

Méthode Clarifiante

Balancing care for oily, blemished skin

METHODE CLARIFIANTE

Méthode Clarifiante reduces the sebum production of oily, blemished skin and restores the balance of its microbiome. It leaves the calmed and hydrated skin looking clear and gently mattified.

Oily facial skin is often prone to blemishes or even inflammation. Frequent causes include hormonal changes to the body, which can affect both men and women of all ages. Other factors such as genetic predisposition, climatic variables, medication, lifestyle and eating habits can also play a role. The result: we feel insecure and uncomfortable in our own skin.

Méthode Clarifiante restores the balance of the functions of oily, blemished skin by specifically combating the formation of spots and blocked pores, as well as by tackling the core problem in the skin, namely sebum production. Depending on the skin's needs and the concrete problem zone, different care products enable both the extensive treatment of oily, shiny skin and the specific intensive treatment of smaller areas of skin, for example in the case of spots. *Méthode Clarifiante* is the solution for a clear complexion and better self-esteem.



For clear, pure skin at any age.

METHODE CLARIFIANTE

PRODUCTS	ART. NO.	RETAIL PRODUCT SALON PRODUCT
Micellar Cleansing Gel Cleansing gel with micelles	003781 056178	Bottle, 250 ml Bottle, 250 ml
Clarifying Clay Mask Mask with clarifying clay	027161 028036	Tube, 75 ml Tube, 200 ml
Clarifying Fruit Exfoliant Clarifying peeling containing fruit extracts	003705 056108	Bottle, 100 ml Bottle, 250 ml
Clarifying Spot Gel Clarifying hydrogel to combat blemishes	002739 005659	Tube, 15 ml Tube, 15 ml
Clarifying Matt Fluid Clarifying, mattifying fluid	003768 056126	Dispenser, 50 ml Dispenser, 50 ml
Clarifying Balance Cream Clarifying, balancing care cream	002356 056146	Pot, 50 ml Pot, 50 ml
Clarifying Aroma Complex Ready-to-use essential oils for the clarifying treatment of facial skin	003081 —	Bottle, 10 ml —
Clarifying Aroma Concentrate Essential oil concentrates for the clarifying treatment of facial skin	— 005558	— Bottle, 30 ml

METHODE CLARIFIANTE

The effect mechanisms of *Méthode Clarifiante* normalise the functions of oily, blemished skin.

If the skin has large pores, is oily and displays redness and blemishes, blackheads or even spots, an imbalanced microbiome is often to blame. The microbiome has a strong influence on both the condition of the skin and sebum production. The *Méthode Clarifiante* care routine provides a balanced skin microbiome, normalises sebum production, frees blocked pores and combats spots and blackheads — for clear, pure facial skin sure to put a smile on your face, whatever your age.

The effect mechanisms

The skin's hydrolipid film is based on a balanced ratio of sebum and sweat. It keeps the skin soft, protects it from drying out and against negative external influences and preserves the natural microbial flora. Excessive sebum production by the sebaceous glands impairs this balance of the facial skin. The skin reacts by developing an unsightly oily shine, above all in the T-zone, with blocked pores and blemishes such as spots and blackheads. In extreme cases, severe skin irritations or even painful inflammation may occur. An extract of black pepper, manuka oil and magnolia bark inhibits the enzyme 5-alpha reductase and reduces the formation of dihydrotestosterone, the hormone responsible for excessive sebaceous gland activity. Sebum production is lastingly reduced, blocked pores are opened and sebum drainage is supported. Bioflavonoids from the Chinese mulberry and soy proteins normalise the activity of the sebaceous glands. As a result, blemishes and redness disappear, the balance of the microbiome is restored and sebum production normalises. This leaves the skin looking calm, clear and mattified.

Reduces sebum production

Plant extracts and soy proteins have a regulatory effect on the overactive sebaceous glands.

Cause:

Increased sebum production can be due to genetic or hormonal causes. It can also be caused by aggressive cleansing products, stress or an unhealthy lifestyle. When androgenic hormones (testosterone) come into contact with the area containing the sebaceous glands, they are activated by the enzyme 5-alpha reductase (a substance produced by the body) and converted into dihydrotestosterone. This highly active form of the androgenic hormone stimulates sebum production in the sebaceous gland cells.

Effect:

An extract of black pepper, manuka oil and magnolia bark inhibits the enzyme 5-alpha reductase, reduces the formation of dihydrotestosterone and lastingly reduces sebum production. Bioflavonoids from the Chinese mulberry work together with soy proteins to normalise the activity of the sebaceous glands.

Result:

The skin microbiome is restored to its healthy balance. Spots and blackheads gradually disappear, and the unstressed skin regains its even and clear complexion.

