorption and reinforces the skin's natural healing response.

Exception to the Rule

If the second peak treatment phase is performed using NANO Infusion or another infusion modality such as ultrasonic waves, there is no need to apply Instant Soothing Toner after the infusion step in Stage 6. The infusion process itself acts as a functional cooldown by delivering corrective ingredients while supporting the skin's natural balance and barrier integrity.

STAGE 8: This phase of the treatment is focused on stimulating lymphatic circulation, which plays a vital role in detoxifying the skin, reducing inflammation, and supporting the overall renewal process. By enhancing lymphatic flow, this step helps to remove metabolic waste, improve skin tone, and prepare the skin for deeper treatment absorption.

Preparation for Stage 8:

Apply the corrective serum (**Vita C Serum peptide complex LSS™ delivery** and/or **Moisture Booster hyaluronic acid LSS™ delivery**) evenly over the skin to initiate targeted performance delivery. This step enhances the treatment's efficacy by delivering active ingredients directly to the skin where they are needed most, supporting correction, hydration, and long-term skin improvement.

Protect, maintain, and preserve the correction by applying one or more of the following finishing products: **Vital Recovery Concentrate, Antibac Essentials, Ultra Performing Complex, and/or Moisture Complex LSS™ delivery**. These formulas are designed to reinforce the benefits of the corrective serum by locking in active ingredients, restoring skin balance, and supporting long-term results. Apply directly over the corrective serum. For enhanced absorption and client experience, you may begin this step using light massage techniques.

After applying Skin for Life's moisturizer(s), incorporate a finishing technique to invigorate circulation and enhance overall treatment results. Choose from manual lymphatic drainage, Gua Sha massage, facial cupping, or other revitalizing massage methods. These techniques stimulate lymphatic flow, promote nutrient delivery, and support the skin's natural detoxification and regeneration processes leaving the skin visibly refreshed, balanced, and radiant.

This phase uniquely delivers both a peak and cooldown simultaneously energizing the skin while gently guiding it into a state of recovery and renewal. It serves as the ideal conclusion to a performance-driven treatment protocol, optimizing results and client satisfaction. The outcome is skin that exhibits greater flexibility, resilience, and pliability, which enhances oxygenation, improves nutrient delivery, and supports the elimination of stagnant fluids that can hinder healthy cellular renewal. This final step reinforces the skin's ability to restore itself naturally and effectively.

STAGE 9: The Final Mask Application: Cold Therapy

Skin for Life formulates advanced cold therapy masks as the final step in treatment. While heat is often associated with stimulation, cold can be equally effective offering a unique set of benefits for skin health and recovery. Cold therapy stimulates lymphocyte production, enhances cell respiration, and supports the elimination of waste fluids that may hinder skin performance. Cold naturally creates both a peak and cooldown response, providing an intermittent stimulus that strengthens cell metabolism, reinforces capillary wall integrity, and encourages collagen formation. This phase helps restore balance, reduce inflammation, and leaves the skin visibly revitalized, making it an essential component of a results-driven protocol.

Marine Algae: A Natural Source for Cold Therapy Efficacy

Marine algae are a powerful source of natural cold therapy ingredients, offering a rich concentration of vitamins and minerals essential for skin health. Because many skin types are deficient in key minerals, marine algae provide replenishment with high levels of selenium, calcium, magnesium, and vitamins A, B-complex, C, and K.

When micronized, marine algae enhance bioavailability allowing their nutrients to penetrate through the skin's gap junctions and, in some cases, be absorbed through the blood capillary walls. This enables rapid cellular delivery, supporting skin revitalization, detoxification, and improved metabolic function. Ideal for cold therapy applications, marine algae work synergistically to calm, strengthen, and nourish the skin at a deep level.

Once the mask is applied, it typically sets for 3 to 10 minutes, depending on the specific formulation and whether activation is required. For enhanced results, you may incorporate additional cold therapy tools such as cold glass globes, chilled stones, or a cold, moistened towel placed over the mask. These elements amplify the mask's soothing, balancing, and firming effects making it an ideal conclusion to any performance-driven treatment.

STAGE 10: The Final Finishing Skincare Products

Instant Soothing Toner natural actives is a gentle, skin-balancing formula designed to cool, calm, and visibly reduce redness. With a pH of 5.5, it supports the skin's natural barrier and is ideal for all skin types especially those experiencing redness, irritation, or sensitivity.

How to Use:

Saturate a dry cotton pad or 2x2 gauze with at least a quarter-sized amount of toner. Gently apply over the face, neck, and chest, using very light fingertip massage movements to blend the product into the skin until fully absorbed. This step prepares the skin for advanced treatments or serves as a soothing cooldown in any skincare protocol.

Vita C Serum peptide complex and/or Moisture Booster hyaluronic acid - may apply by mixing 1-pump each, apply to skin, and blend. Do not forget around the eye area for extra hydration and lymph circulation.

Vital Recovery Concentrate, Antibac Essentials, Ultra Performing Complex, and/or Moisture Complex - may apply one or layer more than one before applying Skin for Life sunscreen SPF 30 physical sunscreen, zinc oxide.

Serious Questions Licensed Beauty Professionals Need to Ask.

The best skin medicine is to understand the skin's limitation with each client. It is important to ask clients the following questions:

What is your level of **sensitivity**? Mild, Moderate, Severe. Most clients will proclaim sensitive skin. It is our responsibility as licensed skincare professionals to examine the level of sensitivity. For an example, is the sensitivity temporary or chronic. This will guide you to understanding the ongoing sensitivity.

What are the skin triggers with the stated, sensitivity. For example, is it food, cosmetics, hair products, known tested allergies that clients may have been tested by a licensed physician.

Certain sensitivities may be controlled by a prescribed medication. It is important for licensed skincare professionals to review and lookup any systemic or topical medications that the client is currently taken to determine the skin sensitivity. Visit PDR.net to research medications and what effect it has on skin.

Hormonal challenges may affect the skin's repair. For example acne skin conditions can be influenced by hormonal concerns. Hormonal fluctuations especially those related to androgens, like testosterone can significantly affect acne conditions. Fluctuations can trigger increase sebum (oil) production.

This excess, along with using skincare products that exacerbate the condition can trigger and increase oil activity. Another concern is pigment variations. Hormones play a significant role in skin pigmentation variations. Fluctuations in hormones like estrogen, progesterone, and melanocyte-stimulating hormone (MSH) can lead to changes in melanin production, causing variations in skin tone.

It is important to know if the client is having irregular cycles, taking certain medications for birth control, or antibiotics. Medications may be a contributing factor, so it is important to review your client's medical history.

With the increasing number of **medications** being prescribed, it is essential for skincare professionals to stay informed. Reviewing resources such as PDR.net helps identify how medications such as pharmaceutical-grade retinol, high blood pressure, or thyroid medications may have contraindications or cause sensitivities within the skin. Understanding these potential interactions enables professionals to make more mindful and personalized treatment and product recommendations, ensuring the skin receives the proper support and care.

CHAPTER 2

Chapter Overview: Understanding Skin for Life Skincare Products

This chapter focuses on learning the ingredients, application methods, and appropriate use of Skin for Life skincare products. Our Pure Science Skincare is immunity-driven, meaning every formulation is designed to support and enhance skin functionality, regardless of skin type or condition.

For example, as a skincare professional, you can confidently apply Vita C Serum on oily, sensitive, or dry, dehydrated skin. It is universally formulated to benefit all skin types without the need for second-guessing. With Skin for Life, your product choices are guided by skin health—not skin labels—making our system easy to learn, trust, and apply in any professional setting.

Skin for Life: Where Nature Meets Science

Pure science. Immunity-driven. Result-oriented skincare—for all skin types.

At Skin for Life, we fuse the power of nature and science to create therapeutic skincare solutions that deliver immediate visible results and long-term benefits. From the very first application, our formulations are designed to enhance skin functionality and support its natural immunity, making them effective and safe for all skin types and conditions.

We are committed to helping our customers achieve consistent, remarkable results through professional-grade products developed with integrity, innovation, and purpose.

What Sets Us Apart:

Quality Assurance: Our FDA recognized Certified Organic Laboratory sources only clean, validated raw ingredients from trusted suppliers around the world. Every ingredient undergoes rigorous testing to ensure safety, purity, and performance.

Partnership with Licensed Skincare Professionals: We value direct collaboration with estheticians and licensed skincare providers, who play an essential role in shaping our product development. Their insight ensures our products are practical, purposeful, and trusted by both professionals and clients alike.

Skin for Life isn't just skincare, it's a commitment to skin wellness, professional integrity, and exceptional results.

Why Professionals Trust Skin for Life

In today's skincare market, many product lines can be intimidating especially for students or professionals in training. Some brands rely on overly aggressive formulations that cause excessive surface irritation, leading to unpredictable skin responses. This volatility can make even seasoned estheticians second-guess their techniques, and it can hinder client trust and treatment outcomes.

At Skin for Life, we believe skincare should be intelligent, reliable, and supportive of the skin's natural immunity. Our immunity-driven, result-oriented formulas are developed to work in harmony with the skin—not against it—making them ideal for all experience levels in the professional space. With Skin for Life, professionals can confidently perform treatments knowing that our products are safe, effective, and consistent no second guessing, no unnecessary irritation.

