

Skin Health Protocol

Improve overall skin health from the inside out with the antioxidant astaxanthin and medicinal clay from Luvos™ Healing Earth.

Remedy	Phase/Dose	Monday to Sunday
Astaxanthin	1 softgel	once a day
Luvos	Luvos to water 3.5:1 (paste)	as often as required



Astaxanthin

Recommended dosage (adult): 1 capsule once per day. Consult a healthcare professional for use beyond one month.

Astaxanthin is a naturally occurring carotenoid (from the microalgae *Haematococcus pluvialis*), providing superior antioxidant protection for healthy radiant skin. Damage to the skin by free radicals and oxidative stress can lead to fine lines, wrinkles, inflammation, roughness, loss of elasticity, and premature aging.

Astaxanthin reduces the visible signs of aging and promotes healthy skin from the surface (stratum corneum and epidermis) to the deepest layers (dermis and hypodermis) where new skin cells are formed. It works by decreasing inflammation, increasing capillary blood flow, reducing oxidative damage from the sun, and neutralizing free radicals for healthy radiant skin.

Astaxanthin Skin Health Benefits:

- Revitalize sun damaged and photoaged skin¹
- Reduce the size of wrinkles and improve skin microtexture^{2,3,4}
- Improve elasticity in the skin by strengthening the collagen layer^{2,4}
- Improve skin moisture^{2,3,4}

Key Features: Anti-aging, healthy radiant skin, reduce fine lines and wrinkles, improve skin hydration, heal sun damaged skin.



LUVOS™ Healing Earth Powder

Recommended usage: Mix Luvos™ powder with water to make a thick paste (approx. 3.5 tsp Luvos™ powder to 1 tsp water). Apply onto the desired area. Let the paste completely dry (20-30 min), then rinse off with warm water.

Luvos™ is a 100% pure natural mineral powder, also known in Germany as loess or 'Healing Earth', mined from mineral rich glacial deposits. This ultra-fine powder has a large surface area for high absorption and binding capacity of toxins, impurities, and bacteria. Skin protection is provided by the high mineral content, which neutralizes free radicles, reduces oxidative stress, and helps reduce the signs of premature aging.

With over 100 years of clinical success being used as a medicinal clay, Luvos™ powder through face masks, compresses, body wraps, and poultices promotes healthy radiant skin! When Luvos™ powder dries on the skin, it stimulates blood flow to the area, promotes excretion of harmful toxins to be through the pores, and supplies the dermal cells with increased oxygen and nutrients.^{5,6,7}

Skin Health Benefits Using Topical Luvos™ Application:

- Acne^{5,6,8}
 - oily skin
 - hormonal acne, acne vulgaris, pimples, pustules, cysts
 - blackheads, whiteheads
- Detoxification of the skin^{5,8}
 - absorb and bind toxins on the skin
 - mineral catalyst to break down free radicles and protect skin from oxidative damage
- Exfoliant and skin care⁸
 - remove dead skin, sebum clogged pores, airborne impurities
- Skin conditions^{8,9,10,11}
 - eczema, rosacea, psoriasis, atopic dermatitis
 - insect bites
 - rashes, itchy skin, allergic reactions
 - burns, sunburns
 - ulcers and wound healing
 - bacterial infections, inflammation, cellulitis
- Muscle and joints⁹
 - pain, arthritis, osteoarthritis
 - sports injuries, strains and sprains, bruises
 - edema and lymphatic congestion

Key Features: Acne, oily skin, anti-aging, skin detoxification, exfoliant, clay face mask, healthy radiant skin


Medicinal ingredients:

 AstaReal™ Astaxanthin (*Haematococcus pluvialis*) 6 mg

Non-medicinal ingredients: Gelatin, glycerin, purified water, olive oil.

Caution/Warnings: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding, or if you are taking prescription medication or other dietary supplements. Stomach/abdominal pain has been known to occur, in which case, discontinue use and consult a healthcare practitioner.

NPN 80054801 • 60 softgels


Medicinal Ingredients:

Luvos™ mineral earth clay powder (100%).

Recommended use: Luvos™ mineral earth clay powder is ideal for facial masks, compresses, body wraps and poultices, and can be used for:

- Skin rashes and itchy skin
- Burns and sunburns
- Bruises
- Oily skin
- Insect bites
- Allergic skin reactions and more

Preparation: Mix Luvos™ earth mineral powder with water to the desired consistency. Apply to the face, affected area or compress, and let the paste dry. Then rinse off with warm water.

References

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