

# LOVE the skin You're IN

Here are three common skin imperfections and which Annique products are best suited to solve these skin challenges. The products mentioned should be used in addition to your normal skin care products – cleanser, freshener, exfoliator and masque.



## CONDITION

## DESCR

### Shingles



The shingles rash appears as painful blisters that usually only occur on one side of the body or face along the distribution of nerves in the skin. The skin rash begins as fluid-filled blisters that then form scabs that may leave scars.

### Psoriasis



A condition in which skin cells build up and form scales and itchy, dry patches. Psoriasis is thought to be an immune system problem. Triggers include infections, stress and cold. The most common symptom is a rash on the skin, but sometimes the rash involves the nails or joints. Treatment aims to remove scales and stop skin cells from growing so quickly.

### Enlarged Pores



Enlarged pores are depressions in the facial skin surface that contain one or more openings to the ducts carrying sweat and oil from their respective eccrine glands and sebaceous glands.



#### WHAT CAUSES ENLARGED PORES?

##### Genetics

Your genes are the greatest determining factor in your pore size. People with large pores often have family members with large pores.

##### Age

As you grow older, your skin loses its elasticity, which causes it to stretch and sag, making pores appear larger. Your skin also thins as you age, which causes minuscule skin cells to gather around your pores, making pores look bigger.

# OPTION



The shingles rash is associated with an inflammation of nerves beneath the skin. Shingles is caused by the varicella-zoster virus — the same virus that causes chickenpox. Anyone who's had chickenpox may develop shingles because the virus enters your nervous system and lies dormant for years after you recover from chickenpox.



Psoriasis is caused, at least in part, by the immune system mistakenly attacking healthy skin cells. If you're sick or battling an infection, your immune system will go into overdrive to fight the infection. This might start another psoriasis flare-up.



## SUN DAMAGE

Years of sun exposure can make pores appear larger. Sun damage can thicken the skin, which leads to bigger pores. Prolonged sun exposure can also remove collagen, elastin and water from your skin, which causes the tissue beneath your skin to shrink and pull at the edges of your pores, making them sag and look bigger.



## BLACKHEADS

Blackheads are the result of pores clogged with sebum (oil). Blackheads can lead to large pores. This trapped oil oxidizes and causes black spots on your skin's surface, typically on the nose, and can make your pores look larger by drawing attention to them. Also, they can actually increase pore size by expanding the area of your pores.

# ANNIQUE SOLUTIONS

**Resque Mist**  
Assists with the itchiness  
(Use as often as needed on the affected areas)

**Resque Crème**  
Calms and soothes the affected areas  
(Use as often as needed on the affected areas)

**OptiBoost**  
African potato and olive leaf extract are excellent for treating shingles (1 capsule – AM)



**OptiC**  
Shingles has been successfully treated with vitamin C for ages. OptiC is a unique formula with added Rooibos and vitamin C and is gentle on even the most sensitive tummies.  
(1-2 capsules – AM)

**Green Rooibos Tea**  
Bath in Green Rooibos tea to assist with inflammation  
(Add 2-3 teabags to a cup of boiling water, let it steep and add to your bathwater)



**Resque Crème**  
Provides relief from any itchiness  
(Use as often as needed on the affected areas)



**Superfood Yellow**  
Turmeric has powerful anti-inflammatory abilities that may help relieve psoriasis symptoms

**OptiMega**  
Reduces inflammation  
(1-2 capsules PM)



**OptiFlora**  
People with psoriasis often have higher amounts of inflammation-causing bacteria in their intestines. Adding beneficial bacteria to your diet might balance your intestine's bacterial mix.  
(1-3 capsules a day just before bedtime or after meals)

**Rooibos and Ginger Tea**  
Ginger has medicinal and anti-inflammatory properties  
(Drink up to 6 cups per day)



**Revitalising Cream**  
Revitalising Cream is highly recommended from your mid-20s to prevent ageing. If you are concerned about future enlarged pores (this could be hereditary), using Revitalising Cream from your 20s can assist with smooth porcelain skin. This is due to the amazing array of anti-ageing ingredients found in Revitalising Cream that assists in synthesising collagen production. However, if you do struggle with enlarged pores, the following products may assist to reduce the circumference of the pore size: Retunoyouth, Enzymatic Exfoliator, Forever Young Anti-Photoageing Sheet Masque and a Freshener according to your skin type.

**Skin Detox**  
Tiger's Herb leaf extract contains anti-inflammatory properties, assists in wound healing by boosting antioxidants, increases blood supply to strengthen skin and contains natural antibiotic properties for the skin.

**OptiC**  
Vitamin C helps thicken the walls of the pores and goes a long way to decrease pore visibility  
(1-2 capsules – AM)

**OptiDerm**  
B vitamins and vitamin E can assist with enlarged pores  
(2 capsules – AM)

