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the art of bathing, reinvented  
**dermalogica body collection**



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# introduction

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**There's a vital connection between the mind and skin health.**

For example, mindfulness-based practices like meditation and focused breathing exercises have been shown to reduce overall stress levels. This, in turn, has tangible benefits for skin health – ranging from clearer skin to faster lipid barrier recovery<sup>1</sup>.

But amid today's packed schedules and myriad responsibilities, the idea of dedicating our precious time to mindfulness can feel impractical – even antiquated. In reality, it's more relevant than ever: the number of US adults who meditate has tripled since 2012. Students in the United Kingdom can pursue a Masters' degree in mindfulness; in China, a booming economic market has grown around mindfulness-based apps and experiences.

It's this movement that inspired us to create the **new Dermalogica Body Collection**. These four products represent our commitment to integrating mindful relaxation into daily life. Whether you have just five minutes or can spare an entire hour, the collection is an opportunity to take meditative time for self-reflection – in the process bringing balance to your routine.

The collection is also formulated to deliver exactly what the skin on your body needs. **New Thermafoliant Body Scrub** gently exfoliates to brighten skin tone, and **new Phyto Replenish Body Oil** calms and nourishes skin. We've also optimized our classic Conditioning Body Wash and Body Hydrating Cream, creating a comprehensive body care collection that hydrates, brightens, tones, cleanses, nourishes – and delivers restorative relaxation.





bergamot + orange blossom  
bergamote + fleur d'orange

**dermalogica**  
professional-grade skin care by The International Dermal Institute



conditioning  
body wash

eucalyptus + lavender  
eucalyptus + lavande

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body  
hydrating  
cream

green tea + citrus  
thé vert + agrume

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therafo  
liant  
body scrub

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grapefruit + white tea  
pamplemousse +  
thé blanc





conditioning  
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body  
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green tea + citrus  
thé vert + agrumes

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# historic rituals meet modern bathing

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The act of body care plays a significant role in our cultural history. Through the centuries bathing rituals have served myriad purposes beyond basic hygiene, ranging from healing and religious purification to relaxation and socialization. But much of what once made bathing a restorative experience has been lost to history. Instead, we view body care as just another daily task to rush through; in fact, many of us feel that we simply don't have time to relax. We endeavor to change that.

The Dermalogica Body Collection was inspired by these time-honored bathing practices. For example, the aromatic oils that make Conditioning Body Wash so nourishing are still used in Turkish hammams to this day – and Natural Sea Salt, a featured ingredient in Thermafoliant Body Scrub, was prized by ancient Egyptians for its skin-invigorating properties. Similarly, for Phyto Replenish Body Oil we took a cue from Korean skin care rituals and utilized calming Fermented Red Ginseng; Green Tea, featured in Body Hydrating Cream, has been utilized in Chinese and Japanese skin care for centuries.

Skin and body care are central to each of these bathing rituals. However, many of them also emphasize meditation or other forms of mindful relaxation – and it's this that transforms bathing from a daily chore into a restorative, skin-nourishing routine.

## **mindful bathing made simple**

Share the following tips with clients; they'll find that just a few easy-to-implement practices will help bring a sense of calm and balance to any bathing ritual, whether it's a five-minute shower or a relaxing bath.

### **every minute counts**

Some clients don't have time for an immersive, relaxing bathing experience. That's ok: even a quick shower or bath can help to promote healthy sleep, ease tension and even promote creativity.

### **set the ambiance**

Begin each bath or shower with a clean bathroom and a calm environment: soft lighting, a scented candle or a relaxing playlist can all help create a relaxing atmosphere.

### **hydrate**

Particularly if you're enjoying a long bath, keep a glass of water on a bench or tray to help you stay hydrated.

### **bathe clean**

Taking a cue from traditional Japanese bathing culture, we recommend a quick pre-bath shower using a skin-nourishing cleanser like Conditioning Body Wash. This allows the bath to be simply about relaxing and soaking.

### **temperature matters**

Whether bathing or showering, clients should avoid making the water too warm: super-hot temperatures can dry out the skin, and potentially cause skin conditions like Eczema or Rosacea to flare up<sup>2</sup>. A good temperature benchmark is right around your own body temperature: 98.6 degrees.

