Fiona’s Beauty Secret

Why is Fiona, the sweet new addition to the Cincinnati Zoo, such a beauty? Her secret lies in her sweet smelling sweat! SPF by any other name might be hippopotamus sweat – Specifically, a blended pigment of red hipposudoric and orange norhipposudoric acids. Casually labeled ‘blood sweat,’ because of its color, the pinkish-red secretion on the backs and snouts of soaking hippopotami is neither blood nor sweat but an ultraviolet protective lipid secreted from glands to protect the animal’s hide from blazing sun rays. Hippopotamus amphibious are quite thin skinned and sensitive – the pink hue seen gleaming on their hides is an amazing principle of animal physiology. With no oil glands or hair, hippopotami have little relief from scorching ultraviolet rays except submersion in water and mud. Why doesn’t her skin burn? How does she stay so beautiful? It seems Fiona excretes her own SPF with an antibiotic boost. Pretty cool. Nature makes sure her skin stays supple and sweet….No sweat! (Hippo sweat in skin care www.dermscope.com, written by Beth Kennerson, LE)
H skin pre + pro biotic products

◆ maintain skin barrier moisture balance, suppress dehydration + sun damage + protect skin from harmful bacteria.
◆ beneficial for: acne, rosacea, eczema + inflammatory skin conditions.
◆ encourage healthy balance of friendly microflora on skin; optimizing, maintaining + restoring microbiota of the skin, enhancing skin's natural defense barriers.
◆ help alleviate congested skin + detoxify without harsh chemicals + encourage cell turnover, preventing breakouts.
◆ prebiotic oligosaccharide in h eye + face + neck repair cream stimulates, detoxifies + exercises skin's circulation, tissues, nerve endings + lymphatic function.

DID YOU KNOW?

MOISTURIZERS: Necessary when using age management ingredients are retinol and vitamin C, which are in all T4 and H Skin moisturizers.

AGING DRY SKIN: Due to decreasing surface lipids, not a decrease in oil production. Decreased surface hydration leads to larger sebaceous glands with decreased cell turnover, trapping oil beneath skin that may lead to breakouts. Turn over dead cells with T4 + H retinol, replenish lipids with H ceramide, top with moisturizer.

H Skin 5 Step Program

1. pre + biotic hydrate + repair cleanser
2. pro + biotic brighten + restore face tonic
3. pre + biotic brighten + 5% retinol + clarifying + smoothing serum
4. pre + biotic DMAE lifting + vitamin C firming eye + face + neck repair cream
5. hydrate + restore spf 30 sun + blemish fix mineral moisture cream