

Head, shoulders, knees, and toes.

KNOW THE
SKIN
YOU'RE IN

From scalp to soles, our skin deals with a LOT! (We're talking excessive dryness, odor-causing bacteria, fungal infections, and so much more.) Each part of our body requires specific care to keep it as healthy as it can possibly be. Let's dive into area-specific problems and products that can help!

Scalp and Hair

Just like the soil affects the well-being of the plants growing in it, the health of your scalp affects the health of your hair.

Dry Scalp or Oily Scalp?

A dry scalp irritates your follicles, causing itching and skin flaking. Meanwhile, an overly oily scalp leads to buildup, which can ALSO cause itching and skin flaking. A good way to tell the difference? An oily scalp will leave your hair looking greasy and flat.

Hair Tip

Let your conditioner sit for at least 2–3 minutes while in the shower to allow it to soften and condition your strands. While you wait, brush your hair with a wide-tooth comb to release any tangles. Brushing your hair before getting in the shower can also loosen debris so it washes away more easily.

Face

The skin on your face is thinner than the skin covering other parts of your body, making it much more sensitive. That's why it's important to use skin care products formulated specifically for the face. **Using everyday body lotion can clog pores, causing irritation and breakouts.**

Try This at Home If You Want to Know Your Skin Type

Wash your face with a gentle cleanser, then gently pat dry. After 15–30 minutes, examine your skin.



Shiny: Oily Skin
Tight and/or Flaky: Dry Skin
Shine in Your T-Zone:
Combination Skin
T-Zone is Oily but Cheeks Are Normal to Dry: Combination Oily
T-Zone is Normal to Oily but Cheeks Are Dry: Combination Dry

Daily Skin Care Routine

01

Cleanse

02

Tone

03

Treat

04

Moisturize



Spot the Difference!

Whiteheads and blackheads can be taken care of with a proper and consistent skin care routine.

Papules and pustules may need extra attention, such as specific acne treatments or even a visit to the dermatologist.

Hair & Skin Care

Sei Bella™ Hair Care



More natural. More effective! Whether you're looking to turn up the volume, deeply moisturize, keep color on lock, or strengthen and protect, *Sei Bella Shampoos* and *Conditioners* use some of the world's most powerful plant-based ingredients to give you the healthiest hair of your life.

Melaleuca™ Original Shampoo



This clarifying formula soothes a dry scalp and removes buildup with botanical extracts and *T36-C5™ Melaleuca Oil* to cleanse while conditioning strands.

Melaleuca™ Herbal Shampoo



This nourishing shampoo contains grapefruit, blueberry, sage extracts, and 14 natural conditioners, which add luster and volume to your hair with an invigorating herbal scent.

First Aid



Soothe skin with two powerful treatments: *Dermacort™ Anti-Itch Cream* and *Dermatin™ Antifungal Cream*. Both contain *T36-C5™ Melaleuca Oil* to calm rashes and inflammation, relieve itching, and fight fungus at the source!

Advanced Microbiome Support



Our most advanced skin care collection leverages cutting-edge ingredients to dramatically reduce the appearance of fine lines and wrinkles.

Charcoal & Flower Skin Refining



This collection is designed to deeply detoxify—reducing the appearance of pore size and minimizing oil while nourishing your skin.

Vitamin C Skin Defense



This collection helps protect the skin against outside irritants while reducing the appearance of age spots and hyperpigmentation.

Honey & Rose Skin Soothing Recovery



This collection is designed to soothe, smooth, and calm skin while helping to defend against irritation.

Deep Marine Age Protection



This collection uses a blend of marine-sourced ingredients combined with an oriental tea complex to allow you to look your best at the age you are right now.

REMEMBER! Take your cleanser down your neck when you're washing your face.

Sad Fact



You can't actually shrink pores (contrary to a lot of marketing messages), but exfoliating your skin helps clear out blackheads and blockages so that your pores will look less obvious.



Pore Power!

Pores play an important role in the health of your skin. They allow sebum (the oil that keeps your skin lubricated) to travel from the sebaceous gland to the surface of your skin. Without pores, skin would get way too dry, way too fast.