### **don't overdo it**

Take some time to relax, but don't exceed 30 minutes: prolonged showers or baths can strip away skin's beneficial oils and disturb the natural lipid barrier.

### **after the bath**

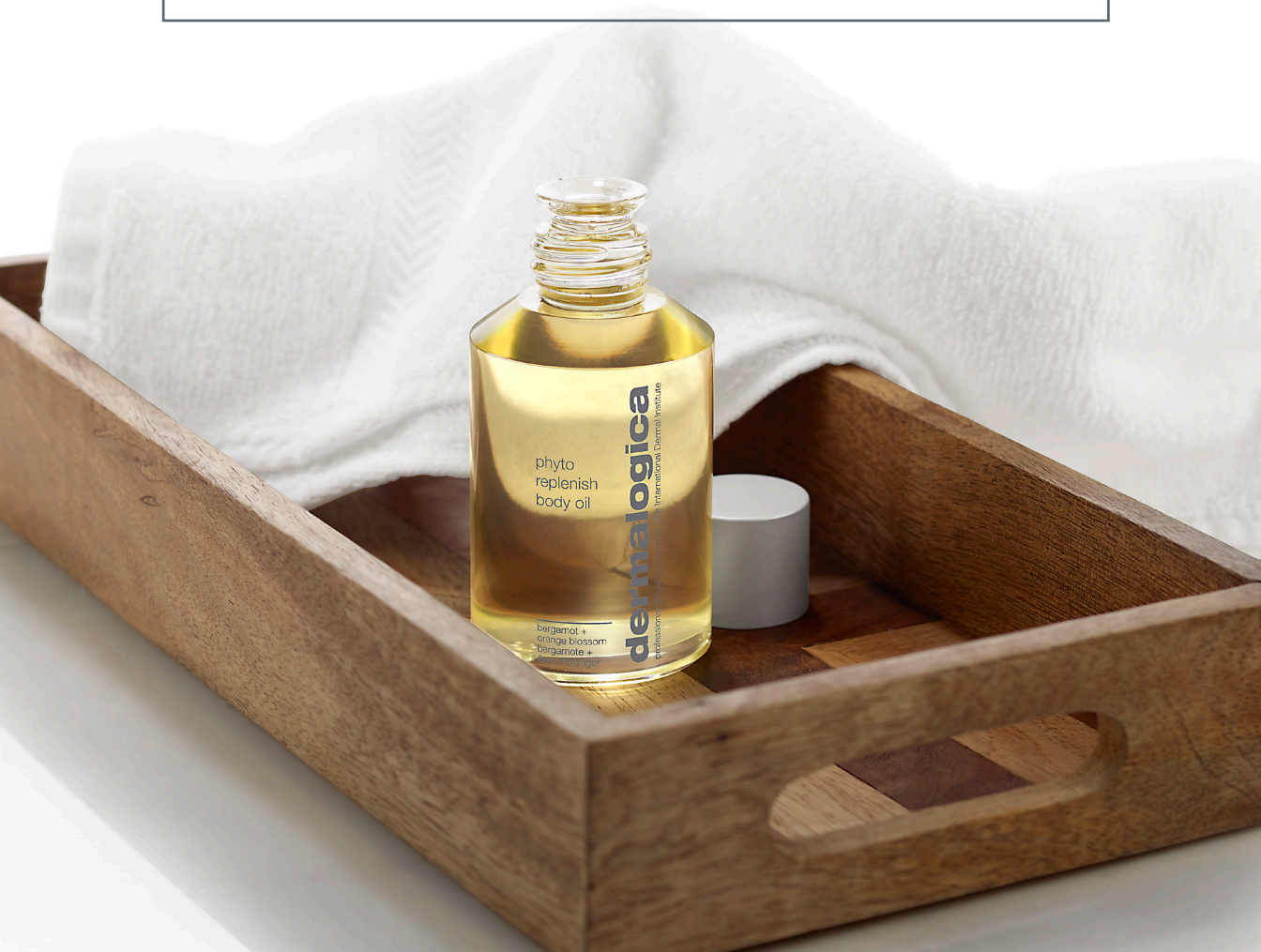
When possible, take a moment after the bath to center yourself before returning to your daily life: read a book, sip some tea, and relax for as long as your schedule allows.



