



## BHARTI VYAS – BIOGRAPHY



Bharti Vyas is one of the most highly regarded authorities on holistic health, beauty and wellbeing in the UK today. A beauty therapist for over 27 years and board director of the Federation of Holistic Therapists, Bharti has always believed that it is everyone's right to look and feel their very best, which is why she adheres to her simple philosophy 'beauty on the outside begins on the inside'. It is this down-to-earth approach that has earned her such a favourable reputation with her clients and the media alike.

Having been one of the first to bring the concept of holistic beauty into the UK, Bharti's acclaimed therapies have been developed from her own rich, cultural experiences, gained from her extensive travels around the world. As a child in Kenya she was brought up on a combination of traditional remedies and ancient eastern philosophies that had been passed down through the generations. More recently she has sought to understand these philosophies by undertaking training in ayurveda, auricular therapy, acupuncture, magnet therapy and the importance of breathing correctly – and over the past two decades she has demonstrated how easy it is to take control of our health and wellbeing by tuning in and listening to our bodies.

As well as her partnership with Tesco, in which she advises on product development, beneficial active ingredients and application techniques for the Skin Wisdom range, Bharti is also an author of many books on the topics of health, beauty and wellbeing, and dedicates much of her

time to training therapists from around the world about her philosophies and running her series of clinics, where she practices on a regular basis. Her client list includes an impressive array of well-known celebrities, as well as international dignitaries, and even royalty.

Bharti says: "My motivation behind developing this range with Tesco was my desire to make premium products, that live up to their promises, accessible to all. I truly believe that looking good on the outside is largely about taking care of the inside – but the psychology of confidence plays an important part in this and the products within the Skin Wisdom range have been designed with this in mind. The active ingredients, combined with my application methods, leave you feeling and looking better instantly – and offer exceptional long-term benefits when used regularly."

Bharti lives with her husband and near to her children and grandchildren, in north London.



# SKIN WISDOM STEPS INTO A NEW ERA

## ACCESSIBLE SKINCARE THAT DELIVERS ON PROMISES



"The face, with all its elements and expressions, is the window to the soul and the first thing we see when we look into the mirror," says Bharti Vyas, holistic beauty and wellbeing therapist and co-creator of the Skin Wisdom range, available exclusively at Tesco.

To reflect this concept Skin Wisdom is stepping into a new era with a complete re-launch of facial-specific skincare, introducing an all-inclusive collection of products with accompanying application techniques and routines to suit a variety of skin types, and to cater for every stage of life. Five comprehensive sub-ranges have been designed to meet every woman's skincare needs, and empower them to take the future of their complexions into their own hands. With Skin Wisdom, anyone can become their own therapist.

Originally launched in 2001, Skin Wisdom was borne out of Bharti's philosophy that 'it is everyone's right to look good and feel good'. Fusing traditionally renowned skincare ingredients, ayurvedic principles, and ever-emerging scientific research in skincare developments, Skin Wisdom offers the ultimate combination of a proven traditional approach and cutting edge skincare technology.

Bharti Vyas, a practising beauty therapist for over 27 years and board director of the Federation of Holistic Therapists, says, "Everyone is entitled to look and feel beautiful and, with Skin Wisdom, all customers can find a suitable regime to meet their needs. Skin Wisdom has always been about creating a high quality skincare range that delivers on its promises and is accessible to all. Combined with a practical, solid skincare routine, Skin Wisdom makes beautiful skin something that everyone can enjoy at any stage in life.

"Genuine customer feedback has been a crucial consideration throughout the process of revising the range. Based on this we have devised clearly identifiable sub-ranges, supplied explanations of the key ingredients and the benefits that they offer, and provided precise application guidance for each product."

The Skin Wisdom range includes the following ranges and products:

### SKIN WISDOM DAILY CARE

The Skin Wisdom Daily Care range has been developed to care for skin's everyday needs – a comprehensive range of no-nonsense products, complete with recommended techniques, to make every day a 'good skin' day. Ideal for those first embarking on a skincare regime.