Pure Science. Immunity-Driven. Result-Oriented Skincare for All Skin Types.

At Skin for Life, we believe in delivering professional skincare that supports the skin's natural immunity and functionality regardless of skin type or condition. Our formulations are rooted in pure science and driven by visible results, offering immediate and long-term benefits.

Say NO to Harmful Ingredients

We are uncompromising when it comes to ingredient safety and ethical standards. Skin for Life proudly stands against animal testing and the use of harmful or inferior ingredients.

You will never find the following in our products:

Parabens

Sulfates

Artificial Colors

Imidazolidinyl Urea

Diazolidinyl Urea

Petrolatum

Our commitment to clean, safe, and validated ingredients ensures that every product supports the skin's health, gently, effectively, and without compromise. Skin for Life empowers professionals with confidence in every application, knowing they are delivering real results backed by integrity.

But it's more than just product performance, it's about professional partnership. At Skin for Life, professionals are never alone. You can always reach out to a fellow Skin for Life colleague, someone who understands the importance of client care, exceeding expectations, and long-term client retention. We are a team dedicated to helping you build trust, deliver results, and grow your business with purpose and support.

Now, Let's Explore Some of Our Signature Skincare Products.



Gentle Milk Cleanser antioxidants

Skin for Life Gentle Milk Cleanser is a creamy, hydrating facial cleanser specially formulated for dry, dehydrated, mature, and sensitive skin types. It combines emollient lipids with antioxidant vitamins A & E, soothing aloe vera, and β -glucan (a probiotic-derived ingredient) to gently dissolve makeup, sunscreen, and impurities without stripping the skin's natural barrier.

A skin-balanced pH (~6.0), a silky milk-lotion texture, it's gentle enough for the eye area and safe for the lash area.

Spa professionals appreciate its ability to cleanse deeply while preserving softness and barrier health. Its formulation is paraben-free, cruelty-free, and made in small batches in the USA to ensure optimal formula efficacy.

Ingredients:

Aqua (Water), Glycereth-26, Stearic Acid, Pentaerythrityl Tetracaprylate/Tetracaprate, Glycol Distearate, PEG-60 Almond Glycerides, Cetyl Alcohol, Aloe Barbadosensis Leaf Juice, Tocopheryl Acetate, Retinyl Palmitate, Beta-Glucan, Sodium Lauroyl Oat Amino Acids, Cetareth-20, Cetearyl Alcohol, Triethanolamine, Carbomer, 1,2 Hexanediol, Caprylyl Glycol, Tropolone.

How to use:

Apply a generous amount in the palm of your hand.

Directly apply to face, neck, and décolletage without adding water.

Massage in circular movements for 1 minute.

Moisten hands with lukewarm water and massage for another minute.

Rinse with lukewarm or room temperature water.

Dry skin thoroughly with a soft towel.

Skin Types and Conditions:

Dry Skin Types (lipid loss), Dehydration (water loss), Chapped Skin, Flaky Skin, Compromised Skin because of Over Sun Exposure, Sensitive-Dry Skin, Rosacea (dry patches), Atopic Dermatitis, Psoriasis, Xeroderma, Over use of Retinols or Retinoic Acids, Skin Peeling.

Retail Size: 6 FL. Oz.

Professional Size: 16 FL. Oz.



Gentle Gel Cleanser aloe vera juice

Skin for Life Gentle Gel Cleanser is a mild, refreshing cleanser designed for all skin types, especially sensitive, reactive, or compromised skin.

Its aloe vera–based formula delivers soothing hydration, while beta-glucan, a probiotic-derived ingredient, helps calm inflammation and strengthen the skin’s barrier.

This alcohol-free, sulfate-free, and paraben-free gel gently removes impurities, excess oil, and light makeup without stripping or irritating the skin.

This cleanser prepares the skin for optimal absorption of serums and moisturizers, making it a foundational step in any healthy skincare routine.

Ingredients:

Aqua (Water), Disodium Oleamido MEA Sulfosuccinate, Disodium Laureth Sulfosuccinate, Lauryl Betaine, Glycerin, Disodium PEG-12 Dimethicone Sulfosuccinate, PEG-30 Glyceryl Cocoate, Methyl Gluceth-20, Cocamidopropyl Betaine, Xanthan Gum, Tocopheryl Acetate, Retinyl Palmitate, Disodium EDTA, Aloe Barbadensis Leaf Juice, Betaglucan, 1,2 Hexanediol, Caprylyl Glycol, Tropolone.

How to use:

Apply a generous amount in the palm of your hand.

Directly apply to face, neck, and décolletage without adding water.

Massage in circular movements for 1 minute.

Moisten hands with lukewarm water and massage for another minute.

Rinse with lukewarm or room temperature water.

Dry skin thoroughly with a soft towel.

Skin Types and Conditions:

Dry/Sensitive Skin Types (lipid loss and capillary distention), Dehydration (water loss), Skin Compromised because of sun exposure, Sensitive Skin, Rosacea, (papules, pustules), Seborrhea Dermatitis, Psoriasis, Oily/Sensitive Skin, Active Acne/Sensitive Skin, Eczema.

Retail Size: 6 FL. Oz.

Professional Size: 16 FL. Oz.



Salicylic Gel Cleanser clarifying actives

Skin for Life's Salicylic Gel Cleanser is a targeted, clarifying gel cleanser formulated for oily, acne-prone, and combination skin types. Its standout active salicylic acid, penetrates pores to gently exfoliate, dissolve excess oil, and help prevent blemishes without causing irritation or dryness.

Free from alcohol, fragrance, and parabens, this cleanser supports natural moisture balance while combating breakout-causing debris.

Salicylic Gel Cleanser offers a non-drying, effective solution for managing oiliness, reducing breakouts, and refining pores while supporting skin health.

Ingredients:

Aqua (Water), Ammonium Laureth Sulfate, Cocamidopropyl Betaine, Disodium Laureth Sulfosuccinate, Disodium PEG-12 Dimethicone Sulfosuccinate, PEG-30 Glyceryl Cocoate, Lauryl Betaine, Salicylic Acid, Decyl Glucoside, Polyquaternium-10, Disodium EDTA, 1,2 Hexanediol, Caprylyl Glycol, Tropolone.

How to use:

Apply a generous amount in the palm of your hand.

Directly apply to face, neck, and decolletage without adding water.

Massage in circular movements for 1 minute.

Moisten hands with lukewarm water and massage for another minute.

Rinse with lukewarm or room temperature water.

Dry skin thoroughly with a soft towel.

Skin Types and Conditions:

Oily Skin, Acne-Prone Skin, Combination Skin (T-zone), Mild, Moderate, or Severe Acne Conditions, Oily/Acne (non-inflamed or inflamed), Rosacea (stage 3-4), Seborrhea.

Retail Size: 6 FL. Oz.

Professional Size: 16 FL. Oz.



Instant Soothing Toner natural actives

Skin for Life's Instant Soothing Toner is a calming, pH-balanced mist designed to hydrate, soothe, and rebalance all skin types especially sensitive, dry, or reactive skin

Formulated at a skin-friendly pH of 5.5, it combines aloe vera and chamomile extracts (including bisabolol and guaiazulene) to reduce redness, inflammation, and sensitivity.

Enhanced with a probiotic-derived beta-glucan, it supports barrier repair and boosts protein production for stronger, more resilient skin.

Packaged in small batches in the USA and free from parabens and animal testing, it's an ideal step for prepping skin to better absorb serums and moisturizers while providing instant comfort post-procedure or environmental stress .

Ingredients:

Aqua (Water), Sorbitol, PEG-60 Almond Glycerides, Methyl Gluceth-20, Aloe Barbadosensis Leaf Juice, Polysorbate-20, Caprylic/Capric Triglyceride, Matricaria (Chamomilla Recutita) Extract, Sodium PCA, Glycereth-26, Ethoxydiglycol, Bisabolol, Lecithin, PEG-6, Carthamus Tinctorius (Safflower) Seed Oil, Parfum, PEG-7 Glyceryl Cocoate, Centaurium Erythraea Extract, Guaiazulene, Beta-Glucan, 1,2 Hexanediol, Caprylyl Glycol, Tropolone.

How to use:

Apply a generous amount on a dry round cotton pad or gauze.

Directly apply to face, neck, and décolletage.

Use light fingertip movements to lightly massage into the skin.

Once absorbed transition to serums and/or moisturizers for the next skincare step.

May be used as a spray to refresh the skin, makeup, or rehydrate the skin's surface after outdoor activities.

Skin Types and Conditions:

Dry Skin (lipid loss), Dry/Sensitive Skin, Oily/Sensitive Skin, Rosacea, Eczema, Psoriasis, Dehydration (water loss), Combination Skin (T-zone area), Photodamaged/Sun-damaged Skin.

Retail Size: 6 FL. Oz.

Professional Size: 16 FL. Oz.



BHA/AHA Toner probiotic active

Skin for Life's BHA/AHA Toner is a targeted, clarifying toner formulated at a skin-friendly pH of 5.0, ideal for oily, acne-prone, and combination skin types, including those experiencing pustules, cysts, or hormonal breakouts.

It combines salicylic acid (a BHA) with lactic acid (an AHA) and eucalyptus oil to both exfoliate the skin's surface and deeply cleanse pores, helping to dissolve excess sebum, unclog follicles, and reduce P-acne activity.

