

SHEPROS®

Safety, Health & Environment Product Solutions

**SENSITIVE SKIN
NORMAL SKIN
AGING SKIN
OILY SKIN
DRY SKIN**

Combination Skin Face Cleanser



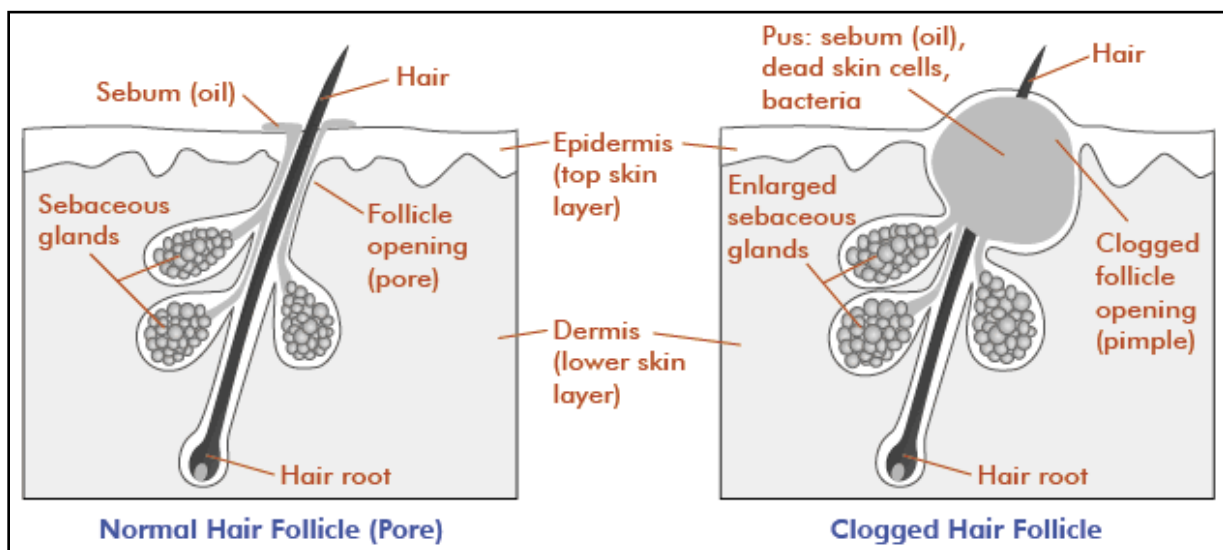
Shepros Sdn. Bhd.

The Importance of Washing Your Face

Side effects of air pollution have caused an alarming rise in asthma. Now the latest research shows that pollution is also aging our skin. The culprit: an increase in minuscule particles and liquid droplets of pollution in the air are so tiny that they lodge in pores. These environmental impurities destroy skin's natural oils, which act as a protective barrier. That leaves skin exposed to free radicals and leads to collagen breakdown, aging, cell damage, redness, and irritation. These toxins also create a physical barrier that prevents treatment products from penetrating.

Pollution speeds up the development of lines, wrinkles, and dark spots and it may also contribute to the development of skin cancers. That's why it's so important to cleanse in a way that removes the particulate matter from your pores. If you don't wash your face properly before bed, you are not allowing your skin's natural repair process to take place.

Removing Build Up



A common benefit of facial cleansing is the removal of dirt, oil, and other unwanted debris. Throughout the day the skin on your face is continually covered with bacteria, pollutants, viruses, dirt, and old (dead) skin cells. Daily face washing removes these impurities to give the skin a fresh look. Without washing, your skin would be covered with a thick layer of dirt and grime which make it difficult for other products to penetrate the skin properly.

Boosting Hydration

Regular facial cleansing (along with the use of a good moisturizer) is also an important factor in helping the skin maintain a proper level of hydration. Dehydrated skin looks and feels rough, wrinkled and aged. Cleansing helps manage PH levels of the skin; enabling sufficient water and product retention.

Maintaining Clear Skin

Tiny glands under the skin produce oil called sebum to protect the skin from the dangers of the outside world. These glands use hair follicles within the skin as a pathway, allowing the oil to reach the skin's surface (outer layer) to form a barrier that prevents the penetration of bacteria or other harmful agents.

Excessive dirt builds up on the surface can cause blockages of the follicle, trapping sebum, sweat, and dead skin cells. The lack of sebum on the skin's surface allows bacteria to penetrate the follicle causing inflammation. The final result is acne.

Proper skin cleansing clears pores of debris to prevent dirt buildup, allowing the sebum oil to reach the skin surface unimpeded; decreasing the chances of a breakout.

The Important Reasons You Must Cleanse Your Face Morning and Night

Research shows cleansing before bed is essential to looking younger.

Every day your skin is aging. And the very simple process of washing your face before bed is an excellent way to mitigate the external factors associated with aging and to stimulate the internal processes that fight aging.

