BASIC PROGRAMS FOR INDIVIDUAL SKIN TYPES

normal · dry · oily · acne
There is no single miracle product for solving skin problems. Normal, dry, oily or acne skin...each require an individualized program. Reviva Labs products and programs are not conventional commercial items. They are skin treatments that are used in over 1,200 professional skin salons around the world...by professionals whose livelihood depends on results. There is no other natural brand that equals Reviva Labs professional experience with skin problems or needs. There simply is no single product for solving all skin problems; each situation calls for a unique, individualized program. To this end, we pledge our continued research efforts in the Skin Care field to bring you better, more effective treatments.

For information on other individual skin problems, perhaps not covered in this manual, please visit www.revivalabs.com, through which you can also ask questions or visit our Skin Dex or Facebook page.

You can also find additional information in Reviva’s Beauty News catalog. If would like a copy of our new 2012 Beauty News, just write to:

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NORMAL skin

Normal skin is of average thickness, firm, smooth, clear; neither too oily nor too dry. But it requires care to avoid problems. These products and procedures will help you maintain basic normal skin, particularly in this age of air pollution, when special care is needed to help nourish and preserve the skin’s moisture and maintain the normal flow of sebum (oil).

**MORNING**
Treatments & Procedure:

1. Moisten hands with water. Spread a small amount of Organic Cleansing Milk #101 over face & throat, massaging Milk thoroughly (or apply using moistened cotton). Rinse a few times with water.

2. To destroy bacteria, tone skin, add extra cleansing and place the skin in pH balance, pat in small amount of Organic Skin Tonic #103 over face & throat (or apply using moist cotton).

3. For a fresher, dewier complexion, apply InterCell Day Cream w/ Hyaluronic Acid #290 (in dry, non-humid climate) or Hawaiian Seaweed Day Cream #299 (if air contains proper moisture). If skin is tending toward dryness, or if it needs more protection from the environment, use Ultra C Cream #288. For time spent outdoors, apply Sun Protective Moisturizer #296 over the Ultra C Cream for a dramatic level of protection against sun damage as well as for skin beauty.

4. Under eyes, apply light Eye Gelee Concentrate #212 or Vitamin E Oil Stick #214.

**NIGHT**
Treatments & Procedure:

1. Repeat Step 1 of morning procedure. Rinse thoroughly with warm water and ending with several rinses of cool water.

2. Repeat Step 2 of morning procedure.

3. Apply a small amount of InterCell Night Gel w/ Hyaluronic Acid #390 over face & throat to provide moisture and fight free radicals, which accumulate during the day. Massage in lightly. 2-3 nights a week (in place of InterCell), delay future skin aging by massaging in Hyaluronic Acid Serum #369. Then apply a few dots of Cream Hydratante #312 over face & throat. Massage in lightly with wet finger tips (the Cream is so rich, wet finger tips make it easier to apply on face). Apply Eye Complex Firming Cream #216 under the eyes.

4. SPECIAL STEPS: One night a week, before applying night gel or cream, give yourself a mini-facial at home with Light Skin Peel Exfoliant #107 or new Pomegranate/Lactic Acid Exfoliant #108 followed by a mask. Vary the masks week to week: use Hawaiian Seaweed Face Mask #499 one week and Hydrogen Peroxide & Green Papaya Mask #484 another week.

FOR QUESTIONS, CALL TOLL-FREE 1.800.257.7774 / WWW.REVIVALABS.COM
**MORNING**

*Treatments & Procedure:*

1. Gently massage **Glycolic Acid Cleanser #185** onto face & throat to help soften skin as it cleanses. Rinse thoroughly.

2. Apply **Elastin/Collagen Toner #183** on hands or moist cotton pad and wipe in brisk upward and outward motions over face and throat.

3. Apply our new **Swiss Apple Stem Cell Serum #310** by placing a dab on forehead, cheeks and chin. Massage gently into face and throat with upward movements. After Serum is worked in, apply **Organic Day Cream w/ Alpha Lipoic Acid #201** or **Ultra Rich Moisturizer #260** and massage in. The creams layered over the Serum help correct past damage, help fight future damage and help produce skin that glows with good health.

4. Apply **Serum RevitaEYES #213** on eyelids. Under eyes, apply **Alpha Lipoic Acid, Vitamin C Ester & DMAE Serum #368**.

