



Skin Care, Make-up & Hair Care

Oil Free formulations for use during HCG Protocol weight loss program

You may find it hard to believe, but fats, oils, creams and ointments applied to the skin are absorbed and may interfere with weight reduction by hCG just as if they had been eaten. A peculiar feature of the HCG fat loss method is an extreme sensitivity to even very minor increases in nutritional intake and/or fats and oils - and, if ignored, may interfere with maximising your results. *You will never know how much weight you could have lost by not abiding this one important point.*

If you are used to using luxury creams and lotions everyday, this may feel like a bit of an adjustment, however under treatment with hCG normal fat is restored to the skin, so does not seem to result in the same the impact in the same loss of facial and body skin tone, which often occur using other traditional methods of weight loss.

There are however a number of modern skin care treatments that will still allow you to replicate at least part of your normal beauty routine.

Cosmetics that are permitted are: lipstick and lip-gloss, eyebrow pencil, mineral powder and eye-shadow and any lotions that are entirely free of fatty substances. You can still use conditioner on your hair, but wear gloves – and do not rub into the scalp.

You may find your own alternatives, but to cut down on time for you to get started on the program without a concern if your own products are suitable, below are some suggested oil free products.

Make Up Remover

Check the ingredients on your own brand make up remover as some of the luxury brands have oil free solutions – otherwise we recommend:

Neutrogena Oil Free Make up Remover:



PRODUCT DESCRIPTION

Oil-Free Eye Makeup Remover takes off even waterproof eye makeup without leaving an oily residue.

Forget harsh tugging and pulling. This ultra-gentle dual phase formula activates when shaken to remove all eye makeup—even waterproof mascara—without any greasy residue. It is ophthalmologist tested, safe for contact lens wearers and oil free.

Take off all your eye makeup the gentle way.

- Dual-action formula removes even waterproof makeup
- Oil-free, non-greasy
- Ophthalmologist tested
- Safe for sensitive eyes and contact lens wearers

Or for those with oily or acne prone skin

Neutrogena Oil Free Acne Wash



PRODUCT DESCRIPTION

The #1 dermatologist recommended acne-fighting cleanser-Neutrogena® Oil-Free Acne Wash now comes with an uplifting blast of pink grapefruit! With maximum strength Salicylic Acid acne medicine boosted by MicroClear® technology, Neutrogena® Oil-Free Acne Wash Pink Grapefruit Facial Wash powerfully treats and helps prevent breakouts—even blackheads. This unique formula contains 100% naturally derived grapefruit extract plus vitamin C. It eliminates oil and dirt, and rinses clean without over-drying.

- Oil-free
- Non-comedogenic (won't clog pores)
- MicroClear®
- Salicylic Acid

Avene Micellaire Lotion (also most other brands of Micellaire lotion/water)

Suitable as both make up remover and facial cleanser
1 x 200ml bottle will last the full 3 weeks of the program



Micellaire Lotion

A gentle no-rinse cleanser and make-up remover specifically formulated for normal to combination skin.

Benefits

- No-rinse cleansing - effectively removes all traces of make-up on face
- 3 step skincare in one: cleanser + toner + make-up remover
- Alcohol free Soap-free and oil-free
- Hypoallergenic and non-comedogenic

How to use

Use morning and night. Apply to the face and neck with a cotton make-up pad, gently wipe over the face to remove make-up and all traces of impurities. Follow with Hydrance Optimale Light Hydrating Cream or Skin Recovery Cream.

Size
200mL

Body Lotion

Normal body lotions and oils need to be avoided for the duration of the HCG weight loss protocol- with the exception of oil free formulas or mineral oil - which has no calorific value. (Please note – must not be ingested). This oil can be used sparingly on both the face and body in place of your usual skin care products.

Baby Oil/Mineral Oil



Mineral Oil is the oil recommended by Dr Simeons that is known to not interfere with the action of HCG for fat loss.

It can be inexpensively purchased at most supermarkets and chemists. There are different brands available, but check that ingredients list only mineral oil (and possibly fragrance) as the only ingredients.

Mix a 5cent size with sole aloe vera for a substitute face or body moisturiser.

Jojoba Ester (Also known as Jojoba oil – however is not an oil as such)



The Ester Plus (+) Body Serum is a beautiful combination of jojoba fluid wax, rich in esters to protect the moisture component in the skin, blended with specifically chosen essential oils to nourish, tone and balance the skin's sebum without absorbing fat into the bloodstream. This is the perfect serum for your daily body boost ritual to help stimulate weight-loss and bring awareness to your new, healthy and dynamic body.

Jojoba sits in the top layers of the skin and acts the same as the skins natural sebum, stabilising and protecting the skin from moisture loss and environmental stress, while not interfering with the HCG diet.