Opens blocked pores and supports sebum drainage

Natural fruit acids from selected fruit extracts have a peeling effect deep down and free clogged pores.

Cause:

A skin flora impaired by internal or external causes can influence the production and distribution of sebum. This leads to clogged skin pores and — if the sebaceous gland canal is blocked and the sebum cannot drain away — to increased cornification of the skin surface. Blackheads then form, become inflamed and turn into pustules.

Effect:

Hypoallergenic, efficient natural fruit acids from selected fruit extracts gently open the skin pores, dissolve cornifications and support sebum drainage. They gently peel the surface of the skin, have a deep-cleansing effect and clarify the complexion.

Result:

The skin microbiome is restored to its healthy balance. Spots and blackheads gradually disappear, and the unstressed skin regains its even and clear complexion.

METHODE CLARIFIANTE

Regenerates the skin and has a calming and mattifying effect

Plant extracts and effect complexes reduce inflammatory processes and prevent the formation of spot scars.

Cause:

If the microbiome and sebum production become imbalanced, the skin cells also suffer. Blemishes and manual attempts to remove them can lead to cell damage or even leave scars on the skin. As a consequence, the skin's hydrolipid film is usually also damaged, thus impairing its protective function, which may cause the skin to severely dehydrate, feel tight and even have a burning sensation.

Effect:

An effect complex of rice and rosemary promotes the regeneration of the skin in the case of cell damage; bioflavonoids from the Chinese mulberry and soy proteins reduce inflammatory processes and mattify the complexion; and bisabolol, liquorice root and an extract of mangosteen fruit support these anti-inflammatory effects and prevent the formation of spot scars.

Result:

As a result, blemishes and redness disappear, the balance of the microbiome is restored and sebum production normalises. This leaves the skin looking calm, clear and mattified.

LA BIOSTHETIQUE®
PARIS

Méthode
Clarifiante

SKIN CARE
**Micellar
Cleansing Gel**

Gel nettoyant
micellaire

Mizellen
Reinigungsgel

250ml e 8.4fl.oz.

MICELLAR CLEANSING GEL

The mild micellar cleansing gel frees the skin from dirt and excess sebum and reduces sebum production without drying out the skin.

Oily, blemished skin may be genetically determined but can also be caused by hormonal fluctuations, an incorrect diet, climate changes and many other factors. The signs of such skin range from oily and shiny, above all in the T-zone of the face, to blocked pores and right through to redness, spots and blackheads. The particularly mild surfactants of the cleansing gel form micelles, which attract excess sebum and dirt like a magnet and gently remove them. Disodium

Capryloyl Glutamate is proven to affect the growth of the bacteria responsible for blemished skin and provide lasting sebum reduction. Natural salts found in the skin's natural moisturising factor (NMF) bind moisture and prevent the skin from drying out. After being gently cleansed with *Micellar Cleansing Gel*, the skin is calm and no longer feels tight and dry. The face has no oily shine and looks clean, clear and fresh.

PRODUCT TYPE
Hydrogel

RETAIL PRODUCT
Bottle, 250 ml

SALON PRODUCT
Bottle, 250 ml

Ingredients

- *Sodium Lauroyl Sarcosinate, Disodium Capryloyl Glutamate, Cocamidopropyl Betaine*: Mild surfactants remove excess sebum, make-up and dirt deposits from the skin.
- *Sodium Lactate, Sodium Gluconate*: The salts found in the skin's natural moisturising factor (NMF) bind moisture and reduce water loss to prevent the skin from drying out.

Application

- In the morning and evening, apply to the face, neck and décolleté, lather with a little water, then rinse off thoroughly.
- In the case of very oily skin, apply *Clarifying Clay Mask* in the morning or evening 2–3 times a week after cleansing the skin with *Micellar Cleansing Gel*.
- *Clarifying Fruit Exfoliant* has a deep-cleansing effect on blemished skin and can be used after cleansing the skin with the micellar cleansing gel.

- For the targeted treatment of spots, apply *Clarifying Spot Gel* to the affected areas of skin.
- As day and/or night care after facial cleansing, apply either *Clarifying Matt Fluid* or *Clarifying Balance Cream* for combination skin, depending on the skin type, and leave it to absorb.
- The aroma treatments with *Clarifying Aroma Complex* and *Clarifying Aroma Concentrate* complement the clarifying effect of *Méthode Clarifiante*.

