

Skin Cycling

Embrace the Glow



We are introducing the concept of skin cycling – a skincare regimen designed to give your skin the care it truly deserves. Developed by dermatologist Dr Whitney Bowe, skin cycling is a simple and effective technique that can easily be followed in a **four-night cycle**.

We're all guilty of it – using an excessive number of products and potent actives simultaneously. Over-exfoliating and overusing active ingredients can result in more damage than good. What many people fail to realise is the importance of incorporating rest days into their skincare routines, allowing the skin to repair and recover. Similar to our body needing rest days between exercise, our skin requires periods of downtime to promote skin recovery.

We are happy to introduce RAHN's concept of skin cycling. Let's dive into the **four nightly steps**, packed with suitable ingredients, that will transform your complexion and leave you glowing.

Night 1: Renew and Refresh

Start your skin cycling journey with a gentle exfoliation. Sweep away impurities and dead skin cells with an exfoliant. This step promotes cell turnover, revealing a smoother and more radiant complexion. Get ready to unveil your skin's natural glow ...

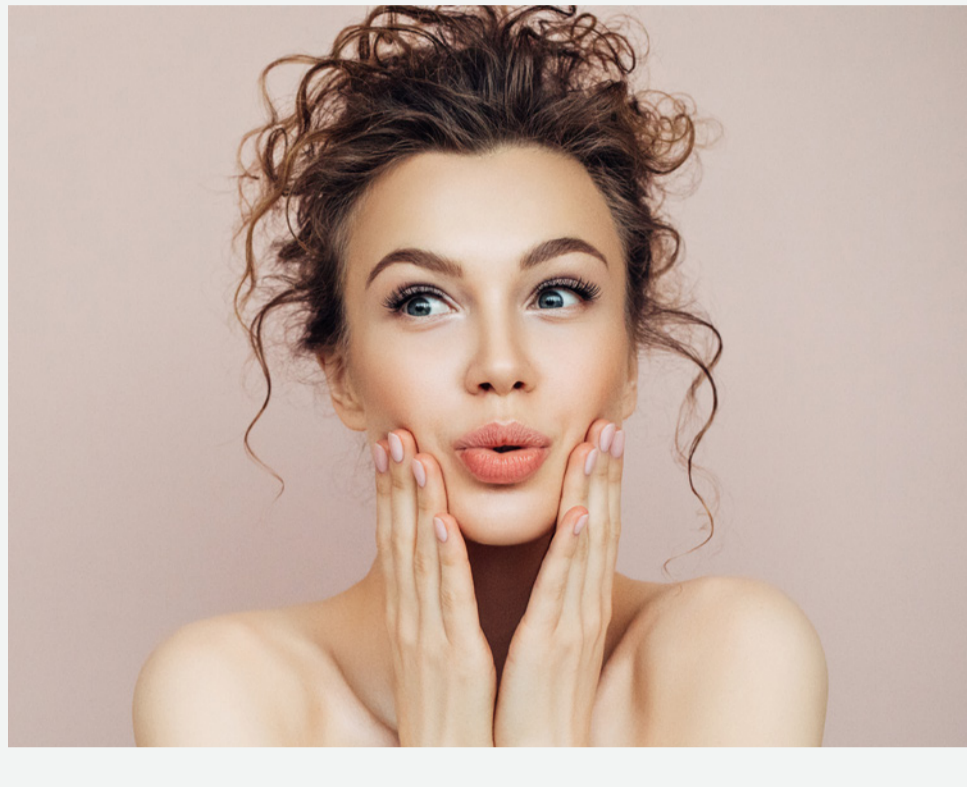
Zymo Clear MD plays a pivotal role in skincare routines. Enzymes such as lipase and protease delicately cleanse, enhance skin balance and foster skin renewal. We endorse Zymo Clear MD for thorough deep cleansing, particularly beneficial for oily and sensitive skin types. When integrated into the skin cycling regimen, it preserves vitality and radiance.

“Cleanse, Balance, Renew”

Benefits:

- Streamlines the cleansing process.
- Diminishes the need for harsh ingredients.
- Accelerates skin renewal, resulting in enhanced radiance.

