

# VITAL THERAPY TEXAS



FOR BEAUTIFUL SKIN

About...  
**VITAL THERAPY**

VITAL THERAPY was founded in Denver, Colorado in 2006 by compounding pharmacist and traditional naturopath, Ted Keller.

Ted was insistent upon creating the best non-toxic products available while simultaneously eliminating the toxic preservatives, fillers and fragrances. His research and perseverance have brought us today the finest line of non-toxic cosmeceuticals available.

Vital Therapy products contain only “chirally correct”, cutting edge nutrients which are synergistically combined to achieve the most rapid and effective anti-aging skin care available today.

Originally serving only the Denver metropolitan area, VITAL THERAPY is fast becoming a nationally, and internationally, recognized source for the finest skin care products available today.

VITAL THERAPY is simply the most powerful and advanced skin care products available.



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Individual results may vary.

# Founder's Message

by Ted Keller, R.Ph, DNM

I have been asked many times to explain why I think Vital Therapy products are better than the other cosmetic products on the market and why I have developed these particular products when stores, salons and physician's offices carry thousands of various products to enhance the beauty of the skin.

A recent article in The Townsend Letter for doctors and patients, and The Wall Street Journal, concerning the rise of breast cancer in the United States, stated that some of the culprits in contributing to this increase were toxic ingredients and mutagenic ingredients commonly found in almost all cosmetic products.

Most skin care products contain ingredients like preservatives, dyes, and chemicals that have *No Value* in the beautification of the skin and may in fact contribute to hormonal or endocrine changes that are responsible for Breast cancer. It is no secret that anything applied to the skin can and almost always is absorbed into the blood stream and must be handled as a toxic compound. These ingredients do not evaporate after application to the skin.

An example of this would be the chemical preservatives called parabens. Parabens are endocrine disrupters that mimic the hormone estrogen and have been found to accumulate in the tissue of women with breast cancer.

Safer alternatives are available such as essential oils that are antibacterial, antifungal and anti-viral and do not disrupt endocrine systems and do not accumulate in the breast tissue.

These essential oils are not as stable as parabens and thus Vital Therapy products do not have long shelf lives, that is, they must always be fresh and they must be turned over in 2 years. Parabens on the other hand may increase shelf-life up to 6 to 8 years. This is why the major cosmetic companies use these parabens.

Other dangerous chemicals are added to most cosmetic products to enhance the texture, elegance, or appearance of the product. Vital Therapy products produce this same elegance without the toxic ingredients. It is more costly to do this but the effort is worthwhile as these poisons are eliminated.

Vital Therapy products also use the exact isomer or the "Chirally" "correct form of a nutrient which is more efficiently utilized by the skin.

No unnecessary ingredients are added to the products. If the ingredient does not perform some very important function in the product, it is not added.

Vital Therapy products are the finest, least toxic skin nutrients found on the market at a price that is reasonable.

## References

- 1) Goldstein,D," Dangerous cosmetics" The Herald, March29,2005, Miami FL.
- 2) Salgado,B,"Beauty and the Beast", Activists Work for Safer Cosmetics, BCA News July/Aug 2005
- 3) Rogers,S, "Total Wellness" , Sept 2004

## **SKIN CARE GOALS**

Improving the health and thus the appearance of the skin. This is done by improving blood circulation and oxygenation of the skin, maintaining the skin's normal pH, revitalizing the skin cell membranes, connective tissues, and detoxifying and neutralizing toxins found in the skin tissues, and produces real, cumulative, beneficial and long lasting visible results.

## **ADDITIONAL BENEFITS OF USING VITAL THERAPY PRODUCTS**

Vital Therapy products are nutrient concentrated, with cutting edge synergistic activity that achieves results rapidly. With some products, results can be seen in as little as 30 minutes. Retail product returns on Vital Therapy products have historically been less than 0.01% of sales. People use these products. Product information is easily available, and Vital Therapy products are affordable.

## **SKIN ANALYSIS**

Institutions teaching estheticians about skin care classify skin according to skin conditions, usually into 5 skin types. These types are dry, oily, aging, acneic, combination- T-zones (treatment zones). The fact is all of the above skin conditions are caused or exacerbated by the same poor habits.

1. Poor nutrition
2. Dehydration
3. Over exposure to the sun, tanning beds, pollutants, toxins and overuse of toxic skin care products.
4. Overuse of skin treatment procedures, like peels and laser.
5. Lack of adequate exercise and stretching.
6. Inadequate sleep
7. Stress and illness

By addressing the above conditions and by utilizing Vital Therapy cutting-edge skin care products and protocols, it is possible to improve and normalize all skin types.

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# CLEANSERS

**APPLE DELIGHT CLEANSER** - Heaven for dry skin- This is a moisture rich cleanser, that removes impurities and debris without stripping the skin of the natural skin oils. This will not dry out the skin. Contains no harmful detergents.

*Usage Instructions:*

Squeeze 2 to 3 drops in the palm of damp hands, rub hands to create a lather, then proceed to cleanse your face and neck. Rinse with tepid water.

*Ingredients:* (EXPLAINED) Purified water, sugar polymers, glycol distearate, laureth 14, cocamidopropyl betain, beta-fructan, apple extract. Sugar polymers are silky polysaccharides taken from flax. They thicken the formulation and are themselves emollient to the skin. Glyceryl distearate - improves the mobility of the D (right handed) ingredients to penetrate the stratum corneum), laureth 14, a mild detergent found to be non-toxic; Cocamidopropyl betain - an amine found naturally in coconut milk combined with a glucosamine like substance. It allows for foaming action and, a source for collagen building glucosamine. It also maintains the elasticity of the skin; Beta-fructan : a polysaccharide that stimulates the immune function of the skin, found in mushroom extracts, documented in Japanese studies to improve immune function of the skin (and the entire body). This is a right handed polymer (similar to aloe Vera polysaccharides that guides the activity of glucosamine (below) into the cellular compartments that oversee the skin's moisture retention. Beta-glucosamine: Similar in structure to cellulose, in humans it is used as an in combination with Beta fructan to build stable mucopolysaccharides in the tissue and as an anti-inflammatory agent and a building block to collagen and elastin. The D-Beta isomer is the only isomer that the human body can utilize for this function. Apple extract - a natural fragrance and antioxidant also contains the moisturizing malic acid.