Consultation

- *The gentle Micellar Cleansing Gel cleanses the skin without drying it out and provides a clear, unblemished complexion.*
- *Its mild surfactants form micelles, which attract excess sebum and dirt like a magnet and remove them from the surface of the skin.*
- *A special surfactant additionally provides lasting sebum reduction and is proven to affect the growth of the bacteria on the skin that are responsible for blemishes.*
- *Natural salts found in the skin's natural moisturising factor (NMF) bind moisture and prevent the skin from drying out during cleansing.*
- *When caring for a complexion with spots, it is important to place a strong focus on cleansing the face in the morning and evening. Doing so helps to remove excess sebum from the skin and prevents bacteria from settling in the skin pores.*

Mild cleansing for clear, fresh skin.

LA BIOSTHETIQUE®
PARIS

Méthode
Clarifiante

SKIN CARE

**Clarifying
Clay Mask**

Masque à
l'argile purifiant

Klärende
Tonerde Maske

75 ml e 2.53 fl.oz.

CLARIFYING CLAY MASK

The clarifying clay mask absorbs excess sebum and has a deep-cleansing, skin-calming and mattifying effect.

If the sebaceous glands of the facial skin produce too much sebum, the skin's pores are enlarged, which provides a breeding ground for bacteria. This leads to the formation of spots and blackheads, which can even become inflamed. Daily facial cleansing often only frees the skin from sebum and dirt on the surface. Natural kaolin gives *Clarifying Clay Mask* a deep-cleansing effect. The white clay works like blotting

paper to soak up excess sebum and therefore detoxify the skin. Bisabolol, an essential oil from the wood of the South American candeia tree, calms the stressed skin.

After using the clarifying mask, skin that is sensitive due to blemishes is relaxed and cleansed down to the pores. Redness disappears rapidly, and the complexion appears refined and mattified.

PRODUCT TYPE
Biomimetic oil in water emulsion

RETAIL PRODUCT
Tube, 75 ml

SALON PRODUCT
Tube, 200 ml

Ingredients

- *Kaolin*: The natural white clay absorbs excess sebum, has a deep-cleansing effect and lastingly mattifies the skin.
- *Bisabolol*: The individual component from the wood of the South American candeia tree has a calming and anti-inflammatory effect.

Application

In the morning or evening 2–3 times a week, apply the mask to the cleansed facial skin and leave it to take effect for 10–15 minutes. Remove any mask residue with warm water and a compress.

- Before applying *Clarifying Clay Mask*, cleanse the facial skin with *Micellar Cleansing Gel*.
- For the targeted treatment of spots, apply *Clarifying Spot Gel* to the affected areas of skin.
- As day and/or night care after using *Clarifying Clay Mask*, apply either *Clarifying Matt Fluid* or *Clarifying Balance Cream* for combination skin, depending on the skin type, and leave it to absorb.
- The aroma treatments with *Clarifying Aroma Complex* and *Clarifying Aroma Concentrate* complement the clarifying effect of *Méthode Clarifiante*.

Tip: The mask can also be applied specifically to spots and left to take effect overnight.

Consultation

- *Clarifying Clay Mask has a deep-cleansing effect. It mattifies and detoxifies oily, blemished skin.*
- *White clay works like a sponge and soaks up excess sebum.*
- *Natural bisabolol calms and relaxes skin that is sensitive due to blemishes.*
- *Spots disappear rapidly, and redness is reduced.*
- *When used regularly, the mask gives the skin finer pores and makes it clearer and more even.*

Deeply cleansed skin with a matte finish.



LA BIOSTHETIQUE®
PARIS

Méthode
Clarifiante

SCALP CARE

Clarifying Fruit
Exfoliant

Fluide exfoliant aux
extraits de fruits

Klärendes Fruchtextrakt
Peeling

100 ml e 3.38 fl.oz.

CLARIFYING FRUIT EXFOLIANT

The clarifying fruit extract peeling has a deep-cleansing effect on blemished skin, frees blocked pores and provides a clear, pure complexion.

If excessive sebum is joined by increased production of horny cells in the top layer of skin or reduced scaling, the sebaceous glands become blocked and blackheads form. The impaired microbiome of the skin promotes the settlement of microbes that cause inflammation, and spots and pustules form.

With carefully combined fruit acids from blueberry, sugar cane, sweet orange, lemon and sweet maple extract, *Clarifying Fruit Exfoliant* has a gentle peeling effect, frees the skin from cornifications, opens blocked

pores and supports sebum drainage. At the same time, allantoin and liquorice root calm the stressed skin, prevent the formation of spots and reduce the appearance of spot scars.

After the uncomplicated application of *Clarifying Fruit Exfoliant*, the skin instantly feels softer and silkier.

The complexion gradually becomes clearer and more even, the pores become more refined and the complexion appears relaxed, fresh and radiant.