INCI: Maltodextrin, Lipase, Protease



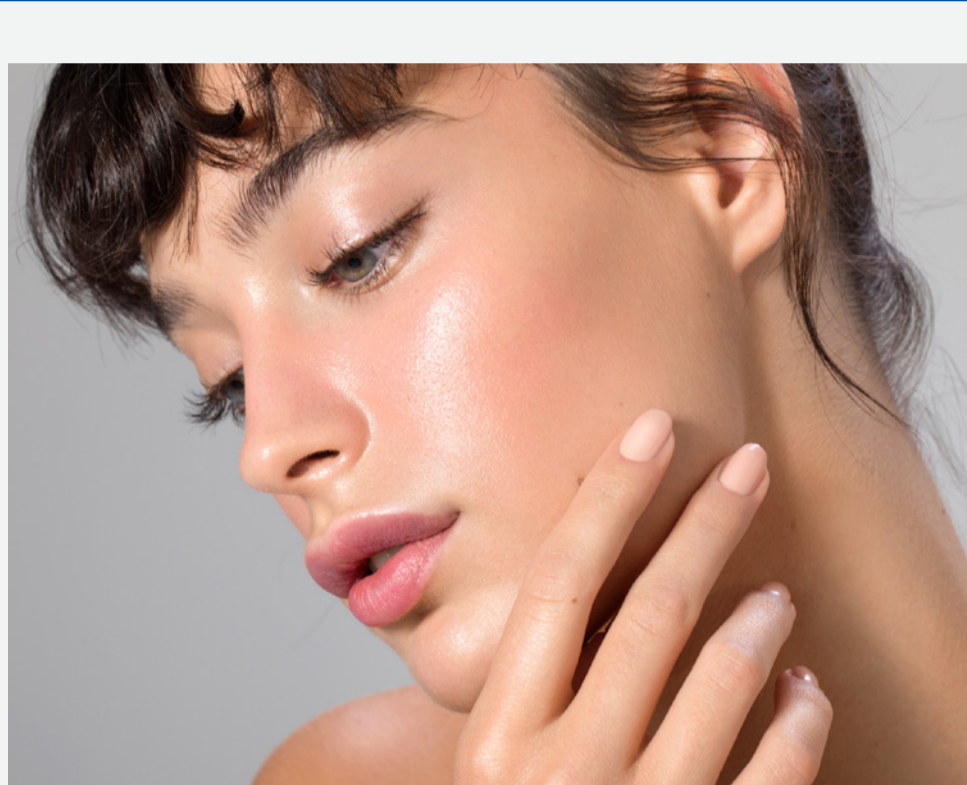
CYCLOSYSTEM COMPLEX® (CC Glycolic Acid 50 %)

This powerful formula blends glycolic acid with cyclodextrins to offer a gentle exfoliation and skin renewal experience. Through a controlled release mechanism, the glycolic acid works its magic overnight, delivering effectiveness without causing irritation. The outcome? A smoother, more radiant complexion that truly stands out.

“Mastering Release, Extending Impact, Minimising Irritation”

Did you know that CC Glycolic Acid is notably gentler than free glycolic acid?

INCI: Cyclodextrin, Glycolic Acid



TEGO® RenewHA Solutions*

Evonik's next-generation alpha hydroxy acids (AHAs) provide effective skin renewal while being gentle on the skin. Elevate your skincare routine with Evonik's AHA range.

“Milder Effects and Greater Humectant Properties to Retain Moisture”

Experience skin renewal with:

- TEGO® RenewHA Lacto for sensitive skin. **INCI:** Lactobionic Acid.
- TEGO® RenewHA Malto for active skin care. **INCI:** Maltobionic Acid.
- TEGO® RenewHA Mandelic for darker skin types. **INCI:** Mandelic Acid.
- TEGO® RenewHA Cap for radiant looking skin. **INCI:** Hydroxycaproic Acid.

Each product exfoliates and renews the skin while providing unique benefits such as firming, smoothing, moisturising and protecting.