**CLARIFYING CLEANSER** - This is a gentle yet effective, non-abrasive, alpha hydroxyl, exfoliating cleanser that effectively reduces blemishes. The new technology using AHA polymers results in less skin irritation. The addition of beta-hydroxy acid polymer helps clear the skin of blemishes.

*Usage Instructions:*

Squeeze 2 to 3 drops in the palm of damp hands, rub hands to create a lather, then proceed to cleanse your face and neck. Rinse with tepid water. Avoid getting in eyes. If this contacts your eyes, flush thoroughly with cool water.

*Ingredients:* Distilled water, soluble shea butter, plant cellulose, succinic acid, laurel berry, methylated karate, coconut amino acids, glycolic acid polymer, salicylic acid polymer, cranberry extract, beta-carotene.

**EXTRA GENTLE CLEANSER** - Ideal for sensitive skin, even rosacea and post-laser resurfacing, this extra gentle cleanser soothes and protects while leaving your skin feeling fresh without irritation or dryness.

*Usage Instructions:*

Squeeze 2 to 3 drops in the palm of damp hands, rub hands to create a lather, then proceed to cleanse your face and neck. Rinse with tepid water.

*Ingredients:* Polyglucose, distilled water, methylglycine, diethanolamine, succinic acid sulfate, shea butter, cranberry extract, flower petal oils.

**RASPBERRY POLISHING SCRUB** - Effectively polishes your skin by exfoliating surface dead skin cells, leaving your skin with a healthy, shiny glow.

*Usage Instructions:*

Use once or twice a week to aggressively exfoliate the skin. Dispense a quarter-sized amount into the palm of hand, gently work around face and neck for 1 to 2 minutes until the product has lost its moisture, and then rinse thoroughly with warm water. Ideally, this should be done while in the shower.

Avoid getting into eyes. If eye contact is made, flush eye thoroughly with cool water.

*Ingredients:* Distilled water, raspberry concentrate, jojoba beads, L-lactic acid, blue cornmeal, xanthan gum, D-glucuronic acid, vegetable glycerin, salicylic acid, jasmine alcohol.

**SCRUB AND SHINE** - This is combination mask/scrub that will leave your skin feeling and looking fresh and glowing.

*Usage Instruction:*

Apply a cake icing thick layer to skin after cleansing and leave on for 5 to 15 minutes, then rub with water in a circular motion to activate the jojoba beads, to scrub and exfoliate the skin.

*Ingredients:* Purified water, Vegetable glycerin, Milk caprillic/Capric triglycerides, Jojoba oil, L-lactic acid, L-malic acid, L-salicylic acid, Hammamelis extract, Pineapple enzymes, Xanthan Gum, Cherry bark extract, Zeolyte, Jojoba beads, citrus seed extract.

# TONERS

**ANTIOXIDANT TONER** - For all skin types. Flushes dirt from pores and repairs free radical damage.

*Usage Instructions:* apply after cleansing. Use a cotton square to apply a small amount over the skin. May be used during the day or after exercise.

*Ingredients:* Distilled water, hamamelis extract, phenyl butyl nitron, beta-fructan, beta-glucosamine, amino guanidine.

**ACNE CLARIFYING TONER** - The AHA's in this toner decongest pores, help prevent blemishes, and purify and control oil. Phenylbutylnitron and beta-carotene provide antioxidant protection.

*Usage Instructions:*

Apply after cleansing. Use a small amount on a cotton square and apply a small amount over skin. Use during the day, in the evening and after exercise.

Avoid getting in eyes. If this contacts your eyes, flush thoroughly with cool water.

*Ingredients:* Distilled water, hamamelis extract, cranberry extract, linseed extract, althea extract, almond extract, glycolic acid polymer, lactic acid polymer, citric acid, beta-carotene, phenyl butyl nitron.

**ACNE CLARIFYING TONER MILD** - This toner is not as strong as the Acne Clarifying Toner. This toner can be used for normal skin or aging skin. It is not normally used for acne.

*Usage Instructions:*

Apply after cleansing. Use a small amount on a cotton square and apply a small amount over skin. Use during the day, in the evening and after exercise.

*Ingredients:* Distilled water, hamamelis extract, cranberry extract, linseed extract, althea extract, almond extract, glycolic acid polymer, lactic acid polymer, citric acid, beta-carotene, phenyl butyl nitron.



**GLYCOLIC ACID TONER** - Glycolic Acid toner is not as strong and can be used for normal skin, not acne.

*Usage Instruction:*

Apply after cleansing. Use a small amount on a cotton square and apply a small amount over skin. Use during the day, in the evening and after exercise.

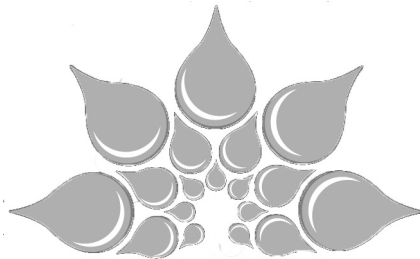
*Ingredients:* Distilled water, hamamelis extract, cranberry extract, linseed extract, althea extract, almond extract, glycolic acid polymer, lactic acid polymer, citric acid, beta-carotene, phenyl butyl nitron.

**STRAWBERRY MELON TONER** - Recommended for dry skin – soothes, balances, and hydrates to give your skin a fresher appearance.

*Usage Instructions:*

Apply after cleansing. Use a small amount on a cotton square and apply a small amount over skin. Use during the day, in the evening and after exercise.

*Ingredients:* Purified water, hamamelis extract, hyaluronic acid, phenylbutyl nitron, beta D-glucosamine, beta fructan, amino guanidine, citric acid, glycolic acid, strawberry and melon extracts.



# MOISTURIZERS

**ULTRA RICH AHA MOISTURIZER** - Vital Therapy Ultra Rich AHA Moisturizer is the ultimate anti-aging moisturizer to give your skin a fresh and healthy glow. Contains advanced ingredients for maximum results in reducing the appearance of fine lines and wrinkles. Used in conjunction with Hydrating Rain, your skin won't know it lives in a dry climate!