- Skin Wisdom Daily Care Cleansing Facial Wash/150ml - £1.99
- Skin Wisdom Daily Care Gentle Cleansing Milk/200ml - £2.49
- Skin Wisdom Daily Care Gentle Eye Make-Up Remover/125ml - £2.29
- Skin Wisdom Daily Care Smoothing Facial Polish/100ml – £2.39
- Skin Wisdom Daily Care Refreshing Toner/200ml - £2.29
- Skin Wisdom Daily Care Detox Thermal Mask/15ml - £1.00
- Skin Wisdom Daily Care All Day Light Moisture Cream/75ml - £2.29
- Skin Wisdom Daily Care Comforting Rich Moisture Cream/50ml - £2.29

### SKIN WISDOM INSTANT BENEFITS

Whatever your age, sometimes skin just needs an extra boost. The Skin Wisdom Instant Benefits range offers fast fixes for common skin complaints and is ideal to use as a complement for your selected Skin Wisdom regime. Whether it's masking a late night, or preparing for a special occasion, Instant Benefits gives extra mileage to your skincare routine.



- Skin Wisdom Instant Benefits Gentle Botanical Derma Polish/75ml - £5.99
- Skin Wisdom Instant Benefits Moonlight Renewal Serum/50ml - £6.99
- Skin Wisdom Instant Benefits Visibly Radiant Tinted Moisturiser/50ml - £4.99
- Skin Wisdom Instant Benefits Instant Beauty Balm/30ml - £5.99

## SKIN WISDOM PROTECT & PREVENT

Skin Wisdom Protect & Prevent has been developed to offer protection for skin and to help delay the first signs of ageing. Ideal for those who are starting to notice changes to their skin, and wish to take action against premature ageing.



Skin Wisdom Protect & Prevent Radiance Cleansing Milk/200ml - £3.99

Skin Wisdom Protect & Prevent Youth Boost Serum/30ml - £6.99

Skin Wisdom Protect & Prevent Defending Day Moisturiser SPF 15/50ml - £6.99

Skin Wisdom Protect & Prevent Rejuvenating Night Cream/50ml - £6.99

Skin Wisdom Protect & Prevent Protecting Eye Treatment/15ml - £5.99

## SKIN WISDOM FIRM & LIFT

The Skin Wisdom Firm & Lift range has been developed to help reduce the appearance of wrinkles that develop with age. Recommended for when skin is starting to display more prominent signs of ageing, the Firm & Lift products will help deliver a more youthful look.



Skin Wisdom Firm & Lift Ultimate Lift Day Moisturiser SPF15/50ml - £6.99

Skin Wisdom Firm & Lift Firming Night Cream/50ml - £6.99

Skin Wisdom Firm & Lift Anti-Wrinkle Eye Cream/15ml - £5.99

## SKIN WISDOM RESTORE & REPLENISH

Restore & Replenish has been developed to nurture and restore mature skin, to help you feel confident and happy with the way you look. This nourishing range works to address the signs of ageing and helps deliver firmer, smoother, more radiant skin.



- Skin Wisdom Restore & Replenish Radiance Boosting Serum/30ml - £6.99
- Skin Wisdom Restore & Replenish Perfecting Day Cream SPF 15/50ml - £6.99
- Skin Wisdom Restore & Replenish Restorative Night Cream/50ml - £6.99
- Skin Wisdom Restore & Replenish Wrinkle Concentrate/15ml - £5.99

Please see the five Skin Wisdom factsheets for full details of each individual product, its key ingredients and benefits, along with individually tailored application techniques. Skin Wisdom is available exclusively at Tesco.



## SKIN WISDOM DAILY CARE



The Skin Wisdom Daily Care range has been developed to care for skin's everyday needs – a comprehensive range of no-nonsense products, complete with recommended techniques to make every day a 'good skin' day. Ideal for those first embarking on a skincare regime.



**DAILY CARE CLEANSING FACIAL WASH/150ML - £1.99**

This cleansing facial wash helps to gently lift away make-up and daily grime, leaving skin feeling purified and refreshed. It contains an ayurvedic blend of green tea, to help protect skin from the ageing process; chamomile to soothe and cleansing grapefruit to help purify, tone and refresh.

**Application therapy:** Lather a small amount in the palms of your hands and massage into damp skin. Using fingertips in small, circular movements move upwards and outwards, concentrating particularly on the T-zone area. Rinse with warm water. For best results, use morning and evening as part of your Skin Wisdom regime.



**SKIN WISDOM DAILY CARE GENTLE CLEANSING MILK/200ML - £2.49**

This light, gentle milk removes make-up and daily grime, to leave skin feeling cleansed and conditioned. It contains an ayurvedic cocktail of green tea to assist with protecting the skin, chamomile to soothe and naturally cleansing yucca, to help refresh and clarify.