*Only available for our customers in AT and CH

Night 2: Activate Cell Renewal

Boost your skin's rejuvenation process for a better skin cell renewal treatment. Apply a serum or cream to target fine lines, wrinkles and uneven texture. Let this powerful ingredient work overnight, stimulating collagen production and restoring your skin's youthful appearance.

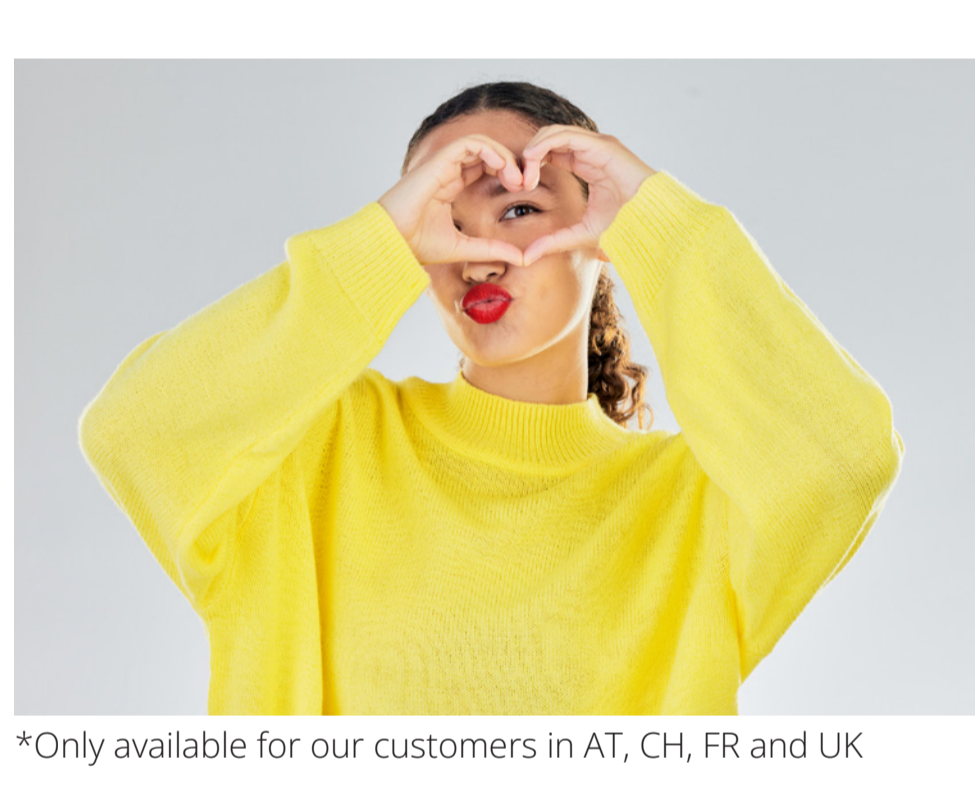


LIFTONIN®-Q1 Discover the Secret of Holistic Skin Harmony

The skin cell renewal process is regulated by a programme responsible for activating and deactivating genes. This programme can be negatively influenced by various factors, resulting in the appearance of wrinkles, loss of elasticity and thinning of the skin.

“Young Skin Thanks to Youthful Gene Expression”

LIFTONIN®-Q1, a water-based extract of *Ganoderma lucidum*, has the capability to reset the epigenetic clock to the time of our youth by positively regulating epigenetic processes within the cells. Thanks to this remarkable mechanism, LIFTONIN®-Q1 is able to significantly lift and rejuvenate the skin.



*Only available for our customers in AT, CH, FR and UK

Sytenol® A* – Bakuchiol, a gentle botanical alternative to retinol, is renowned for its skin renewal properties. Its benefits include retinol-like effects without causing irritation, making it an ideal choice for sensitive skin.

“The True Alternative to Retinol”

Benefits:

- Cell renewal: Achieve fresher, more youthful-looking skin.
- Texture enhancement: Diminish lines and refine skin texture.
- Antioxidant defence: Safeguard against free radicals.
- Clarification: Minimise blemishes for clearer skin.