Tips by Skin Type

OILY: Overwashing can worsen oily skin. Stick to washing your face in the morning, evening, and after exercise. Use blotting papers to remove excess oil throughout the day as needed.

SENSITIVE: Sensitive skin reactions aren't usually visible. You might experience itching and burning without developing redness or puffiness. Always do a patch test on new products.

DRY: Shaving can agitate dry skin and scrapes away lots of natural oils in the process. Make sure to always use a shaving cream and shave in the direction that the hair grows to prevent irritation and dry skin.

ALL SKIN TYPES: Ointments, creams, and lotions work by trapping existing moisture in your skin.

IMPORTANT! Don't overdry your skin after washing your face or getting out of the shower. To make the most of your hydrating products, apply lotions within a few minutes of drying off after your shower or bath or washing your face.



Are You Irritated or Just Sensitive?

Irritation

Irritation is temporary damage to skin cells caused by direct contact with a substance and may be characterized by temporary redness, dryness with itching, flaking, peeling, a rash, or some combination of these symptoms at the site of exposure. Once contact with the irritant stops, symptoms clear, discomfort passes, and the site will heal.

Sensitization

Sensitization is an inflammatory immune response that manifests only in some people and then frequently after repeated exposure. Sensitization—also known as allergic contact dermatitis—usually results in a red, itchy, bumpy rash and may be mistaken for irritation. The difference is in the physiology behind the symptoms. In short, sensitization occurs during exposure to an irritant, and then it goes away. Sensitization is caused not by the product but by the body's immune system.

WHY IT MATTERS: If you're using a product that irritates your skin but you mistakenly think you just have sensitive skin, you might start buying sensitive-skin products that don't provide the correct benefits for your skin type.

On average, your skin cells are on a 28-day renewal cycle. You'll start to see benefits from your skin care within one month, but it takes an estimated 56 days for your epidermis to completely turn over—which is when the full benefits of a new routine will be revealed!

Eyes

The thinnest skin on your body is found on the eyelids, which is why it needs to be treated delicately when applying products.

10x

Your eyelids are just .05 mm thick—up to 10x thinner than the skin on the rest of your face!

Where to Apply Eye Products

Eye creams and serums are formulated specifically for the delicate skin around your eyes. Heavier facial products that aren't formulated for eyes can cause additional sagging and wrinkling.



When applying, use your ring finger (it's the weakest one) to lightly tap product around your eyes along the orbital bone, avoiding your eyelids. Eyes are extremely delicate and can become irritated if serum or cream gets into them!

Top Eye Tips

Use specially formulated eye care products such as eye serum and eye cream to minimize the look of crow's feet, fine lines, and wrinkles.



Wear sunglasses to help reduce fine lines from forming around your eyes.



Use SPF daily, regardless of how cloudy it is outside.

Your ring finger is the weakest of your fingers and will result in less pulling or tugging at the skin when you apply eye serum and cream.

No Glands, No Gains

Unlike the skin on the rest of your body, your lips do not have sebaceous glands and therefore do not make sebum. Sebum has many beneficial attributes, such as providing hydration and maintaining skin health with vitamins and antioxidants.



Lips

Show your lips some love! (they need extra-tender care!) Lips are made up of only about 3–4 layers of skin, whereas the skin on other areas has 15–16 layers for increased protection.

Clarity Clear Skin Essentials™



Treat and prevent breakouts with effective yet gentle *Clarity Clear Skin Essentials*. *Clarity* is the only acne prevention system to combine salicylic acid and *T36-C5 Melaleuca Oil*!

Sei Bella Eye Treatments



The thin skin around your eyes needs to be treated with extra-delicate care! During the day, apply *Sei Bella Bright Eyes Multi-Benefit Eye Treatment* (to reduce the appearance of dark circles and puffiness) OR *Wrinkle Release Eye Serum* (to boost collagen and soften lines). At night, apply *Night Recovery Eye Cream* to minimize the look of crow's feet, fine lines, and wrinkles.

Sei Bella Lip Treatment



Ideal for overnight use or as a primer under lipstick, this moisturizing treatment instantly replenishes dry lips, visibly smoothing, hydrating, and softening with a rich blend of natural botanicals.