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**NIGHT**

*Treatments & Procedure:*

1. Repeat morning cleansing procedure (Steps 1 & 2). Night cleansing should be more thorough, so repeat a second time.

2. Massage in **Stem Cell Serum #310** on face and throat as was done in the morning.

3. **SKIN THAT NEEDS MOISTURE:** Over the Serum, massage **Collagen Cream for Hydrating #317** and alternate Collagen every two weeks with **Alpha Lipoic Acid, Vitamin C Ester & DMAE Night Cream #366**. But if skin is slack and you need to strengthen firmness and elasticity, use **DMAE Concentrate Firming Fluid #301 under Elastin DMAE Night Cream for Firming #385**.  
   
   **NOTE:** When you can see pores, or if the skin is thick but dry, it generally needs moisture not oil.

4. **Oily-dry skin generally has thin texture, indicating little fat or oil.** FOR **SKIN THAT NEEDS OIL:** Over the Stem Cell Serum, massage in **Essential Fatty Acids (EFAs) Cream #306**. For throat and under eyes, apply **Throat & Eye Cream #316**.

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**DRY skin**

Describing dry skin isn’t a simple matter because there are different types and degrees of this type of skin. For example, skin that needs moisture versus skin that needs oil. Thus, this program will list the items effective for the average dry skin. But if you feel you have a specific need, please review our other dry skin items in the full Reviva Labs product list.

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Special Treatments & Needs For Dry Skin:

1. For sun damaged or aging skin, use 5% Glycolic Acid Night/Day Cream #381 at night instead of creams mentioned. Although we normally recommend Collagen Serum #307 under other creams, use Collagen Serum over Glycolic; it reduces stinging action as it adds other benefits. For aging skin, massage in Peptides & More Anti-Wrinkle Cream #302 over the Glycolic Cream. For super results, alternate the Peptides Cream every two weeks with TGF Beta-1 Cream (Tissue Growth Factor) #305 for 2 weeks.

2. One night a week, give yourself a mini-facial at home with Light Skin Peel Exfoliant #107 or Pomegranate Exfoliant #108 and after removal, use Hydrogen Peroxide & Green Papaya Mask #484.
OILY skin

To the eye, oily skin is often shiny, with visible pores. To the touch, it is somewhat greasy, thick and firm. The oiliest portions of the face are generally the nose, chin and forehead (“T-Zone”). Oily skin can be “normalized” with proper treatments and patience. Skin should not be dried too rapidly; the sebaceous glands, in order to provide protection for the skin surface, may become overactive. The Reviva Lab method keeps the skin in balance.

**MORNING**
Treatments & Procedure:

More thorough hygiene is needed for oily skin, for it collects a surprising amount of dust, dirt and dead cells everyday.


2. Apply Camphor Toner #154 on moistened cotton. Wipe over face & throat to help destroy bacteria as it tones the skin and adds extra cleansing.

3. Two or three times weekly, supplement cleansing with Honey & Almond Scrub #105 or for oilier or blemished skin, use Microdermabrasion Scrub #109.

4. After cleansing, use Glycolic Acid Oily Skin Cream #209. Place a dab on oily forehead, cheeks and chin and massage gently into face. (Excellent daytime protection for oily skin against bacteria and pollutants as it fights oily condition.)

**NIGHT**
Treatments & Procedure:

1. Repeat morning cleansing procedure.

2. Apply Oily Skin Night Cream #315, lightly, on all oily areas. This helps normalize functions of oily skin, without over-drying. If skin has blemishes, apply 5% Glycolic Acid Night/Day Cream #381 under the Oily Skin Night Cream. If skin is sensitive use Willard Water Anti-Irritant Gel #256 or Skin Energizing Gel #330 under the Night Cream.

3. Twice a week, apply Mud Mask (Oily Skin) #452. But if skin has blemishes, apply Problem Skin Mask (Blemished) #449. If it’s a severe blemish problem, try the Glycolic Cream #381 under the Problem Skin Mask #449.