PRODUCT TYPE
Hydroalcoholic lotion

RETAIL PRODUCT
Bottle, 100 ml

SALON PRODUCT
Bottle, 250 ml

Ingredients

- *Vaccinium Myrtillus Fruit Extract, Saccharum Officinarium (Sugar Cane) Extract, Citrus Aurantium Dulcis (Orange) Fruit Extract, Citrus Limon (Lemon) Fruit Extract, Acer Saccharum (Sugar Maple) Extract (natural fruit acids from selected extracts of blueberry, sugar cane, sweet orange, lemon and sugar maple):* Natural fruit acids from fruit extracts and glycolic acid open the pores and support sebum drainage.
- *Allantoin:* has a calming effect on the skin and supports its regeneration processes.
- *Dipotassium Glycyrrhizinate (liquorice root extract):* calms stressed skin.
- *Alcohol:* clarifies the surface of the skin and prevents inflammation of areas where blemish extractions have been performed.

Effect

The comparison of the cosmetic effects reveals that the combination of fruit acids from fruit extracts, as found in *Clarifying Fruit Exfoliant*, is more effective than the synthetic glycolic or lactic acid in many conventional products on the market.

Application

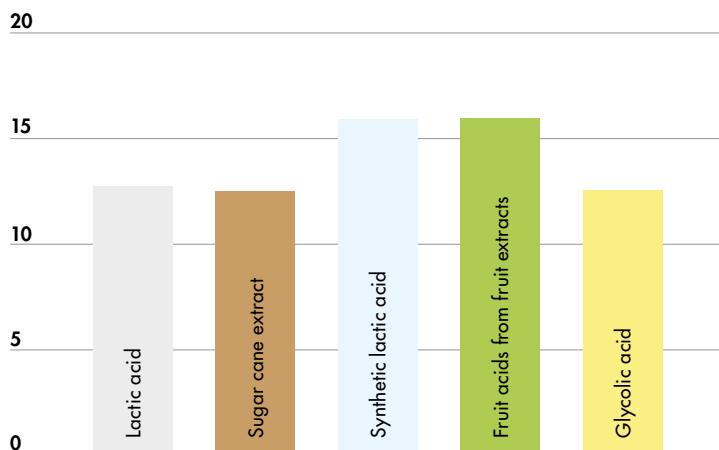
Use a cotton pad to apply the exfoliant to the cleansed skin of the face and neck or other affected areas of skin, leaving out the eye area. Do not rinse off.

- Cleanse the skin with *Micellar Cleansing Gel* before applying the fruit extract peeling.
- Apply *Clarifying Fruit Exfoliant* for additional deep cleansing after using the *Clarifying Clay Mask*.
- For the targeted treatment of spots, apply *Clarifying Spot Gel* to the affected areas of skin.
- As day and / or night care, apply either *Clarifying Matt Fluid* or *Clarifying Balance Cream* for combination skin, depending on the skin type, and leave it to absorb.
- The aroma treatments with *Clarifying Aroma Complex* and *Clarifying Aroma Concentrate* complement the clarifying effect of *Méthode Clarifiante*.

Cosmetic comparative study

Various fruit acids commonly found on the market compared with natural fruit acids

A comparison of the efficiency of the different alpha hydroxy acids (AHAs) found on the market
Comparative study, source: Active Concepts



Tip: Clarifying Fruit Exfoliant is suitable for all skin types. For extremely sensitive skin, limit use of the product to 1 – 2 applications a week.

The exfoliant can also be used as a compress for blocked pores. To do so, soak a cotton pad in the product and place it on the skin for 5–10 minutes. *Clarifying Fruit Exfoliant* can be used on the entire body, not just the face.

It is ideal for post-treatment following blemish extractions in the salon.

CLARIFYING FRUIT EXFOLIANT

Consultation

- *The intensively clarifying fruit extract peeling has a deep-cleansing effect and frees blocked pores.*
- *It removes dead skin cells from the surface of the skin.*
- *Calming ingredients relax stressed skin and help it to regenerate.*
- *The skin instantly feels softer and silkier.*
- *Clarifying Fruit Exfoliant is hypoallergenic and suitable for both blemished and mature skin.*
- *When applied regularly, the exfoliant makes the skin clearer and smoother with a complexion that appears finer and more even.*
- *The skin looks fresher and more radiant on the whole.*
- *Clarifying Fruit Exfoliant can be applied as easily as a toner and remains on the skin.*

Power from natural fruit acids.

LA BIOTHETIQUE®
PARIS

Méthode
Clarifiante

SKIN CARE

Clarifying
Spot Gel

Gel clarifiant en
cas d'impuretés

Klärendes Gel bei
Unreinheiten

15 ml e
0.51 fl.oz.

CLARIFYING SPOT GEL

Clarifying hydrogel for the targeted and effective treatment of areas of skin containing spots and blackheads.