Research has shown that certain physiological changes in the skin do occur overnight. Like many of our organs, our skin can tell night from day. Biological processes vary over 24 hours as a result of time-sensitive "clocks" within our cells. Some evidence exists linking circadian clocks to cell cycle (cells dividing to replenish dead ones) and DNA repair, the natural process by which a cell regularly detoxifies itself.

Overnight, the skin needs oxygen to repair itself. And sleeping with your makeup on deprives your skin of this vital nutrient. When makeup is left on, it blocks the natural exfoliating process, which can leave your skin looking dull.

Night time cleansing is essential for letting anti-aging ingredients work.

Nocturnal blood flow in the skin is higher. And when blood flow is increased so is the absorption and penetration of ingredients. So again, if you aren't washing your face, you can't apply active ingredients that will help fight aging (or acne or whatever your skin condition might be).

Thus, if you don't wash your face before bed, it is a missed opportunity to do something great for your skin and to wake up with smoother, softer and clearer skin.

Forgoing night time cleansing regularly will give you larger pores.



First, consider that excess sebum (oil), dead skin cells, and pollution sitting on your face. Not to mention the makeup (and just because you don't wear foundation is no excuse). A facial cleanser will emulsify all of these and remove them from the surface of your skin. When makeup is left on, it can seep deep down, clogging pores. Once your collagen levels start to decline (due to aging), the pores do not snap back as easily once they become enlarged. Besides that, leaving

makeup on can lead to inflammation that can generate free radicals and collagen breakdown.

Night time cleansing prevents skin dehydration.

Skin temperature rises overnight (Temperature of a Healthy Human) which leads to trans-epidermal water loss (evaporation).

This in part causes the skin to lose a significant portion of water at night. The trans-epidermal water loss (TEWL) has significantly increased during the night, which is why our skin can sometimes feel itchier at night. Thus, if you don't wash your face, you can't apply a moisturizer which will help hydrate your skin while you sleep.

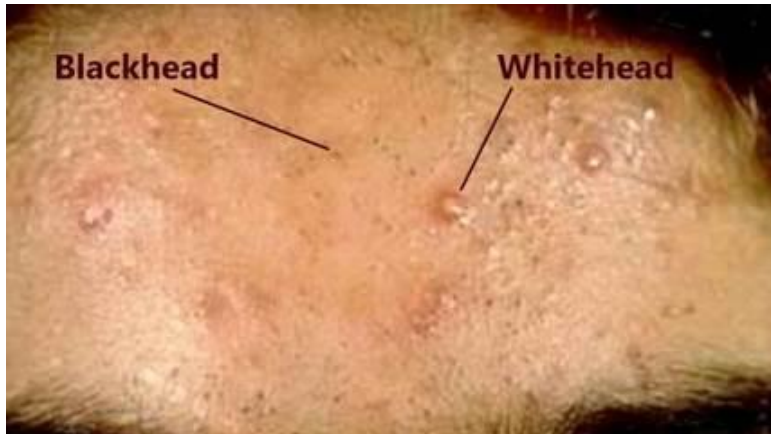


Day time cleansing prevents excess oil production.



Why do you need to wash your face again in the morning? As we just learned, overnight your skin recovers. This means in the morning you have more dead skin cells to slough off. And more excess sebum to emulsify. These can't be rinsed away with mere water. The dead skin cells and excess sebum need to be dislodged and then rinse them away. Water alone removes only about 65% of oil and debris from the surface of the skin.

What Would Happen If You Stopped Washing?



If you completely stopped washing your face, your pores would become clogged, resulting in the development of serious acne. The skin could also experience a combination of severe redness, dryness and irritation from insufficient hydration. Finally, your skin would generally appear dirty, oily, greasy and significantly aged.

Most likely you would develop an incredible itchiness; to the point where you would be forced to constantly scratch your face. This could lead to breaks of the skin, which serve as entry points for infection. Moral of the story: practice proper skin cleansing!

Some Other Benefits of Cleansing

- Regular cleansing is essential to keeping your skin looking radiant and healthy.
- Cleansing helps anti-aging products and treatments work properly.
- Cleansing helps maintain the proper pore size.
- Cleansing encourages proper skin hydration and prevents the production of excess oils.

How to Choose the Right Facial Cleansers

With literally hundreds of cleansing products to choose from, here are some simple tips for selecting a great skin cleanser:

- Know your skin type and choose a cleanser that's a good match. If you have dry skin you'll want to avoid cleansers with high alcohol content. People with oily skin need a cleanser with a lower pH level. For sensitive skin you'll want a basic cleanser free from heavy fragrance and additives.
- The delivery type of the cleanser matters. Cream based cleansers are great for dry skin while gel or foamy cleansers are better for oily skin types.
- If you wear a lot of makeup you'll want a cleanser targeted toward removal.
- If you tend to sweat a lot from working out, look for a product targeting clogged pores.
- If you have concerns with allergies look for "natural" cleansers free of synthetic ingredients.
- Most cleansers marketed as "gentle" are great at removing dirt without over drying and irritating the skin.
- Selecting a cleanser with a balanced pH will help maintain your skin's natural balance.