Sun Shades™ Lip Balm



Available in a variety of delicious flavors, this lip balm features SPF 15, jojoba, cocoa butter, beeswax, and vitamin E to protect and smooth lips in any weather condition.

Neck, chest, torso, and feet.

When it comes to the skin on your body, the skin on your neck and chest is the thinnest. Just like the thin areas on the face, the neck and chest do not contain as many oil glands, meaning that both of these areas are highly prone to visible signs of aging.

Wash Here, There, and Everywhere

Proper hygiene is vital! Keeping your skin clean will prevent skin irritations and remove bacteria that cause body odor. Humans have approximately **1.6–4 million** sweat glands distributed all over the body, but they are most dense under the arms, on the palms of the hands, and on the soles of the feet.

Domino Effect

Although oils are nourishing for your hair, they can clog the pores on your upper back, neck, and hairline if you're not careful. During your shower, always wash in order from head to toe (top to bottom) and rinse thoroughly to prevent unwanted breakouts.



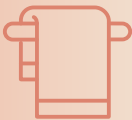
If You Thought “Bacne” Was Bad, Wait Until You Hear About “Buttne”

So-called butt acne may be on the rise because, as the market research firm NPD notes, more people today are wearing tight, clingy clothing (darn you, adorable yoga pants). Dermatologists warn that this type of clothing (termed “athleisure”) may contribute to these unsightly skin problems due to its tightness—especially when you work out and keep the clothes on for too long afterward.



Be Aggressive

Since the skin on your body is thick, it can handle a more intense treatment regimen when tackling more-prominent skin issues.



What’s That Smell?

Armpits contain glands that emit sweat that's higher in protein compared to sweat from other areas of the body, which easily attracts bacteria that thrives in dark environments. While the sweat produced is normally odorless, a foul scent accumulates as soon as the sweat makes contact with this bacteria.

Stinky!

Deodorant vs. Antiperspirant

Deodorants are used to neutralize body odor but not prevent perspiration, while antiperspirants prevent odor by blocking glands from sweating in the first place.

4 Tips for Keeping Your Underarms Clean

- 01 Use a mild cleanser.
- 02 Be gentle (extra scrubbing or pulling can result in irritated skin).
- 03 When shaving, always use a rich shaving gel or cream and shave slowly with a sharp, clean blade to avoid pulling on your skin and hair.
- 04 Use a lightweight moisturizing lotion to hydrate your skin before applying deodorant. We tend to avoid moisturizing the underarms since they're already so prone to dampness. But dry skin is the root of itchiness and irritation!

Grossed out yet? Buckle up, because it’s about to get worse.

If you don't dry off completely after a bath or shower, you risk sitting or sleeping with excess moisture, which can lead to a significant amount of unpleasant skin issues. Bacterial infections, fungal infections, dermatitis, rashes, and micro-tears are just some of the consequences of not having a dry derrière.

Feet

We won't tiptoe around the issue: while the actual soles of your feet may have thick skin, the skin covering the rest of your feet is relatively delicate. Feet also contain ZERO oil glands, leaving them prone to dryness and flaking.

Do the One-Two Step for Proper Foot Care!

- 01 Wash your feet thoroughly every time you shower or bathe, paying particular attention to the areas between your toes.
- 02 Follow up with a moisturizer, but avoid overmoisturizing between your toes (bacteria that causes fungal infection thrives in dark, damp places, such as under your toenails and between your toes).

Body Care

Renew Intensive Skin Therapy and Renew Body Wash



Clinically proven to soften skin with fast-absorbing, long-lasting, replenishing relief that soothes, protects, and prevents even the driest skin by restoring its moisture.

The Gold Bar



This luxurious French-milled glycerin bath bar contains softeners, conditioners, and natural T36-C5™ Melaleuca Oil to renew skin's suppleness with every cleanse.

Underarm Care



Nourish, deodorize, and control perspiration at the source with *Melaleuca Herbal Deodorant* (gentle and long-lasting with a combination of zinc, starch, and baking soda), *Sheer Confidence™ Antiperspirant & Deodorant* (delivering all-day wetness and odor control in a sheer formula that comes in three scents), and *Alloy® Deodorant* (which glides on easily without residue to actively control odors and perspiration).

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