Enhanced with beta-glucan, a probiotic-derived ingredient, the formula also supports barrier repair and boosts skin immunity. This powerful yet balanced toner re-balances pH, reduces inflammation, refines pores, and enhances skin receptivity prepping it for optimal absorption of subsequent serums and moisturizers.

Ingredients:

Aqua (Water), SD Alcohol 40-B, Salicylic Acid, Eucalyptus Globulus Leaf Oil, Beta-Glucan, Lactic Acid, 1,2 Hexanediol, Caprylyl Glycol, Tropolone, Simethicone.

How to use:

Apply a generous amount on a dry round cotton pad or gauze.

Directly apply to face, neck, décolletage or target problem areas.

Use light fingertip movements to lightly massage into the skin.

Once absorbed transition to serums and/or moisturizers for the next skincare step.

May be used as a spray to refresh the skin, absorb oil, and prevent oil (sebum) from solidifying, contributing to breakouts.

Skin Types and Conditions:

Oily Skin, Congested Skin, Non-Inflamed Acne (blackheads, whiteheads), inflamed acne (pustules, papules, sebaceous cyst), Seborrhea Skin Conditions, (oil glands emit an oily residue, but the surface skin may be dry, and may appear thick).

Retail Size: 6 FL. Oz.

Professional Size: 16 FL. Oz.

Vita C Serum peptide complex + LSS™ delivery



Skin for Life's Vita C Serum is a potent antioxidant and peptide-packed treatment designed to brighten, strengthen, and restore skin vitality using advanced LSS™ nanolipid delivery. Powered by stable magnesium ascorbyl phosphate (MAP) a gentle Vitamin C derivative. It neutralizes free radicals, promotes collagen synthesis, and protects cellular integrity across all skin types, including sensitive and pigmentation-prone complexions.

Its nano bio-emulsion base, this serum delivers deep hydration and nutrient absorption, promoting visibly smoother texture, reduced fine lines, and a radiant, youthful complexion.

Enriched with bearberry extract, it offers brightening benefits while calming inflammation and easing dark spots associated with melasma.

Ingredients:

Aqua (Water), Magnesium Ascorbyl Phosphate, Glycerin, Urea, Arctostaphylos Uva Ursi (Bearberry) Leaf Extract, Glycerin, Myristoyl Pentapeptide-11, Lecithin, Caprylic/Capric Triglyceride, Potassium Lauroyl Wheat Amino Acids, Hydroxyethylcellulose, Aloe Barbadensis Leaf Juice, Lysine, Simethicone, Polysorbate 60, 1,2 Hexanediol, Caprylyl Glycol, Tropolone.

How to use:

Apply a generous amount after applying toner. Apply to face, neck, and décolletage.

May use around the eye area as an eye serum to brighten and hydrate around the delicate eye area.

Blend well.

Once absorbed transition to moisturizer application.

It is an important performance serum before sunscreen application.

Skin Types and Conditions:

Dry Skin, Sensitive Skin (capillary distention), Pigmentation Discolorations (melasma, chloasma, or pigment variations due to long-term sun exposure), Chronic or Temporary Sensitivities, Oily/Acne Skin (inflamed acne conditions), Universal Serum for All Skin Types and Conditions.

Retail Size: 1 FL. Oz.

Professional Size: 4 FL. Oz.



Moisture Booster hyaluronic acid + LSS™ delivery

Skin for Life's Moisture Booster is a hydrating, skin-plumping serum powered by hyaluronic acid and the brand's trademarked LSS™ nanolipid delivery system. It helps retain moisture by supporting the skin's natural ability to generate and hold hyaluronic acid, thus protecting against dehydration and trans-epidermal water loss.

Enriched with brightening bearberry extract and building-block peptides, the lightweight formula not only smooths and firms but also enhances skin tone and resilience for all skin types including oily, acne-prone, and mature or pigment-affected complexions.

The end result is skin that looks more plump, balanced, and radiant well-prepped for further skincare treatments.

Ingredients:

Aqua (Water), Magnesium Ascorbyl Phosphate, Glycerin, Urea, Hyaluronic Acid, Arctostaphylos Uva Ursi (Bearberry) Leaf Extract, Myristoyl Pentapeptide-11, Lecithin, Caprylic/Capric Triglyceride, Glyceryl Acrylate/ Acrylic Acid Copolymer, Potassium Lauroyl Wheat Amino Acids, Hydroxyethylcellulose, Aloe Barbadensis Leaf Juice, Lysine, Simethicone, Polysorbate 60, 1,2 Hexanediol, Caprylyl Glycol, Tropolone.

How to use:

Apply a generous amount after applying toner. Apply to face, neck, and décolletage.

May use around the eye area as an eye serum to brighten and hydrate around the delicate eye area.

Blend well.

Once absorbed transition moisturizer application.

It is an important performance serum before sunscreen application.

Skin Types and Conditions:

Dry Skin (lack of essential lipids), Sensitive Skin (capillary distention), Dehydration (water loss), Pigmentation Discolorations (melasma, chloasma, or pigment variations due to long-term sun exposure), Chronic or Temporary Sensitivities, Oily/Acne Skin (inflamed acne conditions).

Retail Size: 1 FL. Oz.

Professional Size: 4 FL. Oz.



Renewal Serum 10% lactic acid + LSS™ delivery

Skin for Life's Renewal Serum is a powerful yet gentle daily exfoliant featuring a 10% lactic acid and citric acid blend encapsulated in their LSS™ delivery system. This advanced formulation, at an effective pH of 2.0, works to refine skin texture, brighten tone, and even out discoloration making it ideal for concerns like melasma, sun damage, fine lines, and uneven skin tone.

Renewal Serum efficiently removes dead skin cells while priming the skin for optimal absorption of follow-up treatments resulting in a smoother, more radiant, and healthier complexion.

The serum's beta-glucan and peptide components help support the skin's barrier and immune resilience, ensuring the exfoliation process remains non-irritating even for sensitive skin.

Ingredients:

Aqua (Water), Lactic Acid, Polyquaternium-10, Beta-Glucan, Citric Acid, Myristoyl Pentapeptide 11, Lecithin, Palmitoyl Myristoyl Serinate, Caprylic/Capric Triglyceride Potassium Lauroyl Wheat Amino Acids, Lysine.

How to use:

After toner application, apply a small or generous amount to face, neck, and décolletage. Use as a nighttime serum. For very resistive skin may use in the morning under daily serum. Avoid using before outdoor activities.

Be careful around the eye area. Do not apply directly under the eyes. May apply on the bone of the eye and blend.

Blend well.

May apply Vita C Serum, Moisture Booster, or Retinol Serums over Renewal Serum as an added corrective performance serum.

Skin Types and Conditions:

Dry Skin (lack of essential lipids), Sensitive Skin (chronic or temporary sensitivities), dehydration (lack of water), oily skin, seborrhea skin condition, acne-prone-skin, aging/mature skin, pigmented skin conditions (hyperpigmented skin discolorations), melasma, chloasma.

Retail Size: 1 FL. Oz.



Retinol Serum Level 1 (0.25%)

Skin for Life's Retinol Level 1 is a beginner-friendly, gentle retinol serum containing 0.25% retinol encapsulation.

Designed explicitly for a wide range of skin types including oily, acne-prone, sun-damaged, rosacea-prone, and sensitive complexions it works to boost cell turnover, firm the skin, smooth texture, refine pores, and address fine lines, dark spots, and breakouts without the irritation typical of stronger retinoids.

This "smart" next-generation retinol balances efficacy with skin comfort, avoiding unnecessary inflammation by emphasizing consistent, moderate use to promote long-term skin health.

The probiotic, Lactococcus Ferment Lysate increases protein production, supports skin balance, and strengthens overall resilience making the skin more adaptive and less reactive to environmental stress.

Ingredients:

Aqua (Water), Tocopheryl Acetate, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Camellia Sinensis Leaf Extract (Green Tea Extract), Sodium Hyaluronate, Disodium EDTA, Vitamin A Palmitate, Cocoglycerides, BHT, Retinol, Glyceryl Diretinoate, Retinyl Linoleate, Phospholipids, Lactococcus Ferment Lysate (Probiotic), Glycerin, Caprylyl Glycol, Phenoxyethanol, Myristoyl Nonapeptide-3.

How to use:

After toner application, start by applying a small amount to face, neck, and décolletage. Increase the amount for an even application. Use as a nighttime serum only. Apply twice a week, at least 48-72 hours apart. May apply once a week for sensitive skin and increase to twice a week when tolerable.

Be careful around the eye area. Do not apply directly under the eyes. May apply on the bone of the eye and blend well.

Blend well.

May apply moisturizer(s) to protect the corrective properties of the retinol and to protect the lipid barrier within the layers of the skin.

Skin Types and Conditions:

Dry Skin (lack of essential lipids), Sensitive Skin (chronic or temporary sensitivities), dehydration (lack of water), oily skin, seborrhea skin condition, ace-prone-skin, aging/mature skin, pigmented skin conditions (hyperpigmented skin discolorations), melasma, chloasma.

Retail Size: 1 FL. Oz.