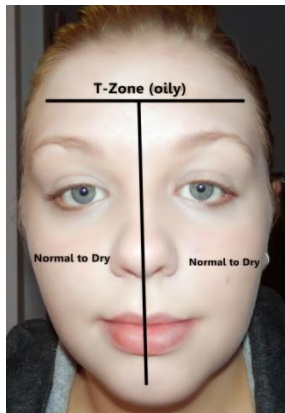
Combination Skin Face Cleanser

If you have combination skin, then you may sometimes feel like your skin has a split personality—oily with large pores on the forehead, nose, and chin, and dry and sometimes even flaky on the cheeks and under the eyes.

You don't have to feel bad, though—combination skin is thought to be the most common type of skin out there. That probably doesn't help you when you're trying to figure out how to take care of the dryness on your cheeks without acne breaking out on your nose.

If you're someone who is constantly frustrated at trying to make both parts of your skin happy, here are some tips and solutions for you.

What Causes Combination Skin?



No matter what kind of skin you have (dry, oily, combination, or sensitive), it's most likely because of genetics. Just like you inherit your eye color, hair color, and body type from your parents and grandparents, you also inherit your skin type.

In general, the nose, chin, and forehead of those with combination skin have more active oil glands, which is why these areas may be prone to blackheads and pimples. The cheeks, on the other hand, may have less active oil glands, which is why they may appear dry, flaky, and inflamed.

In some cases, however, if you're using harsh products or products with drying ingredients like sulfates and alcohol, you can actually encourage the skin to produce more oil in the T-zone area, which can also create the symptoms of combination skin.

Specific Problems in Combination Skin Types

Not sure whether you have combination skin? Try washing it with a gentle cleanser, pat dry, then wait for about 10-15 minutes. (Don't apply any other products.) Most likely, your cheeks, temples, and other areas will feel dry and tight, while your nose, chin, and forehead will look oily and shiny, perhaps with blackheads or pimples.

Another clue that may mean you have combination skin is that you have a hard time finding skin care products that work. Some make your acne break out, while others leave you too dry and dull.

If you have combination skin, you probably already know what the problems are, but here are the main ones you may experience:

If you have combination skin, you probably already know what the problems are, but here are the main ones you may experience:

- Blackheads and acne in the T-zone area
- Large pores in the T-zone area
- Shininess and oily skin in the T-zone area
- Dry, flaky and dull cheeks
- Cheeks and neck that are more sensitive to cleansers
- Redness or rosacea on the cheeks only

Product Description:



Combination Skin Face Cleanser is a low-foaming, non-skin irritating, biodegradable and environmentally friendly cleaner. It is made of powerful Nano Biotech Colloidal Micelles (NBCM); using natural plant extracts, plant derivatives and biodegradable surfactants.

Combination Skin Face Cleanser does not contain alcohol, petroleum distillates, soaps, chemical thickening agents, nitrates, enzymes, phosphates, animal fatty acids, hydrocarbon toxic solvents, non-biodegradable surfactants and ozone depleting substances.

Application:

Combination Skin Face Cleanser is superb for oily skin. It is specially formulated for deep cleansing by uplifting the oils and pollutions from skin pores without irritating the skin. It also offers disinfecting and sanitizing capabilities which eliminate germs from our skin.

Combination Skin Face Cleanser is highly recommended for people who work in dirty and polluted environment. It is gentle enough for everyday use. It is ideal for men and women.

Advantages:

- Effectively remove oil, impurities and makeup from oily and acne-prone skin.
- Light foaming action leaves skin cleansed without stripping or drying.
- Innovative Nano Biotech Colloidal Micelles (NBCM) reduces surface oil and shine in acne-prone skin.
- Maintains the pH balance for healthier skin.

- Keeps skin healthy and functioning properly
- Tightens and tones the skin
- Helps unclog and refine pores
- Clears blackheads by unclogging and refining pores

Directions:**For oily and pimple prone skin**

Use Combination Skin Face Cleanser twice daily, preferably in the morning and before going to bed.

Use Combination Skin Face Cleanser as an oil free cleanser to help clear pimples and remove excess oil from your pores. It can also be used as a detoxifying and exfoliating face cleanser which also helps to refine enlarged pores. Please note that Combination Skin Face Cleanser has a slightly drying pH level and you may find that you will need to apply a light moisturizer after using it.