*Usage Instructions:*

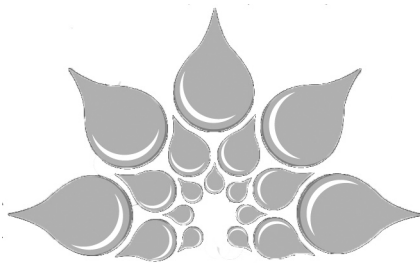
Dispense 2 to 4 pumps into the palm of hand and gently spread over face, neck, and décolleté, after cleansing, toning, and applying Vitamin A or Vitamin C Serum.

*Ingredients:* Distilled water, milk caprylic/capric triglycerides, ceteryl alcohol, poly-sorbate 80, PEG-150, plant polysaccharides, malic acid, citric acid, glycolic acid polymer, beta-fructan, beta-glucosamine, amino-guanidine, mango and raspberry extracts, jasmine alcohol.

## **ANTIOXIDANT DAYTIME MOISTURIZER FOR DRY DAMAGED SKIN**

- This is superior anti-oxidant face treatment cream. It will moisturize dry, flaky or damaged skin. This moisturizer is best for sensitive skin and can even be used on rosacea or post laser chemical treatment.

INGREDIENTS: Oils of calendula, tea tree, olive, carrot, wheat germ, Chlorophyll, azurite, royal gelee, china, arnica, gingko, aloe vera, gallium, plumeria with vitamins A, D3, E and F.



# PEPTIDE LOTIONS

## **THE NEW VITAL THERAPY PEPTIDE LOTION** - Vital

Therapy Peptide Lotion has added three new peptides to enhance the speed and effectiveness of skin nutrition. Noticeable results can be seen with the Vital Therapy protocol in as little as 3 days! Continual use of these products shows even better results than the old Vital Therapy lotion on wrinkles and age spots.

*Usage Instructions:* This is an ideal anti-aging treatment. Smooth over clean skin before bedtime and allow the skin smoothing and skin strengthening ingredients to improve the overall appearance of the skin, while you sleep. You may also apply as a daytime treatment to moisturizer.

*Ingredients:* Purified water, cyclomethicone and dimethicone copolyol, glycerin, silicone, caprylic triglycerides, cetyl alcohol, pentapeptides, L-lactic acid, L-retinol, beeswax, cetearyl alcohol, Acetyl glutathione, Acetyl carnosine, shea butter, squalane, glyceryl stearate, D-beta fructan, D-beta glucosamine, jasmine alcohol, xantham gum, essential oils.

## **VITAL THERAPY ULTRA FIRM PEPTIDE LOTION** - This

formula has all the ingredients of the Vital Therapy Peptide Lotion with the addition of DMAE and alpha lipoic acid, 3% of each. DMAE gives greater firming (tone) to the skin, and alpha lipoic acid is supposed to be a more powerful antioxidant milligram per milligram than Vitamin C. The fragrance of the Ultra Firm Peptide Lotion is heavier in order to conceal the fishy odor of DMAE. It also contains idebenone and green tea extract.

### *Usage Instructions:*

This is an ideal anti-aging, and toning (firming) treatment. Smooth over skin after cleansing and toning and before applying sunscreen. Use as a daytime moisturizer. This product will firm and tone aging skin as well as build collagen.

*Ingredients:* Distilled water, cyclomethicone, dimethicone, copolyol glycerin, silicone, caprylic/capric triglycerides, cetyl alcohol, beeswax, DMAE, alpha lipoic acid, green tea extract, shea butter, L-pentapeptide, Acetyl-glutathione, acetyl carnosine, squalene, glyceryl stearate, D-beta fructan, D-beta glucosamine, idebenone, xanthan gum, jasmine alcohol, vanilla, ylang ylang, lemon, and rosewood essential oils.

**ANTI-INFLAMMATORY PEPTIDE LOTION FOR ACNE** - This is a powerful anti-inflammatory lotion. It will help even cystic acne improve. New bioactive peptides have even improved this product to a greater degree than the older formula. These peptides now have the capability to heal acne scarring with the proper protocol. Inflammation is an important reason that acne does not improve. When we remove inflammation, the immune system of the body can heal the acne pustules.

*Usage Instructions:*

Smooth over clean skin during the day and at bedtime to reduce acne blemishes, even cystic acne.

*Ingredients:* Distilled water, cyclomethicone, dimethicone copolyol, glycerin, silicone, caprylic/capric triglycerides, cetyl alcohol, L-lactic acid, L-retinol, beeswax, ceteryl alcohol, shea butter, L-pentapeptides, niacinamide, L-salicylic acid, squalane (olive), glyceryl stearate, D-beta fructan, D-beta glucosamine, xanthan gum, jasmine alcohol, vanilla, ylang ylang, lemon and rosewood essential oils.

**VITAL THERAPY FOR PUFFY EYES** - This product has the costliest ingredients that really work to remove dark circles and puffy rings around the eyes. It will also reduce fine lines around the eyes.

*Usage Instructions:*

Using your ring finger, dispense one pump and gently pat underneath eye and on eyelid until absorbed. Apply one hour before bedtime for best results.

*Ingredients:* Purified water, aloe vera, shea butter, phospholipids, L-hyaluronate, L-sodium PCA, L-pentapeptides, olive oil, borage oil, essentials oils of rose, patchouli, chamomile, carrot and marshmallow, silicone, glycerin, 24 karat gold, Vitamin E, Vitamin B-complex, Vitamin A, jasminol.

**PLASTIC SURGERY IN A BOTTLE** - Ted aptly named this product, because after an application to the skin, one can see a difference in the skin in as little as 30 minutes. This product uses new anti-aging compounds, called glutathione, in a stable form along with hyaluronic acid, carnosine, and many other ingredients found in the Vital Therapy peptide creams.

Glutathione increases microcirculation in the tissues quickly, to enhance skin tone and elasticity as well as hydration. Carnosine acts on dark areas of the skin. It is applied at night in place of the peptide lotion, which is still used during the day. Only one application is needed, as the nutrients have a long half-life.

