



## Oil Free 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 when on the HCG diet, 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 typically use 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 doesn't seem to result 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 oil free skin care treatments that will allow you to replicate most of your normal beauty routine.

Cosmetics that are permitted are:

- lipstick or lip-gloss (not lip balm)
- eyebrow pencil
- mineral face powder
- mineral eye- shadow
- Face and Body skincare that entirely free of oil and/or fatty substances
- You can still use conditioner on your hair, but wear gloves and don't 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.

Check the ingredients on your own brands as some will already be oil. We have also listed here some we have found suitable.

Neutrogena has a wide range of oil-free products, including:

### Neutrogena Oil Free Make up Remover:



Takes off all eye make-up, even waterproof mascara. It is ophthalmologist tested, safe for contact lens wearers and oil free.

### Neutrogena Hydro Boost Oil Free Moisturising Foaming cleanser



Neutrogena Hydro Boost Moisturising Foaming cleanser gently cleans with a self dispensing foam. Dermatologically tested, Allergy tested, Oil free.

## Neutrogena Oil Free Acne Wash

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Contains pink grapefruit, salicylic acid plus vitamin C and is naturally derived, dermatologist tested and Oil Free. Helps treat acne, breakouts and blackheads.

## Avene Micellaire Lotion

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(Many other brands of micellaire lotion also suitable)



A gentle no-rinse cleanser that effectively removes all traces of make-up. Suitable for removing both face and eye make up.

Hypoallergenic and non-comedogenic.

Alcohol free, soap free Oil Free.

Suitable as both make-up remover and facial cleanser.

## Aesop Lightweight Facial Hydrating Serum

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Daily facial moisturiser for combination, oily or sensitive skin.

Leaves skin smooth and hydrated with a light finish.

Key ingredients: Aloe Vera, Ylang Ylang, Panthenol

Body lotions and oils need to be avoided for the duration of the HCG diet, with the exception of mineral oil, or oil free formulas.

## Baby Oil/Mineral Oil

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Mineral Oil is the only oil recommended by Dr Simeons in his original HCG Protocol, because it did not interfere with the action of HCG for fat loss. There are different brands available so check that ingredients list mineral oil (and possibly fragrance) as the only ingredients.

To minimise the amount of mineral oil used you can mix a very small amount with aloe vera or other oil free moisturisers to improve their texture for use as face or body moisturiser.

## Jojoba Ester

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



Jojoba oil is actually an ester used to protect, nourish, tone and balance the skin's sebum without absorbing fat into the bloodstream.

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

## Aloe Vera

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Natural moisturiser for both face & body

Benefits include:

- Antibacterial properties
- Accelerates healing of burns
- Helps prevent wrinkles
- Can reduce acne and lighten blemishes

## Dr Steve's Oil Free Plumping Serum

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### Vitamin B + Hyaluronic Acid



Niacinamide (Vitamin B3) may assist in a broad range of skin conditions, including dehydration, blemishes, pigmentation and dull, lifeless skin.

Hyaluronic acid is a natural substance in skin that has the capacity to attract and hold vast amounts of moisture, which almost instantly improves the look of fine lines and wrinkles.

(order in-clinic, or via our website at: <http://hcgprotocol.com.au/products/>)

## Dr Steve's Oil Free Vitamin C Crystals

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### L-Ascorbic Acid powder 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 in your palm, one small 'match head' size of Pure C Crystals to one pump of your chosen oil-free moisturiser. Dissolve and spread over face and neck. Follow with your chosen oil-free moisturiser.

(order in-clinic, or via our website at: <http://hcgprotocol.com.au/products/>)

## Dr Steve's Oil Free Microdermabrasion Crystals

### White Aluminum Oxide Crystals



A dermatologist clinical study showed that microdermabrasion helped reduce multiple signs of ageing. Dr Steve's Oil Free Microdermabrasion crystals are Ideal for acne scars, blackheads, wrinkles, fine lines, age spots, or to simply exfoliate and enjoy softer, smoother, and brighter skin.

Mix a small scoop with oil-free cleanser and apply in gentle circular movements. Rinse and follow with your chosen oil-free moisturiser. Use up to 3 times/weekly.

(order in-clinic, or via our website at: <http://hcgprotocol.com.au/products/>)

## Cellex-C Hydra 5B Complex

### Vitamin B5 + Hyaluronic Acid



A clear oil-free gel, which can be used by both women and men of all skin types, including sensitive skin. Skin feels instantly silkier smoother and more radiant. B-5 (pantothenic acid) has been shown to assist in wound healing and natural hyaluronic acid to hydrate and plump skin. A perfect base for all kinds of make-up Cellex-C Hydra 5B Complex restores youthful translucency and lustre to the skin.

#### Ingredients:

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

## Cellex-C Eye Contour Gel



Cellex-C Eye Contour Gel is designed to reduce the appearance of crows feet fine lines and wrinkles. A lightweight oil-free eye gel that nourishes and firms sagging.

Cellex-C Eye Contour Gel contains a form of Vitamin C (5% L-Ascorbic acid), which

facilitates the production of collagen. Blended with L-tyrosine to stimulate fibroblasts for the production of additional collagen. Also includes bioflavonoids - 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.

**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**

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A light-weight oil-free moisturiser uniquely created from a combination of sea botanical extracts including marine algae Omega plankton watercress extract aquatic vegetable protein DMAE complex and seaweed biopeptides.

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

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

The high concentration of Vitamin C – both in the free-form and hydrolysed forms of L-ascorbic acid - makes this 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.

**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

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### With Glycolic Acid and Liquorice Root



Alpha-H Liquid Gold is a highly effective resurfacing and firming lotion for your skin. Liquorice combined 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.

- Apply Liquid Gold to freshly cleansed skin every other night
- Apply using a cotton pad taking care to avoid contact with your eyes
- Once your skin is dry follow with your chosen oil free moisturiser.



## Mineral Make Up/Eye-Shadow/Blush

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

## Mascara and Eye Liner

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Select liquid eyeliner over pencil/khol as pencils will usually contain fats and or oils.

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

## Soaps and Body Washes

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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.

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## Hair Care

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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 (or haircut) just ask that they do not massage the conditioner into your scalp.

The same applies for the oils used by your nail salon. Just ask them to skip that step.

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.

## Natural and Organic Skin Care

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You may already be using organic or naturally based cosmetics, so check ingredients of those you already have to see if they may still be suitable. What to look for:

herbal extracts such aloe vera, tea tree, sandal wood, turmeric, chamomile, cucumber, green tea and lavender extracts, jojoba, etc which are oil free and moisturise and tone your skin naturally.

Avoid 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.