Retinol Serum Level 2 (0.35%)

Skin for Life's Retinol Level 2 is a step-up, medium-strength retinol serum designed for users who have completed a beginner retinol phase (Level 1) and are ready to elevate their skin-renewal regimen. Containing 0.35% retinol encapsulation, it promotes faster cell turnover, smoother texture, minimized pores, and visibly reduced fine lines, discoloration, and breakouts while minimizing irritation thanks to its slow-release.

Enriched with antioxidants like tocopheryl acetate (Vitamin E), green tea extract, sodium hyaluronate, and probiotic-derived Lactococcus Ferment Lysate, it not only rejuvenates but also strengthens the skin barrier and supports collagen production.

Overall, Retinol Level 2 delivers advanced anti-aging benefits and clarity enhancements, while thoughtfully balancing efficacy and comfort for consistent, long-term skin health.

Ingredients:

Aqua (Water), Tocopheryl Acetate, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Camellia Sinensis Leaf Extract (Green Tea Extract), Sodium Hyaluronate, Disodium EDTA, Vitamin A Palmitate, Cocoglycerides, BHT, Retinol, Glyceryl Diretinoate, Retinyl Linoleate, Phospholipids, Lactococcus Ferment Lysate (Probiotic), Glycerin, Caprylyl Glycol, Phenoxyethanol, Myristoyl Nonapeptide-3.

How to use:

After toner application, apply a small or generous amount to face, neck, and décolletage. Use as a nighttime serum only. Apply twice a week, at least 48-72 hours apart.

Be careful around the eye area. Do not apply directly under the eyes. May apply on the bone of the eye and blend well.

Blend well.

May apply moisturizer(s) to protect the corrective properties of the retinol and to protect the lipid barrier within the layers of the skin.

Skin Types and Conditions:

Dry Skin (lack of essential lipids), Sensitive Skin (chronic or temporary sensitivities), dehydration (lack of water), oily skin, seborrhea skin condition, acne-prone-skin, aging/mature skin, pigmented skin conditions (hyperpigmented skin discolorations), melasma, chloasma.

Retail Size: 1 FL. Oz.

Nourishing Oil botanical extracts



Skin for Life's Nourishing Oil is a lightweight, nutrient-dense botanical blend formulated to repair and reinforce a weakened skin barrier. Packed with jojoba, argan, soybean, and macadamia-derived Ethyl Macadamiate, it restores essential lipids and locks in hydration without leaving an oily residue. It also features bisabolol, a calming agent effective for soothing inflammation associated with rosacea, acne, psoriasis, and general sensitivity.

Ideal for professional pre- and post-treatment use such as dermaplaning, facials, or massage it can be blended into moisturizers, serums, and targeted mask treatments to enhance hydration and barrier recovery. Apply alone when performing dermaplaning.

Ingredients:

Simmondsia Chinensis (Jojoba Oil), Caprylic/Capric Triglycerides, Ethyl Macadamiate, Argania Spinosa Kernel Oil (Argan Oil), Cannabis Sativa Seed Oil, Glycine Soja (Soybean Oil), Tocopheryl Linoleate/Oleate, Bisabolol.

How to use:

For extra lipid barrier protection mix 3-5 drops with moisturizer. May apply morning and night for very dry skin types.

It is not to be used as a serum. It is important to mix 3- 5 drops with a moisturizer or serum.

Blend well.

May use 5-10 drops directly on the skin when performing a Dermaplaning Skin Treatment. Nourishing Oil reduces unnecessary redness due to friction on the skin from the blade.

Skin Types and Conditions:

Dry Skin (lack of essential lipids), Sensitive Skin (chronic or temporary sensitivities), dehydration (lack of water), oily skin, seborrhea skin condition, acne-prone-skin, aging/mature skin, pigmented skin conditions (hyperpigmented skin discolorations), melasma, chloasma.

Retail Size: 1 FL. Oz.



Vital Recovery Concentrate botanical lipids + LSS™ delivery

Skin for Life's Vital Recovery Concentrate is an intensive skin repair serum designed to restore compromised, depleted, or stressed skin. This antioxidant-rich concentrate supports recovery from environmental damage, post-treatment sensitivity, or compromised barrier function by strengthening the skin's resilience.

Formulated with calming botanical extracts, bio-active peptides, and hydration-boosting ingredients, it helps reduce redness, irritation, and visible signs of inflammation while reinforcing the skin's natural defense mechanisms.

Ideal for all skin types, including sensitive or post-procedure skin, Vital Recovery Concentrate delivers a balanced blend of nutrients to promote calm, comforted, and revitalized skin.

Ingredients:

Aqua (Water), Cyclopentasiloxane, Cyclohexasiloxane, Ethoxydiglycol, Cetearyl Alcohol, Glycerin, Dimethicone, Behenoxy Dimethicone, Behenyl Alcohol, Glyceryl Polymethacrylate, PEG-7 Glyceryl Cocoate, Behentrimonium Methosulfate, Centaurium Erythraea Extract, Cetearyl Glucoside, PEG-8, Aloe Barbadensis Leaf Juice, Bisabolol, Oleyl Alcohol, Palmitoyl Oligopeptide, Myristoyl Pentapeptide-11, Lecithin, Palmitoyl Myristyl Serinate, Parfum, Siegesbeckia Orientalis Extract, Magnesium Ascorbyl Phosphate, Methyl Gluceth-20, Palmitoyl Hydrolyzed Wheat Protein, Caprylic/ Capric Triglyceride, Sodium PCA, Glycereth-26, Ethoxydiglycol, Bisabolol, Lecithin, PEG-6, Carthamus Tinctorius (Safflower) Seed Oil, Parfum, PEG-7 Glyceryl Cocoate, Centaurium Erythraea Extract, Guaiazulene, Beta-Glucan, 1,2 Hexanediol, Caprylyl Glycol, Tropolone.

How to use:

After serum(s), apply a generous amount to face, neck, and décolletage.

May use around the delicate eye area as an eye moisturizer. Helps with circulation and reinforces hydration.

Blend well.

It is an excellent recovery post cream after cosmetic peels, micro-needling, and other cosmetic procedures that leaves the skin red and irritated. May use a few times during the day to maintain proper skin balance while the skin is recovering from cosmetic procedure(s).

Skin Types and Conditions:

Dry Skin (lack of essential lipids), Sensitive Skin (chronic or temporary sensitivities), dehydration (lack of water), oily skin, seborrhea skin condition, acne-prone-skin, aging/mature skin, pigmented skin conditions (hyperpigmented skin discolorations), melasma, chloasma.

Retail Size: 1.6 FL. Oz.
Professional Size: 6 FL. Oz.



Antibac Essentials lysozyme action + LSS™ delivery

Skin for Life's Antibac Essentials is an advanced treatment moisturizer specially crafted for oily, acne-prone, or hormonally imbalanced skin. Its star ingredient is lysozyme, a natural enzyme found in tears and saliva, known for its powerful antibacterial action against Propionibacterium acne, helping to reduce breakouts and excess sebum production.

This formula also includes soothing botanical extracts like aloe vera, which calm inflammation and support a healthy aerobic environment for skin cells. The proprietary LSS™ delivery system enhances penetration and boosts skin immunity with peptides and amino acids, promoting long-term barrier strength.

Lightweight and non-comedogenic, Antibac Essentials detoxifies without over-drying or irritating, making it ideal for both professional treatments and at-home maintenance routines.

Ingredients:

Aqua (Water),
Cyclopentasiloxane,
Cyclohexasiloxane,
Behenoxy Dimethicone,
Behentrimonium
Methosulfate, Dimethicone,
Cetearyl Alcohol, Methyl
Gluceth-20, Lysozyme,
Tocopheryl Acetate,
Myristoyl Pentapeptide11,
Lecithin, Palmitoyl Myristyl
Serinate, Caprylic/Capric
Triglyceride, Potassium
Lauroyl Wheat Amino Acids,
Sodium Carboxymethyl
Betaglucan, Aloe
Barbados Leaf Juice,
Beta-Glucan, Caprylyl Glycol,
Phenoxyethanol.

Retail Size: 1.6 FL. Oz.

Professional Size: 6 FL. Oz.

How to use:

After serum(s), apply a generous amount to face, neck, and décolletage. Apply as a target application for breakouts, cysts, or small to large pustules.

May apply throughout the day as a target moisturizer to fight against free radicals or to manage or prevent breakouts.

Blend well.

For an additional option to reduce redness and/or inflammation, apply Vital Recovery Concentrate at night over the Antibac Essentials treatment moisturizer.

Skin Types and Conditions:

Oily Skin, Oily/Sensitive Skin, Combination Skin, Acne-Prone Skin Conditions, Grade I-IV Acne Skin Conditions, Seborrhea, Rosacea (pustules, papules), Hormonal Breakouts, Overactive Oil Production.



Ultra Performing Complex ACE complex + LSS™ delivery

Skin for Life's Ultra Performing Complex is a rich, antioxidant-packed moisturizer designed to deeply hydrate, firm, and protect dry, aging, or sun-stressed skin. Powered by vitamins A, C, and E in a specialized LSS™ (Life Sustaining System) nano-lipid delivery system, this cream enhances nutrient absorption to support skin repair and resilience.

With a blend of nourishing oils, sweet almond, sunflower, and avocado it reinforces the skin's natural moisture barrier, helping to prevent lipid loss and combat dehydration.