This product works even better if used with the Vital Therapy anti-aging protocol!

*Usage Instructions:* Apply to face and neck, before bedtime, after Revital A serum. This may be used in the A. M. as well.

*Ingredients:* Purified water, capric/caprillic triglycerides, vegetable glycerin, aloe vera, honey, cyclomethicone, beeswax, squalene (olive), olive oil, dimethicone, L-retinol, L-pentapeptides, B complex vitamins, L-Hyaluronate, Glutathione palmitate, carnosine palmitate, omega 3, 6, 9 oils, Vitamin E, L-lactic acid, royal gelee, idebenone, beta glucan, beta fructan, amino guanidine, D-betaglucosamine, sodium PCA, essential oils of: calendula, plumeria, vanilla, ylang ylang, lemon, rose, cherry, and citrus seed extract

**PEPTIDE EYE CREAM** - Diminishes fine lines and wrinkles around the eyes.

*Usage Instructions:*

Using your ring finger, gently apply a small amount to the area around the eyes, and the eyelids. Do not tug on the delicate eye tissue.

*Ingredients:* Water, shea butter, hesperidin chalcone, dipeptide-2, palmitoyl tetrapeptide-3, glycerin, hyaluronic acid, olive oil, Vitamin E, aloe extract, L-retinol, albumin, almond oil, patchouli oil, lecithin, carrot oil, chamomile extract, marshmallow extract, xanthine gum, jasmolinol.

## **ANTI-AGING EYE CREAM -**

### *Usage Instructions:*

Apply a small amount with the ring finger to the area around the eye, and eye-lid one hour before bedtime daily.

*Ingredients:* Purified water, Caprylic/Capric Triglyceride, Palmitic Acid, Stearic Acid, Shea Butter, Glycerin, Hesperidin Methyl Chalcone, Palmitoyl Tetrapeptide-7, Dipeptide-2, Glyceryl Stearate, Cetearyl Alcohol, Glycerin, Chrysin, Palmitoyl Oligopeptide, N-Hydroxysuccinimide, Olive Fruit Oil, Sweet Almond Oil, Soybean Oil, Tocopheryl Acetate (D-Alpha), Albumen, L-Retinol, L-Penta peptides, Zea Mays Oil, Marshmallow Root Extract, Orange Peel Oil, Lavender Oil, Chamomile Flower Extract, Carrot Seed Extract, Rosa Damascena Flower Oil, Aloe Leaf Juice Powder, Acetyl Glutathione, Acetyl Carnosine, Tea Tree Oil, Sodium Hyaluronate(L), Honeysuckle Flower Extract, Hammamelis, Viginiana Water, Citric Acid, Xantham Gum, Potassium Sorbate, Allantoin, Cetyl Alcohol, Alcohol, Denat, Calcium Gluconate, Gluconolacton

# **SUN PROTECTION**

**SOL PROTECT SPF 20 SUNSCREEN** - Provides full UVB/UVA protection! Antioxidant-based sun protection with skin nutrition. Contains ingredients for skin softening and moisturizing. SPF 20.

### *Usage Instructions:*

Apply once daily and repeat when necessary. Not waterproof! Re-apply after swimming or bathing.

Keep out of reach of children. If swallowed, immediately get medical help or contact a poison control center. For external use only. Do not use on broken skin. Do not get into eyes. Discontinue use if skin irritation occurs, develops, or worsens.

*Ingredients:* Purified water, caprylic/capric triglyceride, ceteryl olivate, zinc clear (zin clear), jojoba oil, wheat germ oil, squalene, glycerin, octamethylcyclotetrasiloxane/ decamethylcyclopentasiloxane, xanthan gum, sodium hydroxymethylglycinate, alpha-D-tocopherol, citric acid, olive oil, cyclopentasiloxane, rosewood oil, SD alcohol, oat glucan powder, tocomin, dhatrales, tetrahydrocurcuminoids, astaxanthin.

# SERUMS

**VITAMIN A COMPLEX SERUM WITH EGF** - This is a Vitamin A and glycolic acid complex that gives an energized and synergized antioxidant combination, which is an excellent anti-aging product and a stimulant of new tissue growth. Glycolic acid and L-retinol are complexed together, each ingredient having a synergized activity better than each ingredient alone.

*Usage Instructions:*

Before bed, dispense 4 to 8 drops and apply to face, neck and décolleté after cleansing and toning. Can also be applied to backs of hands or arms, as these show the earliest signs of aging. Follow with the appropriate moisturizing product.

*Ingredients:* Hamamelis extract, Vitamin A (L-retinol), phenyl butyl nitrone, beta glucan, beta glucosamine, amino guanidine, ethyl hydroxide.

**NEW IMPROVED VITAMIN C WITH CAFFEINE SERUM** -

This product is probably the most important skin care product. It not only protects the skin from UV damage, it also is the best anti-aging compound for skin. The increase of collagen and elastin only takes place if Vitamin C is present in the skin!!

This excellent anti-aging product is a highly concentrated Vitamin C serum with proven antioxidant and regenerative properties to help fight and repair the signs of aging by building collagen and elastin. The ingredients in the Vitamin C Serum contain active ingredients that provide a direct benefit to the skin, and are not just carriers.

*Usage Instructions:*

Dispense 4 to 10 drops into palm of hand, and pat over face, neck, and décolleté after cleansing and toning. Can also be applied to backs of hands or arms, as these show the earliest signs of aging. Follow with the appropriate moisturizing product.

*Ingredients:* Ascorbic acid 20%, rice starch, glycerol caffeine citrate, beta-fructan, beta-glucosamine, amino-guanidine, L-castor oil, hamamelis extract, spin trap.

**VITAMIN C WITH L-CARNOSINE** - For acne, it not only will improve the firmness of the skin it will soften and reduce the appearance of acne scars. It stimulates collagen and with proper skin treatment is a valuable and effective treatment of acne scared skin.

*Usage Instructions:* Apply this serum to acne scars. Moisturizers may be layered on top of the application. It may be layered under makeup as well.