### wabi sabi + modern ritual

Japanese culture is steeped in centuries of tradition – one of the most enduring of which is the aesthetic concept of **wabi-sabi**. Celebrating the beauty of imperfection, wabi-sabi design features asymmetry, strong simple lines, and natural elements to create a mood of quiet serenity. Wabi-sabi can also be experienced as a philosophical approach to life, whereby one simply engages with events as they happen rather than getting caught up in needless thought.

This connection between naturally-inspired design elements and meditative living inspired the Dermalogica Body Collection in both form and function. Formulated to nourish all skin conditions and artfully packaged with wabi-sabi design principles in mind, the collection is ideal for gifting.



phyto  
replenish  
body oil

bergamot +  
orange blossom  
bergamote +  
fleur d'oranger

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# NEW!

# phyto replenish body oil

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## what it is

An antioxidant-rich blend of skin-nourishing oils to replenish, calm and moisturize.

## why your clients need it

Daily exposure to the elements can leave skin dehydrated and depleted. Phyto Replenish Body Oil is rich in skin-replenishing oils to hydrate and help protect skin's lipid barrier.

## key benefits

- Replenishes to help protect skin's natural lipid barrier
- Calms and nourishes skin
- Moisturizes to leave skin feeling soft

## key ingredients

- **French Plum Seed Oil, Avocado Oil** and **Sunflower Seed Oil**, rich in Omega Fatty Acids and Vitamin E, help protect skin's lipid barrier.
- **Calming Fermented Red Ginseng**, inspired by Korean skin care rituals, calms and nourishes to deliver glowing skin.
- **Bergamot, Neroli, Orange, Patchouli** and **Sandalwood** leave skin soft and delicately scented.

## application

Massage into clean, dry skin or add to wet hands to create a light moisturizing milk.



# NEW!

# thermafoliant body scrub

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## what it is

A dual-action body exfoliant that energizes and brightens dull skin.

## why your clients need it

Skin can become dry and dull when dead cells accumulate on its surface. This dual-action exfoliating scrub dissolves dulling dead skin cells, hydrates, and delivers vital antioxidants – leaving skin purified and refreshed.

## key benefits

- Exfoliates to refine skin texture
- Energizes and delivers vital antioxidants
- Brightens skin tone

## key ingredients

- **Indian Bamboo Stem** physically exfoliates to refine skin texture and brighten tone.
- **Papain** (from Papaya) and **Lactic Acid** dissolve dull, dead cells.
- **Natural Sea Salt** revitalizes and hydrates.
- A blend of **replenishing bio-lipids** helps to protect and strengthen skin barrier.
- Extracts of **Licorice, White Tea, Coffeeberry** and **Chamomile** infuse skin with vital antioxidants, while oils of **Tea Tree** and **Grapefruit Peel** purify and refresh.

## application

Massage onto wet skin using gentle circular motions, then rinse. Use 2-3 times per week.

thermafoliant  
body scrub

grapefruit + white tea  
pamplemousse +  
thé blanc

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conditioning  
body wash

eucalyptus + lavender  
eucalyptus + lavande

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# conditioning body wash

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## what it is

A richly sensorial, skin-nourishing body wash that cleanses, conditions and invigorates.

## why your clients need it

We aim to elevate daily bathing to a meditative, restorative practice. This silky, gently cleansing formula features aromatic oils of French Rosemary and Chinese Eucalyptus alongside fresh Tea Tree and Lemon oils to awaken the senses.

## key benefits

- Cleanses while helping to maintain lipid barrier health
- Conditions and nourishes
- Invigorates and awakens the senses

## key ingredients

- Aromatic oils of **French Rosemary** and **Chinese Eucalyptus** alongside fresh **Tea Tree** and **Lemon** oils cleanse skin and awakens the senses.
- **Pro-Vitamin B5** and tranquil **Sandalwood, Lavender** and **Clary Sage** smooth and condition.

## application

Work into a lather over entire body, then rinse.

# body hydrating cream

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## what it is

A nourishing cream featuring a worldly collection of essential oils to hydrate, smooth and tone.

## why your clients need it

Daily hydration is critical to skin health – for both face and body. This silky, medium-weight cream calms the senses and delivers balanced hydration for all skin conditions.