It's particularly well-suited for mature or compromised skin, including post-procedure or smoker-damaged complexions, offering age-defying benefits such as improved firmness, elasticity, smoother texture, and protection against environmental stress.

Ingredients:

Aqua (Water), Sweet Almond Oil, Lauryl Lactate, Pentaerythrityl Tetracaprylate/Tetracaprate, Magnesium Ascorbyl Phosphate, Cetyl Alcohol, Dimethicone, Coco-Caprylate/Caprate, Glycerin, Cyclohexasiloxane, Cyclopentasiloxane, Behentrimonium Methosulfate, Cetearyl Alcohol, DEA Cetyl Phosphate, Persea Gratissima(Avocado) Oil, PEG-150 Distearate, Polysorbate 60, Gliadin, Steareth-20, Siegesbeckia Orientalis Extract, Tocopheryl Acetate, Retinyl Palmitate, Panthenol, Bisabolol, Helianthus Annuus (Sunflower) Seed Oil, Sorbitan Oleate, Myristoyl Pentapeptide-11, Lecithin, Palmitoyl Myristyl Serinate, Caprylic/Capric Triglyceride, Potassium Lauroyl Wheat Amino Acids, Lysine, Simethicone, Tocophersolan, Arginine, Beta-Glucan, Aloe Barbadensis Leaf Juice, Methyl Gluceth-20, Carbomer, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Sodium Carboxymethyl BetaGlucan, Parfum, 1,2 Hexanediol, Caprylyl Glycol, Tropolone.

How to use:

After serum(s), apply a generous amount to face, neck, and decolletage.

May apply as an eye cream around the delicate eye area. Ultra Performing Complex improves, smooths, and relaxes fine lines and wrinkles.

Blend well.

Apply morning and night. Ultra Performing Complex may be used as an added hydrating moisturizer over performance serum(s) such as retinols and cosmetic acid formulations.

Skin Types and Conditions:

Dry Skin (lipid loss), Dehydration (lack of water), Dry/Sensitive Skin, Smoker's Skin, Sun-Damaged Skin, Combination Skin, Loss of Elasticity.

Retail Size: 1.6 FL. Oz.
Professional Size: 6 FL. Oz.

Moisture Complex nourishing peptides+ LSS™ delivery



Skin for Life's Moisture Complex is a silky, second-skin moisturizer that reinforces and restores the skin's natural moisture barrier without leaving an oily residue.

It's powered by a proprietary LSS™ nano-lipid delivery system, which transports nourishing growth peptides, hyaluronic acid, dextran, and ceramides deep into the skin to plump fine lines, smooth wrinkles, and boost hydration.

Additionally, antioxidant-rich chrysin helps shield skin from environmental, sun, and post-treatment stressors.

Suitable for all skin types especially dry, mature, stressed, or post-procedure complexions. Its lightweight, non-comedogenic texture works well over moisturizers or as a standalone night or eye cream, delivering a radiant, more resilient complexion.

Ingredients:

Cyclopentasiloxane,
Dimethicone Crosspolymer,
Dimethicone/Vinyl
Dimethicone Crosspolymer,
Dimethiconol, Nylon 661/
Dimethicone Copolymer, PPG-3
Myristoyl Ether, C12-15 Alkyl
Benzoate, Dimethyl Isosorbide,
Glycerin, Steareth 20, Chrysin,
N-Hydroxysuccinimide,
Palmitoyl Oligopeptide,
Palmitoyl Tetrapeptide-7,
Tribehenin, Ceramide 2,
PEG-10 Rapeseed Sterol,
Dextran, Hyaluronic Acid,
Myristoyl Pentapeptide-11,
Lecithin, Caprylic/Capric
Triglyceride, Potassium
Lauroyl Wheat Amino Acids,
Lysine, Dimethicone, Acetyl
Hexapeptide-1, Tocopheryl
Acetate, Phenoxyethanol,
Caprylyl Glycol.

Retail Size: 1.7 FL. Oz.

How to use:

After serum(s) or moisturizer(s), apply a small amount to face, neck, and décolletage.

May apply as an eye balm around the delicate eye area. It forms a second skin of protection to lock in moisture.

Blend well.

Apply morning and night over your favorite moisturizer or use as a stand-alone moisturizer for dry, chapped skin conditions. May help lock in moisture for oily, acne skin conditions that are overly dry due to topical or systemic medications.

Skin Types and Conditions:

Dry Skin (lipid loss), Dehydration (lack of water), Dry/Sensitive Skin, Smoker's Skin, Sun-damaged skin, Combination Skin, Skin that has Loss of Elasticity, Loose Skin, Dry-Chapped Skin Conditions.

SOL Defense SPF 30 Natural Tint



Skin for Life's Sol Defense SPF 30 Natural Tint is a mineral-based tinted sunscreen that provides broad-spectrum UVA/UVB protection using 10.2 % titanium dioxide and 3.7 % zinc oxide—shielding skin without chemical filters.

Designed for light to light-medium skin tones, the silky, non-greasy formula evens skin tone, helps smooth fine lines, and leaves a radiant glow—making it suitable as a makeup primer.

Sol Defense supports mineral absorption and skin barrier health.

Ideal for daily use—or even around the eye area—this elegant sunscreen enhances protection while imparting a natural, healthy finish.

Ingredients:

Active Ingredients:

Titanium Dioxide 10.20%,

Zinc Oxide 3.70%,

Inactive Ingredients:

Cyclopentasiloxane,

Cyclomethicone, Dimethicone

Crosspolymer, Methyl

Methacrylate/Glycol

Dimethacrylate Crosspolymer,

Dimethicone/Vinyl

Dimethicone Crosspolymer

Melanin, Tribehenin, Calcium

Behenate, Sorbitan Isostearate,

Dimethiconol, Alumina, PEG-10

Dimethicone, Methicone, Iron

Oxide.

How to use:

Apply a generous amount on the face, around the eye area, and décolletage area.

It is important to warm the sunscreen in your hands. Move back and forth until the sunscreen is a slight liquid before application.

Blend well.

Use one of Skin for Life's antioxidant serums for a healthier skin defense. Additional antioxidants fight against free radicals from sun exposure.

Skin Types and Conditions:

All Skin Types.

Perfect for Fitzpatrick Skin Type I - V.

Perfect for water sports, excessive perspiration, and other outdoor activities. Does not migrate in the eye area to cause irritation.

Retail Size: 2 FL. Oz.



Oxygen Infusion ACE Complex phase 1 + LSS™ delivery

Skin for Life's ACE Complex Oxygen Infusion is a powerful antioxidant treatment designed to protect and rejuvenate the skin with a potent blend of vitamins A, C, and E.

This complex delivers essential nutrients to improve skin tone, texture, and resilience while supporting the skin's natural barrier function. When used with Skin for Life's oxygen infusion system, the formula promotes optimal absorption, delivering hydration and antioxidant defense directly into the skin.

ACE Complex is ideal for dull, stressed, or environmentally damaged skin, leaving it brighter, smoother, and more balanced with each application.

Ingredients:

Active Ingredients:

PEG-6, Ascorbic Acid, Oleth-20, Glyceryl Stearate SE, Aqua, Hydrogen Peroxide, Silica, Tocopheryl Acetate, Magnesium Ascorbyl Phosphate, Lecithin, Retinyl Palmitate, Caprylic/Carpric Triglycerides, Potassium Lauroyl Wheat Amino Acids, Myristoyl Pentapeptide-11, Parfum, Lysine, Simethicone, Phenoxyethanol, Caprylyl Glycol.

How to use:

Apply a generous amount of ACE Complex Oxygen Infusion using a facial mask brush to the face, neck, and décolletage. This targeted application ensures even coverage and enhances absorption, allowing the skin to fully benefit from the antioxidant-rich formula.

Once applied, gently massage the ACE Complex Oxygen Infusion into the skin for 1 minute or up to 10 minutes, depending on the client's skin sensitivity and tolerance.

Do not remove.

Proceed with the Oxygen Infusion activator phase 2 to complete the cell respiration process.

Skin Types and Conditions:

Suitable for all skin types, Skin for Life's ACE Complex Oxygen Infusion is especially beneficial for mature skin, smoker's skin, and skin compromised by poor diet/lifestyle choices.

Its potent antioxidant blend helps combat environmental stressors, replenish nutrient-deficient skin, and restore a healthy, radiant complexion.

**Professional Treatment Size:
4 FL. Oz.**



Oxygen Infusion antibacterial phase 1 + LSS™ delivery

Skin for Life's Antibacterial Phase 1 Oxygen Infusion is a professional, performance-driven treatment formulated for combination, oily, and acne-prone skin. Featuring lysozyme an egg-white-derived antibacterial agent delivered via the innovative LSS™ nano-lipid system, it effectively deep-cleanses, regulates sebum production, and minimizes P-acne bacteria in an oxygen-rich environment.

This infusion supports detoxification and balance, promoting a brighter, smoother complexion while restoring cellular vitality. Ideal for managing follicular congestion, comedones, hormonal breakouts, milia, cystic or nodular acne, the treatment is best administered as part of a series.