When the pores of the skin become blocked and sebum can no longer drain from them, blackheads form, especially in the T-zone of the face, which contains a large number of sebaceous glands. If a blackhead becomes inflamed, it develops into a spot or a pustule. To prevent the inflammation from getting any worse, it is important not to squeeze blackheads but to instead use a targeted treatment.

Clarifying Spot Gel has a direct effect on the affected areas of skin. An extract from the mangosteen fruit

is known for its high content of bioactive substances such as tannins, flavonoids and polyphenols and has an anti-oxidative effect. It helps to make spots disappear and targets the bacteria that cause them. As a result, the skin looks calmer and more relaxed.

The clarifying hydrogel therefore provides targeted aid to combat spots and blackheads, especially when isolated. The affected areas of skin are actively calmed, natural healing is supported and the formation of post-inflammatory hyperpigmentation is minimised.

PRODUCT TYPE
Hydrogel

RETAIL PRODUCT
Tube, 15 ml

SALON PRODUCT
Tube, 15 ml

Ingredients

- *Garcinia Mangostana Peel Extract (extract from the mangosteen fruit)*: targets the bacteria that cause inflammation and helps to relieve inflammation. It has a calming effect on the skin and reduces the appearance of spot scars.
- *Alcohol*: has a clarifying effect and prevents inflammation.

Application

Apply the gel directly to the cleansed affected areas of skin and leave it to take effect. The gel can be applied to specific areas of skin several times a day.

- Cleanse the skin with *Micellar Cleansing Gel* before applying *Clarifying Spot Gel*.
- In the case of very oily skin, apply *Clarifying Clay Mask* in the morning or evening 2–3 times a week after cleansing the skin.
- As day and / or night care, apply either *Clarifying Matt Fluid* or *Clarifying Balance Cream* for combination skin, depending on the skin type, and leave it to absorb.
- The aroma treatments with *Clarifying Aroma Complex* and *Clarifying Aroma Concentrate* complement the clarifying effect of *Méthode Clarifiante*.

Tip

The hydrogel is ideal for treating areas of skin where blemish extractions have been performed: Apply a small amount of the gel to a cotton bud and coat the affected area with the gel.

With its astringent and calming effect, the hydrogel can also be used to treat other cases of inflammation, for example ingrown beard hairs.

Consultation

- *The clarifying hydrogel has a targeted effect on spots and blackheads.*
- *It is applied directly to the affected areas of skin.*
- *An extract from the mangosteen fruit tackles bacteria that cause inflammation.*
- *It calms the skin, prevents inflammatory blemishes and makes spots and blackheads disappear more rapidly.*
- *With its astringent and calming effect, Clarifying Spot Gel can also be used to treat ingrown hairs.*
- *It helps to avoid unwanted spot scars.*

Targeted aid to combat spots and blackheads.



LA BIOTHETIQUE®
PARIS

Méthode
Clarifiante

SKIN CARE
Clarifying
Matt Fluid

Fluide matifiant
et clarifiant

Klärendes, mattierendes
Fluid

50ml e 1.69 fl.oz.

CLARIFYING MATT FLUID

The clarifying and mattifying fluid restores the skin's healthy balance by normalising sebum production and balancing out the microbiome.

Anyone with oily skin prone to blemishes often finds rich, creamy textures unpleasant and would prefer to apply a rapidly absorbed care product that controls sebum production and reduces annoying oily shine in the T-zone of the face.

The light clarifying fluid uses a highly effective complex of magnolia, black pepper and manuka to restore the balance of the microbiome of oily skin and reduce bacterial growth. Together with bioflavonoids from the Chinese mulberry, the complex lastingly normal-

ises the function of the sebaceous glands and combats the formation of spots. A glycolic acid, which is hypoallergenic due to encapsulation, opens blocked pores and supports sebum drainage.

Clarifying Matt Fluid melts into the skin without leaving any oily residue. Enlarged pores are gradually refined, excessive sebum production is reduced and blemishes are no longer formed. As a result, the skin looks relaxed and the complexion appears clear and mattified — day after day.

PRODUCT TYPE
Biomimetic oil in water emulsion

RETAIL PRODUCT
Dispenser, 50 ml

SALON PRODUCT
Dispenser, 50 ml

Ingredients

- *Magnolia Officinalis Bark Extract, Piper Nigrum Seed Extract, Leptospermum Scoparium Branch / Leaf Oil (a complex of magnolia, black pepper and manuka)*: balances out the skin's microbiome and tackles bacterial growth. It reduces sebum production and combats the formation of spots.
- *Glycolic Acid (encapsulated glycolic acid)*: The encapsulated glycolic acid is much more hypoallergenic than the free glycolic acid used in many products on the market. It opens blocked pores and supports sebum drainage without irritating the skin.
- *Bioflavonoids (bioflavonoids from the Chinese mulberry)*: Bioflavonoids from the Chinese mulberry target 5-alpha reductase and normalise the function of the sebaceous glands to stop the formation of blemishes such as spots and blackheads and to mattify the complexion.