Or non-oil skin care alternatives include:

Organic Aloe Vera

Suitable for use as moisturizer on both face and body (mix with a little mineral oil or jojoba oil to make more emollient)



Some of its benefits include:

- Antibacterial Properties
- It Accelerates the Healing of Burns
- Helps Prevent Wrinkles
- Can Reduce Acne and Lighten Blemishes
- It Works as a Natural Moisturiser

Avene Thermal Spring Water



Avene Thermal Spring Water

Avène Thermal Spring Water is the key ingredient for all Avène products. The unique properties in the water assist in its ability to cleanse, soothe and calm mild to highly sensitive skin. With both health and beauty benefits this product can be used to tone the face as well as offer relief to inflamed skin.

Benefits

- Health and beauty benefits
- Soothes and calms sensitive skin
- Suitable for all degrees of sensitivity
- Offers instant relief
- Gentle enough for use on face and body
- Suitable for infants and adults

Treatment/Anti-Ageing

Synergie Minerals and Cellex-C for example have a number of products that are oil free and suitable for use during the active HCG cycle, such as Vitamin B Active Serum, Vitamin C Crystals. Mineral Make-up and eye shadows. etc

Synergie Vitamin B Serum



Synergie Vitamin B serum contains niacinamide (Vitamin B3), the latest ingredient hailed by skin professionals to rejuvenate and strengthen skin against a broad range of skin conditions such as dryness, pigmentation and excess sebum. It is thought of as the great 'multi-tasking' cosmeceutical. Suitable for use on face and neck both day (under moisturizer) and night (either alone or under your night cream).

Synergie Vitamin Crystals

This form of Vitamin C is the most active on the skin to promote positive changes within the skin. Benefits include improvement in collagen and elastin production, fine line reduction, increase in healing and skin immunity, protection from free radical damage and brightening of skin tone. Antioxidant properties promote healing and enhance tissue growth and repair; also making it suitable for scar therapy or for those with acne scarring.

In morning mix one small 'match head' size of Pure C Crystals to one pump of Vitamin B active Serum. Dissolve and spread over face and neck. Follow with your chosen oil free moisturizer. If not using Vitamin B, mix Vitamin C crystals as above into your chosen moisturiser.

To complete your skin care regime, top with Synergie Mineral powder, the oil free way to guaranteed UV protection.



Cellex-C Hydra 5B Complex (VITAMIN B5 + HYALURONIC ACID)

Exploits the benefits of hyaluronic acid one of the most effective moisturising agents ever discovered. It reaches beneath the skin's outer layers to provide maximum replenishment.

Product Information

Features:

- Natural hyaluronic acid is found in large quantities in young skin synovial fluid and other tissues in humans and animals.
- Cellex-C Hydra 5B Complex is a crystal clear oil-free gel which can be used by both women and men of all skin types including those with sensitive skin. It will make your skin feel instantly silkier smoother and more radiant. It also contains vitamin B-5 (pantothenic acid) which has been shown to assist in wound healing
- A perfect base for all kinds of make-up Cellex-C Hydra 5B Complex restores youthful translucency and lustre to the skin. It leaves skin feeling luxuriously smooth and silky.

Product Ingredients

Water (Aqua), Sodium Hyaluronate, Pantothenic Acid, Phenoxyethanol.



Cellex-C Eye Contour Gel

Cellex-C Eye Contour Gel has been carefully created to treat the delicate skin around the eyes. Designed to reduce the appearance of crows feet fine lines and wrinkles this lightweight oil-free eye gel nourishes and firms sagging skin for a new radiance. .

Features:

- Cellex-C Eye Contour Gel contains a form of Vitamin C (5% L-Ascorbic acid) which facilitates the production of collagen. This is blended with L-tyrosine to stimulate fibroblasts for the production of additional collagen. This blend is enhanced by the inclusion of bioflavonoids which have been shown in laboratory testing to protect collagen from attack by free radicals as well as helping to realign them in a pattern associated with more youthful-looking skin.
- Cellex-C Eye Contour Gel also contains zinc which increases the collagen replacement stimulated by ascorbic acid. Zinc is essential to the production of collagenase which helps to dismantle old defective collagen to allow it to be renewed.

Product Ingredients: Water (Aqua), Ascorbic Acid, Acetyl Tyrosine, Zinc Sulfate, Bioflavonoids, Sodium Hyaluronate, Patented Cellex-C Complex Internationally Protected by U.S. Patent No. 4,938,969.



Cellex-C Sea Silk Oil-Free Moisturiser

Product Information

Cellex-C Sea Silk Oil-Free Moisturizer is the ultimate light-weight oil-free moisturiser. It has been uniquely created from an enriching combination of sea botanical extracts including marine algae Omega plankton watercress extract aquatic vegetable protein DMAE complex and seaweed biopeptides. A soft sea-foam coloured cream Cellex-C Sea Silk Oil-Free Moisturizer softens smooths and conditions skin for a velvety complexion. It also provides non-comedogenic hydration to areas of oily skin.