Ingredients:

Active Ingredients:

PEG-6, Ascorbic Acid, Oleth-20, Glyceryl Stearate SE, Aqua, Hydrogen Peroxide, Silica, Lecithin, Caprylic/Capric Triglyceride, Lysozyme, Capryloyl Glycine, Ethoxydiglycol, Potassium Lauroyl Wheat Amino Acids, Myristoyl Pentapeptide-11, Centaurium Erythraea Extract, Parfum, PEG-7 Glyceryl Cocoate, Lysine, Simethicone, 1,2 Hexanediol, Caprylyl Glycol, Tropolone.

**Professional Treatment Size:
4 FL. Oz.**

How to use:

Apply a generous amount of antibacterial Oxygen Infusion phase 1 using a facial mask brush to the face, neck, and décolletage. This targeted application ensures even coverage and enhances absorption, allowing the skin to fully benefit from the antibacterial, lysozyme formula.

Once applied, gently massage the antibacterial Oxygen Infusion into the skin for 1 minute or up to 10 minutes, depending on the client's skin sensitivity, tolerance, and active acne condition.

Do not remove.

Proceed with the Oxygen Infusion activator phase 2 to complete the cell respiration process.

Skin Types and Conditions:

Suitable for oily, acne (inflamed and non-inflamed) skin conditions, hormonal breakouts, or combination skin.

Skin for Life's antibacterial Oxygen Infusion phase 1 is formulated for Grade I - IV acne skin conditions.

Optimal in a series of twice a week for three weeks to manage and prevent the onset of new breakouts.



Oxygen Infusion brightening phase 1 + LSS™ delivery

Skin for Life's Oxygen Infusion Brightening (Phase 1) is a professional-grade serum designed to address pigmentation concerns and bring an instant radiance boost.

Harnessing a powerful blend of Kojic Acid, Bearberry extract, Licorice root, and Magnesium Ascorbyl Phosphate (Vitamin C), it works to inhibit melanin production, reduce redness, calm inflammation, and enhance antioxidant defense.

Formulated with our trademarked LSS™ nano-lipid delivery technology, this treatment deeply infuses active ingredients into the skin for more effective results. Clinicians will find it effective for conditions like melasma, age spots, sun damage, and general discolorations even on sensitive skin.

Ingredients:

Active Ingredients:

PEG-6, Ascorbic Acid, Oleth-20, Glyceryl Stearate SE, Aqua, Hydrogen Peroxide, Silica, Butylene Glycol, Magnesium Ascorbyl Phosphate, Lecithin, Morus Nigra Leaf Extract, Glycyrrhiza Glabra Extract, Arctostaphylos Uva-Ursi Extract, Scutellaria Baicalensis Extract, Kojic Acid, Caprylic/Capric Triglyceride, Potassium Lauroyl Wheat Amino Acids, Myristoyl Pentapeptide-11, Parfum, Lysine, Simethicone, 1,2 Hexanediol, Caprylyl Glycol, Tropolone.

**Professional Treatment Size:
4 FL. Oz.**

How to use:

Apply a generous amount of brightening Oxygen Infusion phase 1 using a facial mask brush to the face, neck, and décolletage. This targeted application ensures even coverage and enhances absorption, allowing the skin to fully benefit from active brightening properties to reduce or in some cases eliminate tough pigmented demarcations.

Once applied, gently massage the brightening Oxygen Infusion into the skin for 1 minute or up to 10 minutes, depending on the client's skin sensitivity and tolerance.

Do not remove.

Proceed with the Oxygen Infusion activator phase 2 to complete the cell respiration process.

Skin Types and Conditions:

Suitable for all skin, even sensitive skin conditions.

Targets pigment variations such as melasma, hyperpigmentation, dark discoloration spots, sun freckles, dark pigmented stretch marks, chloasma (white and dark spots) usually found on the lower jawline and lateral sides of the neck.



Oxygen Infusion sensitive phase 1 + LSS™ delivery

Skin for Life's Oxygen Infusion Phase 1 Sensitive is an ultra-soothing, plant-based serum specifically crafted for delicate, reactive, or inflamed skin types such as those affected by rosacea, eczema, psoriasis, or folliculitis.

Enriched with calming botanicals like chamomile (bisabolol), bisabolol, and Sigesbeckia orientalis extract, this phase works intensely to reduce redness, ease irritation, and support skin repair and barrier recovery.

Professionals often use it post-microdermabrasion, chemical peels, or dermaplaning to create an oxygen-rich, healing environment.

Ingredients:

Active Ingredients:

PEG-6, Ascorbic Acid, Oleth-20, Glyceryl Stearate SE, Aqua, Hydrogen Peroxide, Silica, Lecithin, Caprylic/Capric Triglyceride, Siegesbeckia Orientalis Extract, Ethoxydiglycol, Potassium Lauroyl Wheat Amino Acids, Myristoyl Pentapeptide-11, Aloe Barbadensis Leaf Juice, Betaglucan, Centaurium Erythraea Extract, Glycerin, Bisabolol, Parfum, PEG-7 Glyceryl Cocoate, Lysine, Dimethicone, 1,2 Hexanediol, Caprylyl Glycol, Tropolone.

**Professional Treatment Size:
4 FL. Oz.**

How to use:

Apply a generous amount of sensitive Oxygen Infusion phase 1 using a facial mask brush to the face, neck, and décolletage. This targeted application ensures even coverage and enhances absorption, allowing the skin to fully benefit from anti-inflammatory ingredients to soothe and calm temporary or chronic sensitivities.

Once applied, gently massage the sensitive Oxygen Infusion into the skin for 1 minute or up to 10 minutes, depending on the client's skin sensitivity and tolerance.

Do not remove.

Proceed with the Oxygen Infusion activator phase 2 to complete the cell respiration process.

Skin Types and Conditions:

Suitable for all skin, perfect for temporary or chronic sensitivities, such as rosacea, eczema, psoriasis, or after sun exposure.

Perfect after cosmetic procedures such as professional peel (client must have zero sensation), microdermabrasion, before micro-needling, before LED light therapy, after dermaplaning, so many options to integrate into customized treatments.



Oxygen Infusion activator phase 2 +

Skin for Life's Oxygen Infusion Activator Phase 2 is the essential second step in the two-phase oxygen facial treatment system, designed to complete and enhance the infusion from the application of Phase 1 oxygen active serums.

This lightweight activator containing hydrogen peroxide, sodium bicarbonate, and enzymatic ingredients reacts with skin's natural enzymes to generate a pure oxygen release that boosts circulation, energizes cellular metabolism, and oxygenates the skin's deeper layers.

Ideal for enhancing results post-exfoliation or as a standalone boost, Phase 2 completes the oxygen infusion experience by revitalizing, clarifying, and restoring vitality for a rejuvenated, healthy-looking complexion.

Ingredients:

Active Ingredients:

Aqua (Water), Sodium Bicarbonate, Hydrogen Peroxide, Glyceryl Stearate SE, 1,2 Hexanediol, Caprylyl Glycol, Tropolone.

How to use:

Do not remove Phase 1 Oxygen Gel Serum. Pour 30-40 drops of Oxygen Infusion Phase 2 activator into an airbrush. Spray in close proximity to the skin to complete the process for cell respiration. It is important to complete 3-passes over the face, neck, décolletage, or where the Phase 1 oxygen serum was applied for treatment.

Once completed, gently massage the Oxygen Infusion into the skin for 1 to 3 minutes, depending on the client's skin sensitivity and tolerance.

Remove with a room temperature moistened towel. It is important to remove thoroughly.

Skin Types and Conditions:

Suitable for all skin, oily, dry, sensitive, dehydrated, pigmented skin, along with many temporary or chronic sensitivities.

Perfect after cosmetic procedures such as professional peel (client must have zero sensation), microdermabrasion, before micro-needling, before LED light therapy, after dermaplaning, so many options to integrate into customized treatments.

**Professional Treatment Size:
6 FL. Oz.**



Papaya Complex enzyme exfoliant + LSS™ delivery

Skin for Life's Papaya Complex is a professional-grade enzyme exfoliant featuring natural papain derived from papaya, delivered via their LSS™ nano-lipid system. This gentle yet effective treatment dissolves dead skin cells, stimulating cell turnover and revealing a brighter, more radiant complexion suitable for all skin types, including sensitive, dry, oily, acne-prone, and rosacea-affected skin.

Enriched with antioxidant-building L-Chrysin and vitamins A and C, it supports skin repair, improves firmness, texture, and balance, and helps even pigmentation.

Clinicians typically apply a medium-thick layer, followed by a manual massage (3–5 minutes with moistened hands), and remove with room-temperature moistened towels.

Ingredients:

Active Ingredients:

PEG-6, Aqua (Water), Polyquaternium-10, Papain, PEG-8, Disodium EDTA, Parfum, L-Cysteine, Myristoyl Pentapeptide-11, Lecithin, Caprylic/Capric Triglyceride, Potassium Lauroyl Wheat Amino Acids, Lysine, Simethicone, 1,2 Hexanediol, Caprylyl Glycol, Tropolone.

How to use:

On clean dry skin apply a medium-thick application with a facial mask brush.

Do not wet hands with water. Massage for 1-3 minutes.

Then wet hands, use steam (10-12 inches away from the skin), and massage for another 1-3 minutes.

Thoroughly remove Papaya Complex with a room temperature moistened towel. Dry skin.