Application

In the morning and evening after cleansing the skin with *Micellar Cleansing Gel* and *Clarifying Fruit Exfoliant*, apply the fluid to the face, neck and décolleté and leave it to absorb.

- Apply *Clarifying Matt Fluid* to skin that has first been cleansed deep down with *Micellar Cleansing Gel* and *Clarifying Fruit Exfoliant*.
- In the case of very oily skin, apply *Clarifying Clay Mask* in the morning or evening 2–3 times a week after cleansing the skin.
- For the targeted treatment of spots, apply *Clarifying Spot Gel* to the affected areas of skin.

— In the case of combination skin with drier patches, apply *Clarifying Matt Fluid* as day care and *Clarifying Balance Cream* as night care and leave them to absorb.

— The aroma treatments with *Clarifying Aroma Complex* and *Clarifying Aroma Concentrate* complement the clarifying effect of *Méthode Clarifiante*.

Consultation

- *The clarifying care fluid restores the healthy balance of oily, blemished skin and mattifies the complexion.*
- *Its light texture is rapidly absorbed and has a very calming effect on the skin.*
- *Clarifying Matt Fluid helps to reduce inflammatory processes and improves the skin's microbiome.*
- *When applied regularly, it refines enlarged pores and reduces spots and blackheads.*
- *The complexion is clear, even and mattified.*

The clear solution for matte skin!



CLARIFYING BALANCE CREAM

Clarifying Balance Cream meets the needs of combination skin by regulating sebum, hydrating the skin, promoting regeneration in the case of cell damage and balancing out the skin's microbiome.

Combination skin that contains both oily areas with blemishes and dry patches has high demands when it comes to care. Both blemishes caused by excess sebum and dryness impair the skin's microbiome and can lead to cell damage inside the skin.

An effect complex of magnolia, black pepper and manuka restores the balance of the skin, minimises bacterial growth, combats the formation of spots and lastingly reduces sebum production. Soy proteins support this effect in the T-zone in particular. They

also mattify oily areas of skin and hydrate dry patches.

An effect complex of rice and rosemary promotes the regeneration of the skin in the case of cell damage.

The intelligent effect mechanisms of *Clarifying Balance Cream* provide the different skin conditions of combination skin with care tailored specifically to their needs. Stressed areas of skin are regenerated, and dryness and excess sebum are balanced out. As a result, the skin has a healthy balance with a clear and even complexion.

PRODUCT TYPE

Biomimetic oil in water emulsion

RETAIL PRODUCT

Pot, 50 ml

SALON PRODUCT

Pot, 50 ml

Ingredients

- *Magnolia Officinalis Bark Extract, Piper Nigrum Seed Extract, Leptospermum Scoparium Branch / Leaf Oil (complex of magnolia, black pepper and manuka)*: The complex of magnolia, black pepper and manuka balances out the skin's microbiome and tackles bacterial growth. It reduces sebum production and combats blemishes.
- *Ethyl Ferulate, Rosmarinus Officinalis (Rosemary) Leaf Extract, Helianthus Annuus (Sunflower) Seed Extract (active ingredient complex of rice, rosemary and sunflower)*: The effect complex of rice, rosemary and sunflower promotes the regeneration of the skin in the case of cell damage.
- *Hydrolyzed Soy Protein (soy proteins)*: Soy proteins balance out the sebum production of combination skin. As a result, the T-zone appears mattified and dry patches of skin are hydrated.

Application

In the morning and evening after cleansing the skin with *Micellar Cleansing Gel* and *Clarifying Fruit Exfoliant*, apply the cream to the face, neck and décolleté and leave it to absorb.

- Apply *Clarifying Balance Cream* to skin that has first been cleansed deep down with *Micellar Cleansing Gel* and *Clarifying Fruit Exfoliant*.
- In the case of very oily skin, apply *Clarifying Clay Mask* in the morning or evening 2–3 times a week after cleansing the skin.
- For the targeted treatment of spots, apply *Clarifying Spot Gel* to the affected areas of skin.

— In the case of combination skin with very oily areas, apply *Clarifying Matt Fluid* as day care and *Clarifying Balance Cream* as night care and leave them to absorb.

— The aroma treatments with *Clarifying Aroma Complex* and *Clarifying Aroma Concentrate* complement the clarifying effect of *Méthode Clarifiante*.