*Ingredients:* Distilled water, L-ascorbic acid, caffeine, L-carnosine, Acetyl-carnosine, Acetyl-glutathione, rice starch, glycerol, beta fructan, beta-glucosamine, amino-guanidine, castor oil, methyl glycol, hamamelis extract, phenyl butyl nitrone

**HYDRATING RAIN** - This is a nourishing treatment product. It is so moisturizing to the skin it will only be needed once or twice a week after the initial treatment period.

*Usage Instructions:*  
Dispense 2-3 pumps into the palm of your hand; pat onto skin until absorbed. Can be mixed with Vitamin C Serum in the morning, or Vitamin A Serum in the evening.

*Ingredients:* Purified water, vegetable glycerin, aloe vera, honey, phospholipids, spingolipids, L-sodium hyaluronate, citric acid, borage oil, silicone, rose hip seed oil, L-sodium PCA, D-panthenol, Vitamin E, Vitamin B-complex, Vitamin A, rose oil, jasm inol.





# SKIN CORRECTION SYSTEMS

**LAVENDER GLYCOLIC LOTION** - This wonderfully scented, softening and hydrating formula is perfect for problem areas such as elbows, knees, feet, and hands. This is a non-abrasive exfoliation lotion with glycolic acid polymer. It contains milk extracts, beta fructan, and beta glucosamine for moisture, and includes the essential oil lavender to heal and protect the skin.

*Usage Instructions:*

Apply on desired areas and rub in until thoroughly absorbed.

*Ingredients:* Distilled water, milk caprylic/capric triglycerides, milk caprylate/caprate, glycolic acid polymer, sucrose stearate, ecteryl alcohol, polysorbate-80, PEG-150 stearate, cetareth-20, PEG-40, stearate, jasmine alcohol, lavender extract, beta fructan, beta glucosamine, lavender essential oil.

**CELLULITE LOTION** - New technologies in skin care therapy have been incorporated into this product. These change the metabolism of the fat cell, and the fat storage mechanism of the fat cell. This new technology is called transdermal mesotherapy. Phosphatidyl choline caffeine, vitamins, other phospholipids and bioactive peptides, applied topically to cellulite areas, have been found to reduce the appearance of the rippling effect of cellulite and also encourages the breakdown of the abnormal fat and the reassembly of its structure.

The other nutrients in the cream act to increase cutaneous microcirculation. As an added benefit the nutrients in this product, including the bioactive peptides and the caffeine, are not only utilized by the cellulite skin areas but all of the skin benefits from it. Clients have reported that not only has their cellulite improved, but all of the skin has more hydration, tone and color overall. For use on belly fat and turkey neck as well.

*Usage Instructions:* Apply a small amount twice daily to cellulite area and massage into skin for a few minutes. The massaging action is as important as the product.

*Ingredients:* Purified water, Vegetable glycerin,,Phosphatidyl choline, Phosolipids, Aloe Vera, Sphingolipids, L-sodium hyaluronateL, Acetyl-glutathione, Acetyl Carnosine L-sodium PCA, Vitamin A, Vitamin B-Complex, Vitamin E, honey, caffeine, L- Pentapeptides , menthol, camphor, eucalyptus oil, citric acid, silicone, lanol, isoparrifin, laureth-7, potassium sorbate, benzyl alcohol.

**POST LASER OINTMENT** - This ointment will protect the skin following laser treatments, without inducing milia. This is especially useful for the Fraxel Laser therapy.

*Usage Instructions:*

Apply on affected areas using a sterile cotton applicator.

*Ingredients:* White petrolatum, shea butter, foraha oil, Vitamin A, Vitamin D, Vitamin E, Vitamin F, shark liver oil, carrot oil, sard oil, arnica, ginkgo, calendula oil, olive oil, tea tree oil, aloe vera.

**SKIN LIGHTENING LOTION** - This product is NOT for sensitive skin! Regular use will result in dissolution of hyperpigmented skin.

*Usage Instructions:*

Apply a small amount, after cleansing and toning but before moisturizer, only to the areas to be lightened. Use only once daily. It is best used at night.

*Ingredients:* Purified water, hamamelis extract, ethyl alcohol, L-castor oil, methyl glycol, cellulose, azelic acid 15%, L-lactic acid polymer, kojic acid, hydroquinone 2%, salicylic acid and glycolic acid polymer.

Caution: Do not get in eyes. If product enters eyes, wash eyes with large quantities of water and seek immediate medical attention if needed.

**HQ-FREE SKIN LIGHTENING LOTION** - This is the most powerful skin lightening agent known, which contains NO hydroquinone, and thus is 100% non-toxic.

*Usage Instructions:*

Apply a small amount to dark spots on face and hands at bedtime. Do not apply anything else to these areas until the next day.

Caution: Do not get into eyes. If product enters eyes, wash with large amounts of water and seek immediate medical attention, if needed.

*Ingredients:* Purified water, plant cellulose, castor oil, glutathione palmitate, pyruvic acid, azelic acid, kojic acid, acetyl-d-glucosamine, glycolic acid polymer, lactic acid polymer, L-ascorbic acid, beta-carotene, phenyl butyl nitron, lemon extract.

**SCAR & STRETCH MARK LOTION** - This is the most powerful scar and stretch mark treatment available. The ingredients in this product stimulate the regenerative, immune function to increase cell turnover and replace dense scar tissue with new, normal skin.

*Ingredients:* Oils of calendula, tea tree, sard, olive, carrot, wheat germ, purified water, chlorophyll azurite, royal gelee, acetyl-glutathione, acetyl-carnosine, china, arnica, ginkgo, aloe vera, gallium, shark cartilage and shark liver oil, emu oil, plumeria with vitamins A, D3, E and F, C, dextrans of 31 essential oils, onion extract, epithelial growth factor.

**BLEMISH RESCUER** - Quickly clears up the occasional blemish.

*Usage Instructions:*

Squirt a small amount onto a cotton pad and apply to affected area. Keep out of eyes. If product gets into eyes, flush immediately with cool water and seek medical attention.

*Ingredients:* SD alcohol, glycolic acid, L-salicylic acid, L-lactic acid, L-mandelic acid, L-limonol.