4. Once a week, give yourself a mini-facial, using Light Skin Peel Exfoliant #107 or Pomegranate Exfoliant #108 and then the proper mask after removal. Healthier skin, for any type, is the most important asset of exfoliation. When you perform Reviva’s gentle rub-off once a week, you get the beauty bonus of fresher-looking skin, improved color and tone, and softer, smoother texture.
ADULT acne

Most people with acne try “degreasing” and “drying” with products from harsh soaps to antibiotics. Reviva Labs has discovered that intense drying of the skin has only a short-term benefit. It becomes a vicious cycle: temporary improvement, problem reoccurs, intense drying procedure repeats, sebum gets trapped in the pores...and so it goes. Intense drying removes too much oil and over stimulates the sebaceous (oil) glands, causing them to pump up oil to replace the excessive amount removed. The result: clogged pores and blemishes. We've put an end to this vicious cycle with our oily and blemished skin treatments, which treat skin gently to normalize the skin, slowly...as opposed to drying quickly.

**CLEANSING**

**Daytime & Nighttime:**

We recommend deep, non-drying, anti-bacterial cleansing with our anti-bacterial Camphor Cleansing Milk #153 and Camphor Toner #154. Camphor Lotion helps maintain skin’s proper acid balance, aids circulation (which helps eliminate toxins), and provides important action against harmful bacteria.

**Supplementary Cleansing:**

**Exfoliation!** Light Skin Peel #107 removes dead, hardened skin cells which can block pores and prevent subsequent treatment products from penetrating and doing their job. It cleans deep to eliminate impurities and improving skin texture and tone! This is a gentle exfoliant that doesn’t require harsh rubbing and should be used just once a week. Or, try our Pomegranate Lactic Acid Exfoliant #108. It removes dead skin with lactic acid & botanical extracts and fights future skin damage with pomegranate. It can be used 3-4 times weekly.

**MORNING**

**Treatments & Procedure:**

If skin is seriously congested and blemished, use Glycolic Acid Oily Skin Cream #209 for a protective oil-free daytime gel that helps oily conditions and protects against dust, bacteria and pollutants.

**NIGHT**

**Treatments & Procedure:**

We recommend our unique Oily Skin Night Cream #315.

**SUPPLEMENTS**

Pick 2 nights each week. Use Mud Mask (Oily Skin) #452 one night. Second night, our Problem Skin Mask (Blemished) #449 to help draw-out the impurities and fight blemishes. These two treatments will add immeasurable success to your program.

**Fun Fact On Internal Care:**

Zinc is an important supplement in fighting adult acne. Reducing stress is also helpful. To achieve this, look for Vitamin B Complex or Brewer’s Yeast at your Health Food Store. Be careful to avoid iodides like iodized salt, kelp and sea salt...and multi-vitamins with high iodide level.
DIFFERENCES BETWEEN:
Our Night Creams & Day Creams

Night Creams:
Reviva Labs’ night creams are formulated to penetrate for deeper absorption and maximum nourishing, or corrective action. Night Creams with true depth effect require chemists and formulators who understand skin physiology and have solid experience with “active” natural extracts and the formula’s delivery system.

Day Creams:
Reviva Labs’ day creams are formulated for surface protection; to help protect, aid moisture balance, freshen the surface appearance and help correct surface deficiencies. Each of Reviva’s day creams offer protection against pollutants and potential sun damage, as it acts on specific surface epidermal needs.

What does it mean?
Protect - Acts as a shield against bacteria, dust, pollutants, free radicals and moisture loss.

Moisture balance - Skin temporarily gets “out of balance”, often from soaps, the atmosphere, internal causes and stress; so replenishing lost moisture is another daytime function.

Surface deficiencies - More than the proper water level. Skin’s normal, healthy balance is a combination of natural oil, moisture, fatty acids, minerals and more.

Whereas our day creams work on protection and surface deficiencies, all but one of our night creams (Cream Hydratante) are formulated for deeper penetration, to help correct deficiencies below the skin surface. As skin professionals know, one cream can’t do it all. For the many individual skin needs, Reviva Labs offers the broadest array in the Health Food field.
**NOTES ABOUT:** Peptides & Growth Factors, the Latest Anti-Aging Breakthroughs!

Peptides are small chains of amino acids discovered to be “messenger molecules” that can send signals to deep dermal cells and influence cell functions in the dermis. This is big news since, previously, all major ingredients have only been able to act within the epidermis. Yet, it’s the underlying dermis, which feeds the epidermis, that holds greater changes for the skin condition.