Apply Instant Soothing Toner natural actives as the cooldown before transitioning to another peak skincare product or machine modality.

Skin Types and Conditions:

Suitable for all skin, oily, dry, sensitive, dehydrated, pigmented skin, along with many temporary or chronic sensitivities.

Perfect after cosmetic procedures such as professional peel (client must have zero sensation), microdermabrasion, before micro-needling or nano infusion, before LED light therapy, after dermaplaning, so many options to integrate into individualized treatments.

**Professional Treatment Size:
4 FL. Oz.**



Skin Scrub marine algae

Skin for Life's Skin Scrub + Marine Algae Extracts is a versatile face and body exfoliant that combines fine granules, lactic acid, diatomaceous earth, and nourishing marine botanicals like *Laminaria digitata* (brown algae).

This enzyme-style scrub gently but effectively removes dead skin cells, impurities, and surface debris revealing softer, smoother, more radiant skin.

Enhances circulation, detoxifies, and supports body treatments, boosting lymphatic drainage and reducing clogged pores.

Can be paired with ultrasonic or microdermabrasion treatments or used as the gentle granule option alongside enzymatic Papaya Complex, making it great for combo exfoliation protocols.

Ingredients:

Active Ingredients

Aqua (Water), Diatomaceous Earth, Hydrogenated Polyisobutene, Cetearyl Alcohol, Glyceryl Stearate, Cellulose, Dicaprylyl Carbonate, Ceteareth-20, Propylene Glycol, Cetearreth-12, Phenoxyethanol, Polyacrylate-13, Dimethicone, Polyisobutene, Caprylyl Glycol, Chlophenesin, Polysorbate-20, Sorbitan Isostearate, Tocopherol, Alcohol Denat., Lactic Acid, Aloe Baarbadensis Leaf Juice Powder, Laminaria Digitata Extract, CI 19140 (Yellow 5), Glycine Soja (Soybean) Oil, CI14700 (Red 4), Sodium Sulfate, CI 17200 (Red 33).

**Professional Treatment Size:
6.76 FL. Oz.**

How to use:

On clean dry skin apply a thin-medium-thick application with a facial mask brush.

Do not wet hands with water. Lightly massage until absorbed.

Then wet hands, use steam (10-12 inches away from the skin), and massage for another 1-3 minutes. It should appear milky white.

Thoroughly remove with a room temperature moistened towel. Dry skin.

Apply Instant Soothing Toner natural actives as the cooldown before transitioning to another peak skincare product or machine modality.

Skin Types and Conditions:

Suitable for all skin. Be mindful of sensitive or reactive skin to iodine because of the brown algae "*Laminaria Digitata Extract*". It has a higher iodine concentration than blue-green algae ingredients found predominately in fresh water instead of sea water.

May use with Papaya Complex for a brightening or lightening treatment for pigmented skin conditions. It is excellent for acne, oily, pigmented, wrinkles and/or fine lines. Use after microdermabrasion, before or after dermaplaning and may be used with many other exfoliant variations.



PRO Radiance active brighteners + LSS™ delivery

Skin for Life's Pro Radiance Peel is a leave-on cosmetic acid peel formulated with active brighteners to target stubborn pigmentation. Gentle enough for even the most sensitive skin types, this advanced treatment features natural lightening and anti-inflammatory ingredients, including Kojic Acid, Bearberry Extract, and Licorice Root Extract. These botanical brighteners work synergistically to promote a more radiant, even complexion, making it ideal for clients with persistent pigmentation concerns.

In addition to its brightening benefits, Pro Radiance Peel plays a significant role in treating acne and other troubled skin conditions. It helps reduce the sensitivity of inflamed acne while acting as an acidic decongestant on non-inflamed acne such as open and closed comedones. This action loosens congestion, makes extractions easier, and more effective, enhancing overall skin clarity and texture.

Ingredients:

Aqua (Water),
Ethoxydiglycol, PEG-
7 Glyceryl Cocoate,
Siegesbeckia Orientalis
Extract, Centaurium
Erythraea Extract, Ascorbyl
Palmitate, Morus Alba
Root Extract, Glycyrrhiza
Glabra Root Extract,
Arctostaphylos Uva-ursi
Leaf Extract, Scutellaria
Baicalensis Extract, PEG-
60 Almond Glycerides,
Sodium Coco PGDimonium
Chloride Phosphate,
Potassium Lauroyl Wheat
Amino Acids, Lecithin,
Caprylic/Capric Triglyceride,
Myristoyl Pentapeptide11,
Simethicone.

**Professional Treatment Size:
4 FL. Oz.**

How to use:

On clean dry skin, saturate a 2x2 gauze with Pro Radiance Peel. Make sure product does not drip or is overly saturated. When pouring into a glass bowl use approximately 5 ml to saturate a 2 x2 gauze.

Apply between 1-3 passes over the face, neck, décolletage, or body areas (back, arms, hands, legs).

The aroma is strong, make sure to let the client know. It is best to start at the forehead and move downward to complete the application.

Let the peel absorb for 30 seconds to 1 minute. Do not remove. Transition to the next treatment step.

This product may be applied as a stand-alone treatment, or in conjunction with other exfoliation treatments, before oxygen infusion, before dermaplaning, before or after manual or mechanical exfoliations, before LED Light Therapy treatments and so much more.

Skin Types and Conditions:

Suitable for all skin. Even the most sensitive skin. It may be a preparation peel for more advanced treatments for aging and/or mature skin. It is the perfect additional when adding it to an acne/oily skin treatment. Apply before and after extractions.



Professional Peel salicylic lactic citric + LSS™ delivery

Skin for Life's Professional Peel is a multi-functional acid treatment formulated with a synergistic blend of Salicylic Acid, Lactic Acid, and Citric Acid. This combination effectively targets a range of skin concerns.

Salicylic Acid penetrates deeply to exfoliate and unclog pores, making it especially beneficial for acne-prone skin. Lactic Acid gently resurfaces and hydrates the skin, improving tone and texture, while Citric Acid provides antioxidant support and brightening benefits.

Ideal for dull, congested, or aging skin, this professional peel promotes visible clarity, smoothness, and renewed radiance without compromising skin comfort.



Ingredients:

Active Ingredients

SD Alcohol 40-B, Lactic Acid, Salicylic Acid, Citric Acid, Glycerin, Ascorbyl Palmitate, Water, Potassium Lauroyl Wheat Amino Acids, Lecithin Caprylic/Capric Triglyceride, Myristoyl Pentapeptide11, Simethicone.

**Professional Treatment Size:
4 FL. Oz.**

How to use:

After completing the Pro Radiance application. Pour 5-7 ml into a glass bowl. Saturate a 2 x 2 gauze. May perform 1 pass or up to 4 passes depending on client's sensitivity.

Apply overlapping strokes to the "Forehead" temple to temple. Let it absorb for 30 seconds. This peel is applied in sections. Do not treat the entire face. May increase the time by 30 seconds with each visit.

Soak 4 x 4 gauze in ice water. Press the cold moistened gauze on the forehead using firm pressure to saturate the area of application with cold water. Reapply as many times necessary to peak the acid's performance and to cool the skin for a zero sensation end result.

Dry skin to ensure there is no active sensation. Once skin has zero sensation, transition to another quadrant and repeat the above steps of application. Complete the face, neck, and décolletage with above treatment steps.

Once peel application is completed use Instant Soothing Toner as the final cooldown before moving to the next treatment step.

Skin Types and Conditions:

Suitable for all skin types. Perfect for dry, dehydrated, oily, acne, variation of pigmentation, including melasma, hyperpigmentation, sun freckles, dark spots, wrinkles, fine lines, post-acne scars, and stretch-marks with pigmentation. For sensitive skin only perform 1 pass. If skin is tolerable, may increase the number of passes and time for future visits.



Revitalizing Mint spirulina + LSS™ delivery

Skin for Life's Revitalizing Mint Mask is an invigorating cold therapy treatment designed to refresh, detoxify, and restore balance to all skin types.

Enriched with Spirulina, a nutrient-rich blue-green algae, this mask delivers essential minerals and vitamins to support the skin's natural metabolism and vitality.

Its cooling sensation enhances micro-circulation, increasing skin responsiveness and energy, key factors in maintaining a strong, balanced barrier function. Ideal for dull, congested, or aging skin, this mask leaves the complexion feeling renewed, energized, and visibly clearer.

Ingredients:

Active Ingredients

(Aqua) Water, Glyceryl Polymethacrylate, Propylene Glycol, Glycereth-26, Sodium PCA, Carbomer, Spirulina Maxima, Camphor, Mentha Piperita Oil, Polysorbate 20, Ammonium Acrylates/Acrylonitrogens Copolymer, Sodium Hyaluronate, Potassium Lauroyl Wheat Amino Acids, Myristoyl Pentapeptide-11, Lysine, Dimethicone, 1,2 Hexanediol, Caprylyl Glycol, Tropolone.

**Professional Treatment Size:
4 FL. Oz.**

How to use:

Apply a thin-medium application with a facial mask brush over the face, neck, and décolletage.

For optimal results, apply Skin for Life's Revitalizing Mint Mask over Skin for Life's serum(s) and moisturizer(s). This layering technique enhances ingredient absorption and allows the mask to drive essential vitamins and minerals deeper into the skin, supporting healthy cell membrane function and overall skin vitality.