**HEALING CREAM** - This is a superior antioxidant treatment cream that will moisturize dry, flaky or damaged skin. It can also be used as ordered by a medical professional.

*Usage Instructions:*

Apply daily as needed to affected areas.

*Ingredients:* Oils of calendula, tea tree, olive, carrot, wheat germ; chlorophyll, azurite, royal gelee, china, arnica, ginkgo, acetyl- glutathione, glutathione-palmitate, aloe vera, gallium, plumeria with vitamins A, D3, E and F.

**VITAL THERAPY FOR COLD SORES** - Vital Therapy For Cold Sores effectively treats cold sores by reducing the severity and duration of the virus that causes this condition, while it soothes and heals the skin.

*Usage Instructions:*

Apply a small amount to cold sore at first sign and reapply 5 to 7 times per day as needed, until the cold sore disappears.

*Ingredients:* Purified water, olive oil, emu oil, oils of calendula, tea tree, sard, carrot, wheat germ, royal gelee, arnica, ginkgo, aloe vera, Vitamin A, Vitamin D3, Vitamin E, Vitamin F, iron dextrans of 31 essential oils, plumeria.

# MASKS

## **CHERRY ENZYME MASK** - FOR PROFESSIONAL USE ONLY

The Cherry Enzyme Mask is a professional product and is not for home use. It contains powerful enzymes to effectively exfoliate the top layer of dead skin cells. "A wonderful fragrance, a wonderful enzyme." This mask is exfoliating, hydrating, and loaded with powerful antioxidants.

### *Usage Instructions:*

Use a thick application on cleansed for 10 to 15 minutes, then remove with warm water. For a more aggressive procedure, use a microdermabrasion treatment after the mask. This may create a very stimulating, tingling sensation.

Do not get into eyes; if this occurs, flush with large quantities of water and seek medical attention.

*Ingredients:* Purified water, cherry puree, wild cherry bark extract, L-lactic acid, L-tartaric acid, L-malic acid, salicylic acid, pineapple enzymes, pomegranate, red grape seed, lycopene, L-mandelic acid, red wine, vegetable glycerin, xanthan gum, jasminol.

**TEA TREE CLAY MASK** - A clay mask beneficial for ridding the skin of impurities. Use on oily, acneic skin to calm irritation and control oil.

### *Usage Instructions:*

Apply a thick layer to face and/or neck, and let dry for 20 to 60 minutes. Rinse off with warm water.

*Ingredients:* Purified water, hamamelis extract, vegetable glycerin, caprylic/capric triglycerides, kaolin, bentonite, salicylic acid, zinc oxide, tea tree oil, green tea extract, Vitamin E, allantoin, eucalyptus, L-limonene oil, rosemary oil, L-lactic acid, hydrogen peroxide, L-menthol, jasminol.

**GARDEN OF EDEN MASK POWDER** - This is an enzyme mask that will remove dead skin cells from the surface of the skin, leaving your skin feeling baby fresh.

*Usage Instructions:*

Mix 2 parts liquid (aloe vera juice, yogurt, milk, fruit or vegetable juices, water, green tea, etc.) to 1 part Garden Of Eden Mask Powder. Apply mixture to face and let dry several minutes, then rinse.

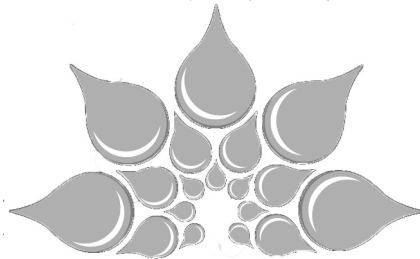
*Ingredients:* Spinach, whole pineapple, green papaya, sweet whey, mint, green tea leaves.

**HYDRATING MASK** - This mask will moisturize dehydrated skin, leaving a soft, smooth skin.

*Usage Instructions:*

Apply a thick layer to face and/or neck. Leave on skin until completely absorbed, or rinse off after 20 minutes. Add Vitamin C Serum and Vitamin A Complex Serum and leave on skin for antioxidant benefits.

*Ingredients:* Purified water, aloe vera juice, vegetable glycerin, honey, azurite, Vitamin A, vitamin B-complex, vitamin D-3, vitamin E, hyaluronic acid, sodium PCA, phospholipids, rose oil, lemon oil, orange oil, arnica, olive oil, safflower oil, sard oil, carrot oil, ginkgo, gallium, plumeria, royal geele.



# HAIR PRODUCTS

**HAIR LOSS FOR MEN** - New cosmetic technology utilizing bio-active peptides (short-chain amino acids) and essential oil dextrans, have been found to stimulate the reactivation of dormant hair follicles.

These bioactive peptides, essential oil dextrans, and basic nutrients needed for normal hair and skin health, have been combined into a revolutionary new product that can combat hair loss in males.

This product does not contain dangerous prescription drugs nor any toxic ingredients that actually affect hair health in a negative fashion. It contains vitamins, phospholipids and bio-active peptides that stimulate new hair growth.

New hair growth can be seen in as little as 3 days in some hair loss areas, with use of this product.

*Ingredients:* Purified water, vegetable glycerin, aloe vera, honey, phospholipids, spingolipids, L-sodium hyaluronate, citric acid, dextrans of 31 essential oils, L-pentapeptides, borage oil, silicone, rose hip oil, L-sodium PCA, D-panthenol, Vitamin E, Vitamin B-complex. Vitamin A, Rose oil, Jasminol.

**SLS-FREE SHAMPOO** - This is the finest and costliest ingredient shampoo. This luxury shampoo gently, safely and effectively cleans and conditions the hair, and does not have the hair damaging detergent sodium lauryl sulfate.

*Ingredients:* Distilled water, Laurel berry derivatives, succinic acid derivatives, saponins, shea butter, aqua-lanosterol, cassia betaglycan, essential oils.

**HAIR CONDITIONER** - This is a pure and natural hair conditioner that restores elasticity and pliability. It adds body, increases manageability. It soothes the scalp and moisturizes the hair without hair damaging chemicals.