## key benefits

- Skin-nourishing oils hydrate to relieve dryness
- Smooths and conditions with botanical extracts
- Tones with gentle, naturally-derived exfoliants

## key ingredients

- **Aromatic Orange Oil** and **Chinese Green Tea** soothe and soften skin.
- **French Lavender** and **Indonesian Patchouli** oils calm the senses.
- Naturally-derived **Lactic Acid** and hydroxy acid extracts from **Cane Sugar** and **Apple** smooth skin.

## application

Smooth onto body morning and night.



body  
hydrating  
cream

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green tea + citrus  
thé vert + agrume

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thermalfoliant  
body scrub

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grapefruit + white tea  
mangrove +  
vitamin C

# client service and retail activation tools

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The following tools and services are designed to help you educate your clients on body care and the benefits of **NEW Phyto Replenish Body Oil** and **Thermafoliant Body Scrub** as well as the Dermalogica Body Collection. Use these tools to create an educational path toward retail purchases and/or service bookings, and share how-to advice that your clients can use at home.

## **Mindful Body Care DIY**

Teach your clients how to do this Dermalogica-exclusive acupressure exercise at home. Based on the philosophy of Reflexology, it utilizes pressure points on the hands to help promote stress reduction. It's an excellent way for clients to incorporate a moment of mindfulness into their daily body care routine!

Instruct clients to begin by dispensing a small amount of Phyto Replenish Body Oil into palm of hand. Rub hands together, then glide over forearms. Apply gentle pressure to the following five pressure points, then repeat on the opposite hand:

1. Heart 7: in the crease of the wrist, between the little finger and ring finger.
2. Small intestine 3: in the depression of your hand just below the little finger.
3. Inner gate point: in the center of your wrist, about an inch below the heel of the hand.
4. Outer gate point: between the two tendons on the back of your arm, just above the wrist.
5. Hand valley point: the firm skin between the thumb and index finger.

## **Mindful Body Skin Care Bar Lesson**

Show customers how to achieve radiant, healthy skin from head to toe with the new Dermalogica Body Collection! Skin Bar Lessons are the perfect way to introduce customers to DIY treatments, professional treatments and key retail products. They're also the perfect educational setting for groups or one-on-one sessions! Contact your Dermalogica Education Training Center for more information.

# frequently asked questions

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What skin condition can benefit from these products?

The Dermalogica Body Collection is suitable for all skin conditions.

Are these products replacing any existing products?

Conditioning Body Wash and Body Hydrating Cream's formulas have been improved, and the new versions will replace the existing formulas but will look and feel the same.

How often should my client use these products?

Conditioning Body Wash, Body Hydrating Cream and Phyto Replenish Body Oil are all designed to be used daily or as needed. Thermafoliant Body Scrub can be used up to 2-3 times per week.

What makes Body Hydrating Cream different from Phyto Replenish Body Oil?

While these two products complement each other, they serve different functions for the skin: Body Hydrating Cream is a medium-weight, conditioning lotion that delivers daily hydration to the skin. Phyto Replenish Body Oil is rich in skin-replenishing oils that help restore skin's lipid barrier and can help prevent ongoing dehydration.

Should I advise clients to apply Phyto Replenish Body Oil to their entire body? How should this product be used?

One of the best things about this product is its versatility. Encourage clients to use it as they see fit – either as a full-body treatment, or by massaging just a bit into dry areas like elbows, knees and hands. (Be sure to remind them that a little goes a long way!)

Can Thermafoliant Body Scrub be used with a body buffing tool?

Yes, it can! Be sure to use gentle pressure, as Thermafoliant Body Scrub is highly active.



In what order should clients use the products in the Dermalogica Body Collection?

If clients are using the entire collection at once, products should be used in the following order for optimal results: Conditioning Body Wash, Thermafoliant Body Scrub, Phyto Replenish Body Oil, then Body Hydrating Cream.

Why does the Dermalogica Body Collection packaging have a new look?

The collection's restorative, multi-sensorial formulas – along with the fact that the collection is suited to all skin conditions – makes it ideal for gifting. The wabi-sabi-inspired giftable packaging is designed to reflect the collection's roots in centuries of time-honored bathing rituals, and includes an area where clients can add a handwritten gift note if desired.









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