**Application therapy:** Use twice daily as part of your Skin Wisdom routine. Working upwards and outwards towards the hairline, use fingertips to massage cleansing milk gently into the face and neck, in small circular motions. Remove any excess product with cotton wool.



**SKIN WISDOM DAILY CARE GENTLE EYE MAKE-UP REMOVER/125ML - £2.29**

Combining protecting green tea and soothing chamomile with refreshing and cooling eyebright, this soothing cleanser, which is both ophthalmologically and dermatologically tested, removes eye make-up quickly and easily to help leave eyes feeling clean and refreshed.

**Application therapy:** Using cotton wool, apply to closed eyes, placing on the eyelid and gently sweeping downwards over the lashes. Complete the process with gentle wipes over the lid and under the eye area, until all make-up is removed.



**SKIN WISDOM DAILY CARE SMOOTHING FACIAL POLISH/100ML - £2.39**

This smoothing facial polish gently sloughs away impurities and dead skin cells for skin that feels cleansed, smooth and looks radiant. With protecting green tea and soothing chamomile, the ayurvedic mix also includes jojoba beads to exfoliate.

**Application therapy:** For best results use twice a week after cleansing and before toning. Apply to damp skin using fingertips and massage in small, circular movements upwards and outwards, towards the hairline. Rinse thoroughly with warm water.



**SKIN WISDOM ALL DAY LIGHT MOISTURE CREAM/75ML - £2.29**

This light, hydrating cream is quickly absorbed by the skin to provide 24 hour moisture. Skin is left feeling fresh, hydrated and radiant-looking. Green tea helps protect the skin against premature ageing, while chamomile soothes. The ayurvedic ingredient combination is completed by mineral-rich Spring Sea Water®, to help boost moisture levels.

**Application therapy:** As part of your Skin Wisdom regime, apply after cleansing and toning, in light upward strokes on the face and neck.



**SKIN WISDOM DAILY CARE COMFORTING RICH MOISTURE CREAM/50ML - £2.29**

To help care for skin's everyday needs, this rich, non-greasy moisturiser helps leave skin feeling replenished, hydrated and looking radiant. It contains green tea to protect, while chamomile soothes and rosehip oil moisturises.

**Application therapy:** After cleansing and toning, apply to face and neck using light upward strokes. For best results, use morning and evening as part of your Skin Wisdom regime.



### SKIN WISDOM DAILY CARE REFRESHING TONER/200ML - £2.29

Use this refreshing, alcohol-free toner to help close pores and remove excess cleanser, leaving skin feeling refreshed and looking radiant. Protecting green tea blends with soothing chamomile, whilst witch hazel helps to tone and refresh.

**Application therapy:** After cleansing, apply to skin with cotton wool, using gentle pressure in an upward and outward motion to remove all traces of cleanser. Take care around the delicate eye area. For best results, use twice daily, morning and evening, as part of your Skin Wisdom regime.



### SKIN WISDOM DAILY CARE DETOX THERMAL MASK/15ML - £1.00

For a deep cleansing treat and fresh-feeling skin, this thermal treatment mask helps to open pores, draw out impurities and absorb excess oils, to help deeply cleanse skin and leave it feeling fresh. The ayurvedic formula blends protecting green tea and soothing chamomile, alongside purifying rose clay and sweet almond oil, to help leave skin

feeling smooth and soft. Available in a one-application sachet.

**Application therapy:** After cleansing, splash your face with cool water and apply a thin layer of the mask to skin, using the fingertips to activate the warming effect. Avoid the delicate eye area. Leave to work for five minutes, then rinse thoroughly with cool water to close the pores. Follow with your normal moisturiser. For best results use twice a week as part of your Skin Wisdom regime.

\*Spring Sea Water is a registered trademark of Soliance





## SKIN WISDOM INSTANT BENEFITS



Whatever your age, sometimes skin just needs an extra boost. The Instant Benefits range offers fast fixes for common skin complaints and is ideal to use as a complement for your selected Skin Wisdom regime. Whether it's masking a late night, or preparing for a special occasion, Instant Benefits gives extra mileage to your skincare routine.