*Ingredients:* Distilled water, ceteryl alcohol, glycerin, caprylic/capric triglycerides, behenkonim methosulfate, wheat germ, oil, silicone, shea butter, cococaprylate/caprate, castor oil, methyl glycol, jojoba oil, jasmine alcohol, essential oils.

# TREATMENT PROTOCOLS

## ANTI-AGING PROTOCOL

The Vitamin C with Caffeine product is applied after cleansing and toning the skin. It usually requires 10 to 20 drops to cover the face and neck. Let this product soak into the skin for a few minutes, then massage the remainder of the product into the skin.

Moisturizer, Vital Therapy Peptide Lotion, makeup, or sunscreen can then be layered on top of the Vitamin C with Caffeine.

More Vital Therapy Peptide Lotion may be applied during the day on top of makeup, if required.

Before bedtime, after cleansing, the Vital Therapy Vitamin A Complex serum is applied to the face and throat. Let dry, then massage into the skin. Vital Therapy Peptide Lotion can then be applied as well.

Don't forget to apply the Vitamin C with Caffeine, Vitamin A Complex, and Vital Therapy Peptide Lotion (mix all three together) to the top of hands and fingers, as the hands show aging more than the face.

The newest Vital Therapy product is called Plastic Surgery In A Bottle. I named this product for the very fast anti-aging effects of the product. When applied at bedtime after the Vitamin A Complex serum, a difference in skin tone is noticed in as little as 30 minutes.

## PROTOCOL FOR ACNE VULGARIS

Acne Vulgaris is a disease of both the skin and the gut. Sometimes antibiotics are used to treat this type of acne; however, the use of broad-spectrum antibiotics to treat Acne Vulgaris is using a cannon instead of a fly-swatter, and can even exacerbate the problem in some cases.

The first treatment protocol must involve the use of diet and nutritional supplements. Sugar of all kinds must be eliminated from the diet, as well as all fats that are not meant for human consumption. It is also believed that soy must be eliminated, as it causes hormonal imbalances and thyroid problems. The best diet that can be followed is called The Rosedale Diet.

The use of enzyme supplements, B vitamins and vitamin C also are needed to restore balance to the gut. Probiotics are a must in the treatment of acne.

Once the above conditions have been met, begin the treatment phase with Vital Therapy cosmetic products.

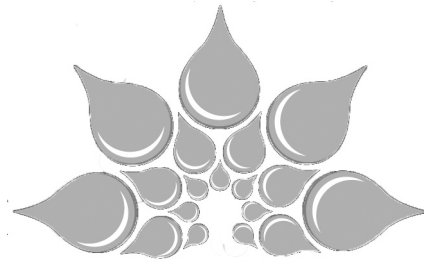
The first product is a raspberry, jojoba bead, polishing scrub, used once or twice a week to aggressively exfoliate and cleanse the skin. (Microdermabrasion or other mechanical treatments will work as well.)

Next, a daily Clarifying Cleanser is used to clean the pores of the skin. In addition, the AHA polymers of glycolic acid and the polymer of beta-hydroxy acid (salicylic acid) help exfoliate and are mildly anti-bacterial and anti-fungal. This eliminates the need for systemic antibiotics.

After cleansing, a Clarifying Toner is applied to the skin with a cotton pad. The toner remains on the skin to acidify the skin and acts as an anti-microbial as well.

The final step of the acne protocol is the application of the Anti-Inflammatory Peptide Lotion. This product contains peptides that will even improve the worst cystic acne without the use of Accutane. This lotion, used in conjunction with Vitamin C L-Carnosine Serum, will also serve to reduce scar tissue that sometimes is associated with cystic or severe acne.

An improvement in all acne can be seen in a very short period of time if this protocol is followed faithfully.





# INGREDIENT GLOSSARY

**Amino-guanidine** – Similar to D-beta glucosamine, this is an anti-inflammatory agent and a building block to collagen and elastin. The D-beta isomer is the only isomer that the human body can utilize for this function. It works in combination with beta fructan to build stable mucopolysaccharides in the tissue.

**Ascorbic Acid 20%** - Also known as Vitamin C, this is a well documented antioxidant for the skin and is the main ingredient in the product in the Vitamin C Serum. It is well known that L-ascorbic acid is required for normal skin physiology (in smaller quantities), and in larger concentrations it is restorative to skin damaged by sun exposure, smoking, or improper nutrition (i.e., eating large quantities of sugar). This concentration also acts as a preservative for the product and is commonly used in food preservation. The L form is the only form that can be utilized in the formation with L-amino acids into collagen and elastin.

**Apple Extract** – A natural fragrance and antioxidant also containing the moisturizing malic acid.

**Beeswax** – From virgin bees, a non-toxic emollient and emulsifier.

**Beta carotene** – a powerful antioxidant which when split by the body forms 2 L-retinol molecules

**Beta-Fructan** – A polysaccharide that stimulates the immune function of the skin, found in mushroom extracts, documented in Japanese studies to improve immune function of the skin (and the entire body). This is a right-handed polymer (similar to aloe vera polysaccharides) that guides the activity of glucosamine into the cellular compartments that oversee the skin's moisture retention.

**Beta Glucan** – Mushroom derived polysaccharides that enhance immune function (see beta fructan).

**Beta-Glucosamine** – Similar in structure to cellulose, in humans it is used in combination with beta fructan to build stable mucopolysaccharides in the tissue. It is an anti-inflammatory agent and a building block to collagen and elastin. The D-beta isomer is the only isomer that the human body can utilize for this function. It works.

**Caprylic/Capric Triglycerides** – Proven non-toxic emollient which prevents the loss of water from the skin. This is anti-fungal and is derived from milk fat and butter fat. They condition the glycol-proteins that connect epidermal cells, and

improve the permeability barrier of the stratum corneum. See also milk caprylic/capric triglycerides.

**Cetearyl Alcohol** – An alcohol of a fatty acid found in egg yolks, which suppresses peroxidation of epidermal lipids; a non-toxic emulsifier.

**Cetyl Alcohol** – An emollient and emulsion stabilizer low toxicity and does not promote acne.

**Cherry Puree, Wild Cherry Bark Extract** – These are soothing antioxidants.

**Citric Acid** – A beta hydroxy acid (BHA) which softens the skin and is an essential contributor to the formation of L-ATP, the body's most important source of energy, found in all fruit.