There are various types of peptides, each with a specific function. Reviva Labs Peptides & More Anti-Wrinkle Cream #302 is aimed at sun damaged skin and has been researched to boost collagen production in the dermis. More collagen helps reduce existing wrinkles on the skin surface. Other peptides are combined with marine and plant complexes to form “tissue growth factors” in our TGF Beta-1 Cream #305, which works longer range to help improve cell quality and structure. Thus, new cells can rise to the surface with new texture, tone and clarity. Peptide and Growth Factor Creams can be “layered” over serums, gels or glycolic cream.

**NOTES ABOUT:** Essential Fatty Acids (EFAs) Cream #306

The thickness of skin, the bounce and the fullness we see in youth has a lot to do with EFAs. Linoleic Acid Omega-6 and Alpha Linolenic Acid Omega-3, or Essential Fatty Acids, have been overlooked externally (and internally) as an answer to increase skin thickness in thin, fragile skin or to overcome aged dry skin. EFAs are essential constituents of skin cell membranes. When, in time, skin loses EFAs, skin can become crepe-paper thin or dry. Reviva Labs has developed a complex of 10 oils rich in the linoleic acids and supported by elements that help create a fuller, smoother look and feel to thin skin. Massage in lightly both morning and night on skin & hands. For best results, combine with internal consumption of EFAs via food or supplements. SPECIAL NOTE: If skin is very dry, first massage in drops of our Hyaluronic Acid Serum #369.

**NOTES ABOUT:** Alpha Lipoic Acid & Antioxidants

Until recently, scientists thought the major skin damage from free radicals was done on the inside of the cell, which is water soluble. So antioxidants like Vitamin C were used for their water solubility.

Now, we know it’s the fat soluble cell wall that needs the greatest protection – and that’s the beauty of alpha lipoic acid. It’s both fat and water soluble. Alpha Lipoic Acid has been called the most effective antioxidant to protect the fatty cell wall (membrane) from which free radicals are trying to steal an electron.

The benefits in Alpha Lipoic Acid, Vitamin C Ester & DMAE Cream #366 help prevent future damage and also treats past damage – helps fight lines, wrinkles and brightens the complexion. What’s more, the unique Reviva formula with precise potencies offers a very special “delivery system” that aids absorption and features time-release action. Thus, during night’s resting hours when skin is most receptive, the nutrients are slowly released.

**Besides Reviva’s potencies and blending know-how, our delivery system is one of the major differences between Reviva’s and competitive alpha lipoic creams.**
The objective of a lightening cream is to suppress the skin cells’ production of melanin (skin’s dark pigment). As less melanin reaches the skin surface, the spots gradually get lighter with more even skin tone. But the problem is, the lightening ingredients often don’t reach the lower level of the epidermis where new melanin is born.

It’s not easy for the lightening ingredients to reach that deep. Many fade products do not have our Creams and Gel’s vegetable oil base that aids absorption. And generally, dead skin cells, which accumulate on skin’s outer layer, also help block absorption.

Our Light Skin Peel #107 or Pomegranate Exfoliant #108 are natural exfoliants that safely remove dead skin cells, allow lightening ingredients to reach their target, and help lighten and beautify skin texture.

Our new Lighten & Brighten Facial Cleanser #100 also helps lighten discoloration as it deep cleanses.

Besides effective fade formulas and exfoliation, another factor in a lightening program is sun protection. No matter how good the skin lightening cream, if you don’t protect from the sun, the effectiveness will be negated.

Sun, or ultraviolet light, stimulates melanin production so you need SPF protection for dark spots whenever you’re outdoors. Use Skin Lightener Day Cream #581 with SPF #15 or a sunscreen on a daily basis to help insure the results of your lightening program.

Each night, use our proven-effective Brown Spot Night Cream #579. Continued use inhibits melanin production. Blocking the melanin process gradually lightens the area.

For those who prefer non-hydroquinone creams, we offer Day #587 and Night #586 creams with Kojic Acid instead of hydroquinone.

Utilizing these steps faithfully: (1) Exfoliation, (2) Daytime Fade Action/Sun Protection, and (3) Nighttime Fade Action, lightens dark spots or discoloration gradually, and makes a beautiful difference in skin texture and even tone.

**QUESTIONS?**

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