For sensitive skin:

If you have sensitive skin, use a lesser portion of Combination Skin Face Cleanser. Wash your face for a shorter time (about 30 seconds) and rinse it off thoroughly. Then increase the portion of the Combination Skin Face Cleanser and cleansing time accordingly, depending on how your skin feels.

Precautions:

- Do not use the Combination Skin Face Cleanser on a cut, bruise, burn, sore or patch of damaged skin because it can irritate the skin and make the injury worse.
- Do not use Combination Skin Face Cleanser on sun burnt skin.
- When you use Combination Skin Face Cleanser for the first time, test on a small area of your neck for 1 minute and rinse it off to see if there is any burning, stinging or adverse reaction.
- Be careful not to get the Combination Skin Face Cleanser in your eyes. If you get some in an eye, rinse it out with cold water immediately.
- Do not over-wash your skin. When you wash, you're clearing away all those impurities that can build up during your everyday activities, but you're also stripping away the skin's natural oils. Wash too frequently and you're destroying what skin needs to stay soft and supple, resulting in dryness, and breaking down the topmost layer of the skin, which serves as a protective barrier, keeping acne-causing bacteria at bay. Without it, skin is more susceptible to bacteria, which in turn can lead to acne breakouts.

Tips To Cleanse Your Face Properly

Cleansing your skin is one of the most important parts of your beauty routine. It's really the foundation upon which all other treatments build. If you cleanse your skin with the right products and in the right ways, it helps you to have a healthier and younger skin.

1. Wash Your Hands before Washing Your Face



In a study on college students in the United States, researchers found that the average hand contained 150 different types of bacteria. It showed that your hands are full of sweat glands, producing all kinds of oils that can be easily transferred to your face during washing, and you've got yourself a less-than-ideal cleansing vehicle.

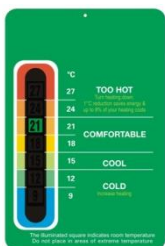
Sudsing up those grubby little hands of yours before you cleanse can help to ensure that you're getting the best clean possible. Use soap and warm water, and wash your hands for 20 seconds before rinsing them off. Now, you've got the proper tools for a good face wash.

2. Wet Your Face First



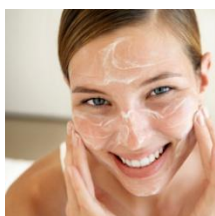
Most of the face cleansing products are aggressive and should be mitigated by water. Since they're using some serious surfactants — even if it's not the dreaded sodium lauryl sulfate — you'll want to make sure you have wetted your face. This also allows the product to spread out more evenly over your skin, meaning you can use less.

3. Use Lukewarm and Cool Water, Not Hot and Cold Water



A little warmth can help to soften skin, allowing for easy exfoliation and better permeation of ingredients. But going too hot can completely strip the skin's natural lipids, and worse still, it can "shock" the skin and cause capillaries to burst, causing varicose veins on the face. While cool water can help keep your pores from producing excess oil, going to cold can be an unwelcome shock that makes your skin no good.

4. Work in Cleanser for One Minute



Using cleanser for less than a minute, doesn't allow the beneficial ingredients to bind to the skin and work to their full capacity. That means if you're only sudsing up for 30 seconds (provided your skin is not sensitive skin), then you're doing your skin an injustice.

5. Don't Miss You Hairline, Neck, And The Sides Of Your Nose!



There's a good chance that you're missing certain parts of your face when you're cleansing. The common areas are your hairline, neck, and the sides of your nose. These places are, unfortunately, places that have it rough. All the products you use in your hair and the sebum from your scalp can create a recipe for zits on your hairline. The neck is simply a place that a lot of people miss, but it gets the same dirt and sweat as your face. Finally, in a cursory clean, it's easy to miss the sides of your nose, but it's important to get in there as it's an oily place that can cause acne issues if not properly cleaned.

6. Give It A Really Good Rinse



Rinse off your cleanser, and then rinse again. Your cleanser is meant to get washed down the drain, not to stay too long on your skin. If you don't wash out cleansing product, it will dry out your skin and clog pores. Ingredients like cleansing surfactants can be great for a quick clean, but will strip your skin of moisture if left on too long. That's why it's super important to use cool water to rinse it off.

7. Don't Get Rough With Drying — And Keep It Clean!



You know what has a ton of bacteria on it? The hand towel hanging by your sink for anyone to use. Ideally, towels should be washed once a week at a high temperature to avoid them becoming contaminated with germs, which would be a shame after all that work for clean skin. You've been gentle with that epidermis up until this point, so don't start using rough towels now. It's important to pick a soft towel and to *pat*, not *rub*, your skin dry.

8. Always Moisturizer After



After you wash your face, you've gotten rid of the natural moisturizers, so you need to replace those. In addition, you'll get all the benefits of the awesome ingredients in many of them. What moisturizer you choose depends on what you need, but even if you have super oily skin, you'll want to make sure you use one.

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