Consultation

- *The clarifying cream provides the different zones of combination skin with exactly what they need.*
- *It normalises excess sebum production and mattifies the T-zone.*
- *It also supplies dry patches of skin with moisture at the same time.*
- *The skin is calmed and regenerated in the case of skin damage, and its microbiome is balanced.*
- *The skin looks and feels balanced with a clear and even complexion.*

A clarifying balance for
combination skin.



LA BIOSMETIQUE®
MARCEL CONTIER

Méthode
Clarifiante

SKIN CARE
Clarifying Aroma
Complex

10ml e 0.53 fl.oz.

CLARIFYING AROMA COMPLEX

The aromatically scented complex of selected essential oils has a clarifying effect on the skin and senses. The complexion of oily, blemished skin appears balanced and visibly clearer.

The skin and psyche are holistically connected. If there is chaos in the mind, this can manifest itself in the form of irritation and impurities in the skin. With the concentrated power of selected plants, *Clarifying Aroma Complex* provides soothing balance. Essences from citrus plants and flowers have a detoxifying and clarifying effect, helping the skin regain its healthy balance. The essential oils of lemon, orange and bergamot purify oily and blemished skin. Along with

the skin, the mind also benefits from their revitalising and invigorating effect. Damask rose and Roman camomile soothe and restore balance. Thanks to the special properties of its pure, natural components, the aromatic oil has a positive effect on skin-renewing processes and a clear, pure complexion. It is the ideal way to round off the *Méthode Clarifiante* care routine!

PRODUCT TYPE
Aroma complex

RETAIL PRODUCT
Bottle, 10 ml

Ingredients

- *Rosa Damascena (Damask rose) Flower Extract*: has a calming, invigorating and balancing effect and strengthens the inner balance.
- *Citrus Limon (Lemon) Peel Oil*: has an antibacterial effect and clarifies and purifies oily skin. The high vitamin C content revitalises, strengthens and protects the skin. The fragrance has a mood-elevating effect.
- *Citrus Aurantium Dulcis (Orange) Peel Oil*: has a regenerating, strengthening and caring effect.
- *Citrus Aurantium Bergamia (Bergamot) Fruit Oil*: detoxifies, renews and cares for the skin and helps to reduce stress.
- *Anthemis Nobilis (Roman camomile) Flower Oil*: has an antiseptic and antibacterial effect, calms acne and eczema and relieves stress.
- *Natural fatty acid ester*: is quickly absorbed by the skin and leaves no greasy shine.

Application

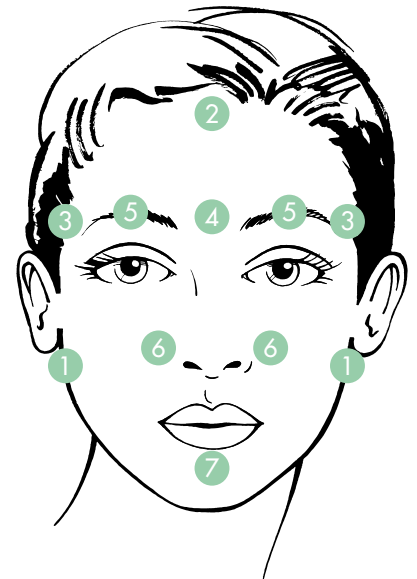
Use the *Aroma Complex* to clarify and balance the facial skin. Every day or several times a week, apply 2–3 drops to the facial skin after cleansing and massage in gently with the fingertips. Can also be applied selectively to energy points on the face. *Clarifying Aroma Complex* can be ideally combined with all *Méthode Clarifiante* skin care products.

Tip

Massage points

1. Under the earlobe
2. Centre of the forehead at the hairline
3. Right and left temples
4. Between the eyebrows (third eye)
5. In the centre of each eyebrow, above the pupils
6. To the right and left of the nostrils
7. Chin groove

When massaging these points, apply 1 drop of the *Aroma Complex* to each point and stimulate the points with gentle pressure.



CLARIFYING AROMA COMPLEX

Consultation

- *Clarifying Aroma Complex has a holistic clarifying and balancing effect on both the facial skin and the psyche.*
- *When inhaled, the complex has a positive effect on the psyche, helping to calm nerves, make users more relaxed and promote inner peace with its stress-relieving effect.*
- *La Biothétique Aroma Complex products are the ideal complement to daily skin care rituals and enhance them with their holistic effect.*
- *The ready-to-use aromatic oils are economical to use and easy to apply.*
- *The essential oils in the complex can also be used on the skin in the recommended dosage during pregnancy.*

Skin-clarifying aroma care.



LA BIOTHETIQUE®
MARCEL CONTIER

Méthode
Clarifiante

SKIN CARE

Clarifying Aroma
Concentrate

Concentré aromatique clarifiant

Hautklärendes
Aromakonzentrat

30 ml e 1.01 fl.oz.