**SKIN WISDOM INSTANT BENEFITS GENTLE BOTANICAL DERMA POLISH/75ML - £5.99**

Use this natural derma polish to gently and effectively polish away impurities to help improve skin texture and even-out skin tone. With a powerful antioxidant

blend of acerola cherry and vitamin C to help protect skin and promote radiance, it also uses a natural combination of rice wax granules to help refine, plus bamboo and apricot to gently polish away dead skin cells.

**Application therapy:** Dot product onto cleansed, damp skin, then gently pull the skin taut with one hand, using the other to massage the polish into the skin in the opposite direction, in light stroking and flicking movements. In the same direction, repeat the process several times. Start on the side of the nose and massage out to the temples, avoiding the delicate eye area. Move to underneath the nose and massage out towards the ear lobe, along the jaw line to the chin and down to the neck. Massage the forehead from the centre, moving out towards the temples. Best used twice a week.



**SKIN WISDOM INSTANT BENEFITS VISIBLY RADIANT TINTED MOISTURISER/50ML - £4.99**

Enjoy instant radiance with this tinted moisturiser and achieve a natural, healthy-looking glow with up to 12 hours moisturisation. Acerola cherry and vitamin C help promote radiance, while acacia honey moisturises.

**Application therapy:** Using fingertips, smooth and blend evenly over the face out towards the neck and ears. Those with very dry skin should apply after their regular moisturiser. Use each morning as part of your Skin Wisdom regime.



**SKIN WISDOM INSTANT BENEFITS MOONLIGHT RENEWAL SERUM/50ML - £6.99**

This skin booster works hard to lift away the signs of fatigue from your skin as you sleep; helping to accelerate cell renewal

for fresher and brighter-looking skin, come morning. Containing a blend of antioxidant acerola cherry and fruit acids to help promote radiance, hibiscus flower acids are also included to encourage cell turnover. An added ceramide ingredient helps to improve the skin's smoothness.

**Application therapy:** After cleansing and toning, apply to face and neck with the fingertips, using light upward strokes. It can be used alone or under your normal night moisturiser. It can also be used in the morning under your regular day cream. Use as part of your Skin Wisdom regime for best results.

**Bharti's Word of Wisdom:** "Try and get sufficient sleep as too few hours can stop skin from repairing and rejuvenating itself. During our sleep we produce the highest levels of hormones, which encourage skin repair."



**SKIN WISDOM INSTANT BENEFITS INSTANT BEAUTY BALM/30ML - £5.99**

A radiance-enhancing beauty balm that treats skin to an instant boost. A powerful antioxidant blend of acerola cherry and vitamin C helps to protect skin and promote radiance, while papaya extract helps to even out skin tone and moisturise.

**Application therapy:** Use any time to boost tired skin. With your fingertips, smooth a light layer over the skin, paying attention to the eye and mouth area and allowing to absorb. For best results use as part of your Skin Wisdom regime.



## SKIN WISDOM PROTECT & PREVENT



This range has been developed to offer protection for skin and to help delay the first signs of ageing. Ideal for those who are starting to notice changes to their skin and wish to take action against premature ageing.



### SKIN WISDOM PROTECT & PREVENT RADIANCE CLEANSING MILK/200ML - £3.99

This radiance-boosting cleansing milk helps to gently lift away make-up and the day's impurities, to leave skin feeling detoxified, cleansed and more radiant. It also guards against damage caused by environmental aggressors. A powerful blend of antioxidants - rhodiola, ayurvedic pomegranate and white tea - works to help protect the skin and help prevent skin ageing. With added soothing kiwi, and sweet almond oil.

**Application therapy:** Gently massage into face and neck with fingertips, in small, circular movements. Work upwards and outwards towards the hairline. Remove excess cleanser with cotton wool. For best results, use morning and evening as part of your Skin Wisdom regime.



### SKIN WISDOM PROTECT & PREVENT YOUTH BOOST SERUM/30ML - £6.99

Select this nourishing serum to target fine lines, promote even skin tone and defend against wrinkles. It helps safeguard skin against damage caused by environmental aggressors, and fights premature skin ageing, with a powerful blend of antioxidants: rhodiola, ayurvedic pomegranate and retinol. Rosehip oil; known to be rich in omega 3 and 6, also combines with pumpkin, which naturally assists in skin renewal. This helps skin to appear visibly fresher, smoother and more radiant.