**Cocamidopropyl Betain** – An amine found naturally in coconut milk combined with a glucosamine-like substance. It allows for foaming action and is a source for collagen building glucosamine. It also maintains the elasticity of the skin.

**Coconut amino acids** – an assistant to the lathering effect

**Cyclomethicone and Dimethicone Copolyol, and Silicone** – Increases the lining of hyaluronic acid and other mucopolysaccharides to protein in connective tissue and skin. Silicon is increasingly recognized as important in wound healing, anti-aging, and maybe acne control.

**D-Beta Fructan** – See beta fructan.

**D-Beta Glucosamine** – See beta glucosamine.

**Essential Oils** – Uses aromatherapy principals, anti-fungal, anti-bacterial, and anti-viral.

**Ethyl Hydroxide** – A form of ethyl alcohol used a solvent in the Vitamin A/ Glycolic Complex, in a very small amount that will not dry the skin.

**Glycerin** – Steam distilled from sugar fermentation; improves the mobility of the right-handed ingredients through the dead stratum corneum.

**Glycerol** – Glycerin is an emollient that moisturizes the skin. It also enhances the mobility of right-handed ingredients to penetrate the dead stratum corneum.

**Glyceryl Distearate** – Improves the mobility of the D (right handed) ingredients to penetrate the stratum corneum.

**Glyceryl Stearate** – A non-toxic emulsifier.

**Glycolic Acid Polymer** – Found in all fruit; softens and exfoliates skin. In this polymer form it is not damaging to skin like glycolic acid can be.

**Hamamelis Extract** – An antioxidant extract that contains the powerful antioxidants L-epigallocatechin (also found in green tea extract), D-gallocatechin and D-hamamelose which remove free radical damage and has a calming effect.

**Jasmine Alcohol (Jasminol)** – A natural preservative

**Laurel Berry** – A mild surfactant derived from milk fatty acids and laurel leaf.

**Laureth 14** – A mild detergent found to be non-toxic.

**L-ascorbic acid 20%** - Anti-oxidant for the skin. It is required for normal skin physiology (in smaller quantities) and in larger concentrations it is restorative to skin damage by sun exposure, smoking, or improper nutrition (large quantities of sugar) It also acts as a preservative for the product and is commonly used in food preservation. The L form is the only form that can be utilized in formation with L-amino acids into collagen and elastin

**L-Castor Oil** – A natural oil that improves the slide (texture) of the skin; it is emollient and improves the absorption of active ingredients.

**L-Lactic Acid** – Derived from yogurt, this AHA finesses protein-softening and cell turnover with its left-hand orientation.

**L-Malic Acid** – Derived from green apples, increases cell turnover and increases skin softening.

**L-Mandelic Acid** – Derived from almonds, is a powerful antioxidant.

**L-Retinol** – See Vitamin A.

**L-salicylic acid** -

**L-Tartaric Acid** – Derived from grapes, increases cell turnover and increases skin softening.

**Lycopene** – Derived from tomatoes, it is a powerful antioxidant.

**Malic Acid** – An AHA found in berries, it promotes better circulation and healthier capillaries in skin.

**Mango Extract** – Aromatherapy.

**Methylated Karate** – Derived from shea butter as an emollient.

**Milk Caprylic/Capric Triglycerides and Milk Caprylate/Caprinate Triglycerides** – Found in dairy butter and milk, they are fatty acids that are anti-fungal. They condition (soften) the glycoproteins of the skin; they moisturize the skin and improve the permeability barrier of the stratum corneum.

**Niacinamide** -

**PEG-150** – A non-toxic emulsifier.

**Pentapeptides** – Bioactive five-chain amino acids that reduce inflammation, relax muscles, and thus reduce fine lines and wrinkles.

**Phenyl Butyl Nitron** – See spin trap.

**Pineapple Enzymes** – Also known as papain, this is a powerful enzyme that exfoliates the skin.

**Plant Cellulose** – Used as a skin emollient and/or texture that helps foaming action.

**Plant Polysaccharides** – Sugar polymers from flax; enhances immune function of the skin; thickens the emulsion and are emollient to skin.

**Poly-Sorbate 80** – A non-toxic, non-comedogenic emulsifier.

**Pomegranate** – A powerful antioxidant.

**Raspberry Extract** – Aromatherapy.

**Red Grapeseed** – A powerful antioxidant.

**Red Wine** – A powerful antioxidant.

**Rice Starch** – Is soothing to the skin and has anti-inflammatory properties.

**Salicylic Acid** – A BHA commonly found in aspirin, it clarifies and exfoliates the skin. Has anti-inflammatory properties.

**Shea Butter** – From The karite tree, it contains L-phytosterols and D-alpha tocopherol (Vitamin E) to prevent lipid peroxidation in the epidermis. A natural decongestant.

**Silicon** – Important in wound healing, aging and maybe acne control.

**Spin Trap** – The most powerful antioxidant known, milligram per milligram. It does not destroy the free radical (rogue oxygen), rather it traps it and escorts it back to the respiratory cycle where it is utilized in tissue respiration.

**Squalene** – Derived from olives, it is similar in structure to human squalene and boosts the effectiveness of the left-handed L-lactic acid. It brings moisture to the epidermal lipid layer.

**Succinic Acid** – Produced from lichen, it has a mild surfactant action and benefits the succinic acid portion of the ATP-producing krebs cycle.

**Sugar Polymers** – Silky polysaccharides taken from flax, they thicken the formulation and are themselves emollient to the skin.

**Vegetable Glycerin** – Water soluble with emollient-like properties which soften and soothe the skin; it assists the outer epidermis is retaining moisture.

**Vitamin A (L-Retinol)** – The exact vitamin is an isomer utilized by the body for skin health, that is proper hydration, tone and color, and acts as a very powerful antioxidant just as it acts when the body produces it naturally.

**Vitamin C** – See ascorbic acid 20%.

**Xanthan Gum** – A natural thickener

**Ylang-Ylang** - Aromatherapy.



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