CLARIFYING AROMA CONCENTRATE

The aromatically scented concentrate made from selected essential oils has a clarifying effect on the skin and soul. As a result, the complexion of oily, blemished skin appears balanced and visibly clearer.

PRODUCT TYPE
Aroma concentrate

SALON PRODUCT
Bottle, 30 ml

The skin and psyche are holistically connected. If there is chaos in the mind or hormonal balance, this can manifest itself in the form of irritation and impurities in the skin. With the essential power of selected plants, *Clarifying Aroma Concentrate* provides soothing balance. Essences from citrus plants and flowers have a detoxifying and clarifying effect, helping the skin regain its healthy balance. The essential oils of lemon, orange and bergamot purify oily and blemished skin.

Their revitalising and invigorating effect benefits not only the skin but also the soul. Damask rose and Roman camomile have a calming and invigorating effect. Thanks to the special properties of its pure, natural components, the aromatic oil has a positive effect on skin-renewing processes and a clear, pure complexion. It is the ideal way to round off the *Méthode Clarifiante* care routine!

Ingredients

- *Rosa Damascena (Damask rose) Flower Extract*: has a calming, invigorating and balancing effect and strengthens the inner balance.
- *Citrus Limon (Lemon) Peel Oil*: has an antibacterial effect and clarifies and purifies oily skin. The high vitamin C content revitalises, strengthens and protects the skin. The fragrance has a mood-elevating effect.
- *Citrus Aurantium Dulcis (Orange) Peel Oil*: has a regenerating, strengthening and caring effect.
- *Citrus Aurantium Bergamia (Bergamot) Fruit Oil*: detoxifies, renews and cares for the skin and helps to reduce stress.
- *Anthemis Nobilis (Roman camomile) Flower Oil*: has an antiseptic and antibacterial effect, calms acne and eczema and relieves stress.

Application

Professional treatments using *Clarifying Aroma Concentrate*:

Zapfel's treatment:

- Mix 50 ml of water with 1–3 drops of *Aroma Concentrate*, soak Zapfel's and apply to specific areas of skin.

Facial sauna:

- Mix approx. 300 ml of warm water with 1–5 drops of *Aroma Concentrate*, dip a compress in the mixture, wring it out, place it on the face and ask the customer to inhale deeply.

Aroma Ritual:

- Mix 10 ml of water with 1 drop of *Aroma Concentrate*, dip your middle finger into the solution and press it onto certain energy points on your face.

Scalp Ritual:

- Mix 10 ml of water with 1 drop of *Aroma Concentrate*, dip your middle finger into the solution, apply to the highest point of the head and massage the scalp.

Aroma mask with *Isobios Gel*:

- Mix 30 ml of *Isobios Gel* with 1–3 drops of *Aroma Concentrate*. Apply the gel mask to the face, leave it on for approx. 10 minutes, then remove it with a damp cleansing sponge.

Clarifying Aroma Concentrate can be ideally combined with all *Méthode Clarifiante* skin care products.

Home use

Facial application:

- Mix approx. 500 ml of warm water with 1–5 drops of *Aroma Concentrate*, dip a compress in the mixture, wring it out, place it on your face and inhale deeply.

As a foot bath:

- Mix approx. 5 litres of warm water with 5–20 drops of *Aroma Concentrate*. Soak your feet in the mixture for 10–15 minutes.

As a room spray:

- Mix 500 ml of water with 1–10 drops of *Aroma Concentrate*.

Tip

Aroma socks:

- Mix 100 ml of warm water with 2–6 drops of *Aroma Concentrate*. Immerse the towelling socks in the mixture, wring them out well and pull them over the feet. Wrap quickly with a dry towel and keep the feet warm.

As a chest compress to support breathing:

- Mix 200 ml of warm water with 2–6 drops of *Aroma Concentrate*. Immerse the compress in the mixture, wring it out well and place it on the chest. Breathe in deeply.

Note

- Always use *Aroma Concentrates* in diluted form to avoid skin reactions.
- Always use very sparingly.
- Store away from light, in a cool and childproof place.
- Avoid contact with the eyes and mucous membranes.

CLARIFYING AROMA CONCENTRATE

Consultation

- *Clarifying Aroma Concentrate has a holistic clarifying and balancing effect on both the facial skin and the psyche.*
- *As a facial application, the aromatic oil ensures a fresh, clear complexion.*
- *La Biothétique Aroma Concentrates are the ideal complement to facial treatments and enhance them with their holistic effect.*
- *The concentrated aromatic oils are economical to use as they are diluted with water.*
- *The essential oils in the concentrate can also be applied to the skin in diluted form in the recommended dosage during pregnancy.*

Clear mind, clear complexion.