When adding a boost in micro-circulation and skin health, you may apply a cold moistened towel, cold globes, or cold stones over the Revitalizing Mint Mask. This enhances the mask's cooling effect, soothes inflammation, and supports optimal skin function while revitalizing the complexion.

Setting time is between 3-5 minutes or up to 10 minutes. The mask will stay in a gel consistency.

Skin Types and Conditions:

Suitable for all skin types. Excellent for smoker's skin, poor circulation, dry skin, dehydrated skin, acne conditions, suitable for most sensitive skins.

CRYO-ALGAE 2 sachets cold therapy mask system



Skin for Life's CryoAlgae Mask System is an advanced, skin-revitalizing treatment designed to cool, calm, and visibly firm the skin. Powered by marine algae, micronized minerals, and cryo-therapy technology, this mask delivers intensive hydration while supporting skin regeneration and reducing visible signs of stress and fatigue.

Its cooling effect soothes inflammation, tightens pores, and enhances skin tone, making it ideal for post-treatment recovery, sensitive skin, or clients seeking a radiant, refreshed complexion. The CryoAlgae Mask System leaves the skin feeling lifted, hydrated, and renewed.



Ingredients:

CryoAlgae Mask Part 1

Diatomaceous Earth, Glucose, Algin, Calcium Sulfate, Distarch Phosphate, Spirulina Platensis Powder, Tetrasodium Pyrophosphate, CI 77288 (Chromium Oxide Greens), Magnesium Oxide, Mentha Piperita (Peppermint) Oil.

CryoAlgae Mask Part 2

Aqua (Water), Glycerin, Algin, Phenoxyethanol, PPG-26-Buteth-26, PEG-40 Hydrogenated Castor Oil, Caprylyl Glycol, Chlorphenesin, Alcohol Denat., Mentha Piperita (Peppermint) Oil, CI 19140 (Yellow 5), CI 42090 (Blue 1), CI 14700 (Red 4), Sodium Sulfate, CI 17200 (Red 33)

**Professional Treatment Size:
2-sachets - mixed together
using both sachets.**

How to use:

After applying serum(s) and moisturizer(s) mix the 2 parts together in a stainless steel or glass bowl.

Mix very quickly. Do not look for perfection. Once the mask is mixed sufficiently apply to face and partial neck.

Open another sachet of each (CryoAlgae Powder Mask and Activator) to apply to the additional areas such as the neck and décolletage.

Setting time is between 3-5 minutes or up to 10 minutes. The mask will solidify into a rubbery feel when completed.

It is easy to remove. Start from the forehead and gently roll off the face and other treated areas.

Take a moistened gauze or sponge and gently remove any excess or residue from the remaining mask.

Saturate a 2 x 2 gauze with Instant Soothing Toner natural actives. Apply to face, neck, and décolletage. Use finger tips to lightly blend into the skin until it is absorbed. Follow with the remaining treatment steps.

Skin Types and Conditions:

Suitable for all skin types and conditions. Even for the most sensitive skins.

Anti-pollution Charcoal Mask detoxify, clarify, and balance



Skin for Life's Charcoal Mask is a deep-cleansing treatment expertly formulated to detoxify, clarify, and rebalance the skin. Infused with activated charcoal, it effectively draws out impurities, excess oil, and environmental toxins from deep within the pores.

A blend of natural clays and soothing botanical extracts works to refine skin texture, minimize pore appearance, and reduce inflammation. This mask is ideal for oily, congested, blemish-prone skin, as well as skin lacking vitality due to aging or environmental stress, including smoker's skin. The result is a complexion that feels refreshed, purified, and visibly smoother without over-drying or irritation.

Ingredients:

Talc, Sodium Carboxymethyl Starch, Algin, Calcium Sulfate, Tetrasodium Pyrophosphate, Charcoal Powder, CI 77499 (Iron Oxides), Glycerin, Aqua (water), Magnesium Oxide, PEG-8, Caprylyl Glycol, Butylene Glycol, Helianthus Annuus (sunflower) Seed Extract, PPG-1-PEG-9 Lauryl Glycol Ether, Hedera Helix (ivy) Leaf/Stem Extract, Phytic Acid, Sodium Polyacrylate, Biotin.

**Professional Treatment Size:
1-sachet mixed with 100 ml
room temperature water.**

How to use:

After applying serum(s) and moisturizer(s) mix the Charcoal Mask with 100 ml of room temperature water in a stainless steel or glass bowl.

Mix very quickly. Do not look for perfection. Once the mask is mixed sufficiently apply to face and partial neck.

Open another sachet (Charcoal Mask) to apply to the additional areas such as the neck and décolletage.

Setting time is between 3-5 minutes or up to 10 minutes. The mask will solidify into a rubbery feel when completed.

It is easy to remove. Start from the forehead and gently roll off the face and other treated areas.

Take a moistened gauze or sponge and gently remove any access or residue from the remaining mask.

Saturate a 2 x 2 gauze with Instant Soothing Toner natural actives. Apply to face, neck, and décolletage. Use finger tips to lightly blend into the skin until it is absorbed. Follow with the remaining treatment steps.

Skin Types and Conditions:

Suitable for all skin types and conditions. It is not meant for severe skin sensitivities. Use the CryoAlgae 2-part mask system for severe sensitive skin conditions.

Chapter 3

Additional Skin for Life Services

Skin for Life Education & Training

Skin for Life classes are offered in both individual and group trainings, providing flexible learning opportunities for students and licensed professionals. Our mission is to elevate the esthetic industry by delivering real-world, hands-on education that translates seamlessly into day-to-day work within a beauty clinic, medspa, wellness center, or skin care practice.

Our training goes beyond theory, each course is designed to enhance practical knowledge and build confidence in performing professional treatments using Skin for Life's immunity-driven skincare system. Whether you're just beginning your journey or expanding your existing expertise, our classes provide the tools and support you need to succeed in today's competitive skincare industry.

Education Class List

Pure Science Product Knowledge with a Cosmetic Ingredient Focus

This training module provides a deeper understanding of cosmetic ingredient classifications and formulation breakdowns within Skin for Life's Pure Science skincare line. The goal is to help professionals develop a critical eye for ingredients, empowering them to assess any skincare product—not just by marketing claims, but by true skin value.

Participants will learn how to:

- Identify key cosmetic ingredient categories and their functions
- Break down formulations to understand product synergy
- Evaluate whether a product aligns with a client's skin type, condition, and treatment goals
- Make confident, informed decisions about product selection and usage

By strengthening ingredient literacy, professionals will enhance their ability to recommend the right products—not just for results, but for long-term skin health and client trust.

Microdermabrasion Fundamentals with Advanced Training

This class covers the essential principles of microdermabrasion while advancing your knowledge with real-world application techniques, protocol customization, and skin condition assessments. Learn how to safely and effectively perform treatments using Skin for Life's crystal and crystal-free systems, while understanding when and how to combine microdermabrasion with other professional modalities for optimal results.

Microcurrent Fundamentals & Advanced Protocol Integration

This hands-on training course explores the science and technique behind Skin for Life's Microcurrent Facial System, designed to visibly lift, tone, and rejuvenate the skin. Participants will learn the fundamentals of microcurrent technology, including how it enhances cellular energy (ATP production), improves muscle re-education, and supports skin firmness and elasticity.

The class covers:

- Safe and effective device operation
- Electrode placement and movement techniques
- Customized protocols for different skin types and conditions
- How to combine microcurrent with Skin for Life products for optimal results

Whether you're new to microcurrent or looking to refine your skills, this course provides the knowledge and confidence to deliver non-invasive, result-driven treatments your clients will love.

Oxygen Infusion Advanced Training with NANO Infusion and Gua Sha Lymphatic Drainage

Elevate your professional skincare practice with this advanced training course that combines Skin for Life's Oxygen Infusion System, NANO Infusion technology, and Gua Sha Lymphatic Drainage techniques. This comprehensive class is designed to deepen your understanding of skin physiology while integrating multi-modality treatments that restore, revitalize, and energize the skin.

In this training, you will:

- Master the use of Oxygen Infusion to deliver active ingredients for immediate radiance and hydration
- Learn how to safely perform NANO Infusion to enhance skin permeability and stimulate natural regeneration
- Incorporate Gua Sha lymphatic drainage to reduce puffiness, improve circulation, and promote detoxification
- Customize protocols for a variety of skin conditions, including dull, dehydrated, aging, and sensitive skin

This advanced class is ideal for professionals seeking to deliver next-level skin therapies with visible, long-lasting results—while embracing the synergy of technology and holistic touch.

We offer a wide variety of professional classes designed to support every stage of your esthetic journey. To explore our full selection of online and onsite training including courses held at our corporate headquarters, please visit SkinforLife.com.

For additional education and technique demonstrations, subscribe to our YouTube channel: Skin for Life Institute. There, you'll find a growing library of informative videos that will enhance your product knowledge, treatment skills, and client results.

At Skin for Life, we're more than a skincare brand, we're your partner in professional growth and client success. Our mission is to empower you with the knowledge, tools, and support you need to deliver real, lasting results with confidence.

Thank you for choosing Skin for Life. Together, we create skin health for life, where nature meets science, and results meet purpose.

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