**Application therapy:** After cleansing and toning, apply to face and neck with fingertips, using light, upward strokes until fully absorbed. For best results, use morning and evening, either alone or under your Skin Wisdom Protect & Prevent Defending Day Moisturiser SPF 15 or Rejuvenating Night Cream.



### SKIN WISDOM PROTECT & PREVENT DEFENDING DAY MOISTURISER SPF 15/50ML - £6.99

For visibly radiant skin that feels toned, this defending day moisturiser helps to fight the damage caused by environmental aggressors and helps prevent premature skin ageing. Offering up to 24 hour moisturisation, it targets fine lines, helps to even skin tone and works to defend against wrinkles, with a powerful blend of antioxidants: rhodiola, ayurvedic pomegranate and white tea, to help shield the skin. Kudzu plant extract aids the smoothing of fine lines, while an added SPF 15 helps to screen against the sun's damaging effects.

**Application therapy:** After cleansing and toning, apply with fingertips in light, upward strokes. To best benefit your skin use daily each morning, as part of your Skin Wisdom regime.



### SKIN WISDOM PROTECT & PREVENT REJUVENATING NIGHT CREAM/50ML - £6.99

This rejuvenating formula helps to enhance skin's own natural night time renewal process. It helps prevent damage caused

by environmental aggressors, and also inhibits premature skin ageing by targeting fine lines, promoting even skin tone and defending against wrinkles. With a powerful blend of antioxidants, including rhodiola, to help prevent skin ageing, and ayurvedic pomegranate and white tea to protect, the formula also includes cranberry seed oil, which is known to be rich in antioxidants and fatty acids, to help reinforce the skin's natural renewal process. This helps fine lines appear smoother and promotes more visibly radiant, toned-feeling skin.

**Application therapy:** After cleansing and toning, apply with fingertips in light upward strokes. Use every evening for best results, as part of your Skin Wisdom regime.



### SKIN WISDOM PROTECT & PREVENT PROTECTING EYE TREATMENT /15ML - £5.99

A protecting eye treatment to help target and prevent fine lines, diminish the appearance of dark circles and help to reduce puffiness. Eyes appear less fatigued and more youthful. The cream has been developed with a powerful blend of antioxidants: rhodiola, ayurvedic pomegranate and white tea, to help prevent skin ageing and protect the skin. Additionally, hydrating starflower oil, renowned for being rich in omega 3 and 6, together with arnica, helps reduce the appearance of fine lines, dark circles and puffiness.

**Application therapy:** After cleansing and toning, apply with fingertips, starting from the outer corner of the eye and gently massaging towards the nose area, then under and over the eye contours. For best results, use morning and evening, alongside your Skin Wisdom Protect & Prevent Moisturiser, as part of your Skin Wisdom regime.



## SKIN WISDOM FIRM & LIFT



The Skin Wisdom Firm & Lift range has been developed to help reduce the appearance of wrinkles that develop with age. Recommended for use when skin is starting to display more prominent signs of ageing, the Firm & Lift products will help deliver a more youthful look.



**SKIN WISDOM FIRM & LIFT ULTIMATE LIFT DAY MOISTURISER SPF 15/50ML - £6.99**

Specifically designed to help replenish and soothe the skin, whilst targeting fine lines, wrinkles and skin firmness,

this day cream includes rhodiola, to help prevent skin ageing; ayurvedic Indian pennywort, to help protect and firm the skin and Matrixyl™\*, a peptide that has been shown to help decrease wrinkle depth\*\*. The formula also includes rejuvenating purple coneflower. SPF15 helps protect against the damaging effects of the sun, which can cause brown spots to appear on the skin.

**Application therapy:** After cleansing and toning, apply using fingertips, in light upward strokes. For best results use each morning as part of your Skin Wisdom regime.



**SKIN WISDOM FIRM & LIFT FIRMING NIGHT CREAM/50ML - £6.99**

This night cream has been specifically designed to help replenish and soothe the skin and also targets fine lines, wrinkles and skin firmness with a combination of

rhodiola, to help prevent skin ageing; rejuvenating purple coneflower; ayurvedic Indian pennywort, to help protect and firm the skin, and Matrixyl™\*, a peptide that has been shown to help decrease wrinkle depth\*\*. The formula helps skin to appear smoother and more radiant. With continued use, it helps to reduce the appearance of fine lines and wrinkles and leave skin feeling firmer.