INCI: Bakuchiol



*Only available for our customers in AT and CH

InuMax® Advanced Retinol* utilises a unique delivery system that ensures stable retinol with enhanced penetration to deeper skin layers, maximising anti-aging benefits. Notably, it causes less skin irritation than free retinol, which is valuable in high retinol formulations. It offers advanced delivery technology for enhanced absorption.

“InuMax® Delivery Technology to Enhance the Bioavailability of Retinol to the Skin”

Benefits:

- Reduces potential for skin irritation.
- Enables high retinol claims.
- Improves stability over 28 weeks.

INCI: Aqua, Caprylic/Capric Triglyceride, Glycerin, Polysorbate 20, Retinol, Inulin Lauryl Carbamate, Behentrimonium Chloride, Sucrose Laurate, BHT, BHA, Phenoxymethanol, Benzoin Acid, Dehydroacetic Acid, Ethylhexylglycerin, Disodium EDTA

Nights 3 & 4: Nourish and Restore

During the third and fourth nights, your skin enjoys dedicated recovery time. This is when the skin's barrier, pH and microbiome are restored, effectively priming your skin for the subsequent reintegration of active ingredients. Hydration is key to healthy, glowing skin. Apply a hydrating serum infused with replenishing ingredients, followed by a nourishing moisturiser to seal in the hydration. Wake up to plump, supple and revitalised skin.

Prodew® 600* is a potent blend of amino acids and humectants that work synergistically to enhance skin hydration and overall moisture retention. Its moisturising properties aid in maintaining skin suppleness while fortifying the skin's protective barrier.

“Highly Effective Moisturiser Formulated with NMF Components”

Benefits:

- Intensive hydration: Prodew® 600 delivers profound hydration, ensuring long-lasting moisture.
- Strengthened barrier: Prodew® 600 reinforces the protective barrier, shielding the skin from environmental stressors and preserving its resilience.
- Nourished radiance: Enriched with amino acids, Prodew® 600 nurtures the skin, supplying essential nutrients for a healthy, radiant appearance.

INCI: Betaine, Sodium PCA, Sodium Lactate, PCA, Serine, Alanine, Glycine, Glutamic Acid, Lysine HCL, Threonine, Arginine, Proline, Water



*Only available for our customers in AT, CH, DE, IE and UK

DEFENSIL®-PURE Discover the Secret of Postbiotic Skin Care

We now know that dry skin can suffer considerably if the skin microbiota is out of balance. It is therefore fundamental to counteract this imbalance, avoiding potential formation of inflamed skin and, in a second stage, atopic dermatitis.

“A Healthy Microbiota Can Prevent Atopic Dermatitis”

DEFENSIL®-PURE, a postbiotic ingredient obtained from fermenting millet flour with lactobacilli exhibiting prebiotic activities, effectively rehydrates dry skin and enhances the skin's appearance.

DEFENSIL®-PURE promotes the growth of beneficial bacteria on the skin surface and has the potential to supplant undesirable microorganisms.



AstaCos® OL 50 is a powerful antioxidant derived from the microalgae *Haematococcus pluvialis*. It effectively fights free radicals, the main cause of oxidative stress and premature skin ageing.

“The Red Diamond for Your Skin”

Benefits:

- Barrier guardian: Its antioxidant properties strengthen the skin barrier, protecting it from external aggressors that could cause damage.
- Increased skin elasticity: Regular use supports the skin's elasticity, keeping it supple and firm.
- Nutrient-rich care: AstaCos® OL 50 provides a nutrient boost, nourishing the skin and supporting its health and vitality.

INCI: *Simmondsia chinensis* Seed Oil, *Haematococcus pluvialis* Extract, Tocopherol, *Helianthus annuus* Seed Oil



What to do once you complete the cycle? You simply repeat the process ...

Ready to experience the incredible benefits of skin cycling? Follow these steps and explore the potency of these powerful ingredients to witness the effectiveness of a well-rounded skincare routine.