ACTIVE INGREDIENTS: Marine Extract, Seaweed Biopeptides, DHEA Complex, Watercress, Sea Buckthorn.



Cellex-C Advanced C Serum

Product Information

Cellex-C Advanced C Serum is a lightweight aqueous solution scientifically formulated to fight the effects of ageing. This anti-ageing cream contains a high concentration of Cellex-C Complex signature ingredients and 17.5% vitamin C – a powerful combination that will enhance the appearance of skin in the shortest possible time.

Benefits:

The high concentration of Vitamin C – both in the free-form and hydrolised forms of L-ascorbic acid - makes Cellex-C Advanced C Serum a vital weapon in protecting aging skin. Regular use can help give you firmer younger-looking skin by reducing the visible signs of aging including age spots sagging skin fine lines and wrinkles. Increased skin elasticity will smooth fine lines and wrinkles improving overall radiance. The light oil-free formula penetrates quickly to help make skin feel gradually firmer.

Product Ingredients

Ascorbic acid*, acetyl tyrosine*, zinc sulphate*, glycine*, resveratrol, grape seed extract, L-ergothioneine, sodium hyaluronate, green tea extract. *Patented Cellex-C Complex internationally protected by U.S. Patent No. 4,938,969 & 4,772,59

AHA Liquid Gold - with Glycolic Acid and Liquorice Root



Alpha-H Liquid Gold is a highly effective resurfacing and firming lotion for your skin. Recognised for its natural medicinal properties, liquorice within Alpha-H Liquid Gold visibly reduce the appearance of fine lines, wrinkles, age spots, hyper-pigmentation, sun damage, acne, scarring and breakouts. Together glycolic acid and liquorice root extract gently stimulate the production of collagen whilst creating a complexion that is lighter, clearer, and more even.


Directions for use:

- Apply Liquid Gold to freshly cleansed skin every other night
- Apply using a cotton pad - taking care to avoid direct contact with your eyes
- Once your skin is dry follow with moisturiser
- As intensive overnight treatment apply and left overnight without moisturiser

Mineral Make Up/Eye-Shadow/Blush

There are a host of mineral make ups, eye-shadows and blushes available and you may well already have your own supply, but if not, the below are some of our favorites - available at beauty salons, some chemists or on line:

- Synergie Minerals (Top pick, as also includes sun block in mineral form)
- Young Blood
- Inka
- A.S.A.P.
- i.d. Bare Minerals, etc



Second Skin Crush Loose Mineral Foundation 8g

Works like a second skin. It is a foundation, sunscreen and concealer in one product. Formulated with the purest blend of earth minerals Synergie's loose minerals offer flawless coverage, broad spectrum sun protection and is a true extension of your skin care routine. Your skin will appear luminous with superior lasting cover. The anti-inflammatory properties of zinc oxide makes our loose minerals perfect for acne and irritated skin.

Suitable for all skin types and tones, Synergie minerals provides either a silky sheer veil of cover with a single layer, or a more opaque 'photo-shoot' look with several layers. The Kabuki brush ensures even coverage. A quick spray with Hydrospritz and the minerals are set for the day.

Mascara and Eye Liner

Select liquid eyeliner over pencil/khol as pencils will usually contain fat/oil.

Mascara can be used sparingly – on the ends of the lashes – however just check that your mascara does not include beeswax or similar ingredient.

Soaps and Body Washes

Select body washes over soap. Many body washes will be suitable - however just double check the ingredients to make sure they are not oil-based. Once we recommend as suitable is Rexona Bath & Shower Gel with Lemongrass and Sea Salt.

Hair Care

Most shampoos will be ok – however avoid moisturising shampoo formulas - and you will need to take precautions with your conditioner and styling products. We suggest you keep a pair of disposable gloves in the shower and wear to apply your conditioner – ensuring you don't rub into your scalp – and also wear gloves to apply and hair finishing products that may have an oil base.

If you regularly visit the hairdresser for a shampoo and blow dry, just ask that they do not massage the conditioner into your scalp.



If you colour your hair, it is also a good idea to make sure you do this before you start with the program, so that you do not have to have foreign substances on your scalp during the 3 weeks of treatment.

Also check if you have any of the following suitable oil free products in your cupboard:

Organic Skin Care:

Check organic cosmetics to see if they are based on herbal extracts such Aloe Vera, tea tree, sandal wood, turmeric, chamomile, cucumber, green tea and lavender extracts, which are oil free and moisturise and tone your skin naturally.

Do not use any products that contain paraben or synthetic additives and preservatives in the ingredient list. Also avoid oil-based make-ups. Only wear water and mineral based cosmetics.