**Application therapy:** After cleansing and toning, apply using fingertips in light upward strokes. For best results, use every evening as part of your Skin Wisdom regime.



**SKIN WISDOM FIRM & LIFT ANTI-WRINKLE EYE CREAM/15ML - £5.99**

Designed to help replenish and soothe the delicate eye area, this eye cream targets fine lines and wrinkles and helps improve skin firmness, for smoother and more radiant skin. It includes a blend of protecting rhodiola; rejuvenating purple coneflower; ayurvedic Indian Pennywort to help protect and firm, and Matrixyl™\*.

**Application therapy:** Apply after cleansing and toning. Using fingertips start from the outer corner of the eye and gently massage towards the nose area, under and then over the eye contours. To get the best from your skin, use morning and evening as part of your Skin Wisdom regime.

\*Matrixyl™ is a registered trademark of Sederma

\*\*In Vivo six month study of 35 subjects by Sederma



## SKIN WISDOM RESTORE & REPLENISH



This range has been developed to nurture and restore mature skin, to help you feel confident and happy with the way you look. This nourishing range works to address the signs of ageing and helps deliver firmer, smoother, more radiant skin.

Bharti's Word of Wisdom: "All my guidelines for facial skin care also apply to your neck and down to your breast bone. Moisturising these areas effectively will help to prevent them for standing out as a signpost of your biological age."



**SKIN WISDOM RESTORE & REPLENISH RADIANCE BOOSTING SERUM /30ML - £6.99**

A radiance-boosting serum to restore luminosity, smooth the skin and help diminish the appearance of wrinkles. The unique combination blends wild yam, soy, rhodiola and calcium-rich corallina extract to protect, firm and help restore structure to mature skin. Combined with maca root extract, dull, tired skin is enlivened with a radiant and healthy glow. Anti-ageing peptides work to smooth the skin's texture and help decrease the appearance of wrinkles and fine lines.

**Application therapy:** After moisturising, use fingertips to smooth a few drops onto the skin. Use alone or under your make-up and for best results, use daily as part of your Skin Wisdom regime.



**SKIN WISDOM RESTORE & REPLENISH PERFECTING DAY CREAM SPF 15/50ML - £6.99**

This perfecting day cream has been specifically formulated to protect, firm and restructure, as well as helping to reduce the appearance of fine lines and age spots. A unique blend of wild yam, soy, rhodiola and calcium-rich corallina extract protects, firms and helps restore structure. Combined with hyaluronic acid, red seaweed extract and SPF15, skin feels plumper, more hydrated, velvety soft and protected against UV rays.

**Application therapy:** After cleansing and toning, apply to face and neck with fingertips in light upward strokes. For best results, use daily each morning, as part of your Skin Wisdom regime.



**SKIN WISDOM RESTORE & REPLENISH RESTORATIVE NIGHT CREAM/ 50ML - £6.99**

Night time is skin's opportunity to rest and recuperate. This rich and restorative Night Cream works to enhance overnight rejuvenation for nourished skin, which feels smoother, firmer and appears more radiant, whilst also helping to reduce fine lines and wrinkles. It is blended with a unique combination of wild yam, soy, rhodiola and calcium-rich corallina extract, to protect and firm and help restore the structure of mature skin. An essential mineral complex of copper, magnesium and zinc helps to re-balance the skin, while an anti-stress complex helps to refresh and energise, with calendula oil to aid the repair of stressed skin cells.

**Application therapy:** After cleansing and toning, apply to face and neck, using the fingertips in upward strokes. For best results, use every evening as part of your Skin Wisdom regime.



**SKIN WISDOM RESTORE & REPLENISH WRINKLE CONCENTRATE/15ML - £5.99**

As we age, skin becomes increasingly fragile and wrinkles deepen. This Wrinkle Concentrate has been specially formulated to tighten skin, reduce the appearance of wrinkles and smooth expression lines. It contains a unique combination of wild yam, soy, rhodiola and calcium-rich corallina extract to protect, firm and help restore structure to mature skin. Enriched with anti-ageing peptides to target wrinkles, the inclusion of acmella oleracea helps to smooth expression lines, whilst oat extract encourages an instant toning effect.

**Application therapy:** Apply directly to visible, deep wrinkles (e.g. forehead, frown lines, eye contours, laughter lines), directing the cream along the lines using fingertips. Follow with your Skin Wisdom moisturiser.