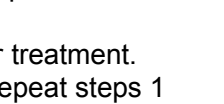
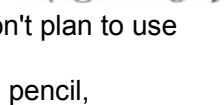
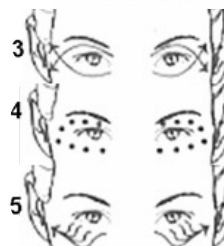


Skin Immunity Systems' Daily Ritual

1. **Wash your hands** thoroughly.
2. Remove skin care debris, makeup and traces of makeup with a cleansing lotion or milk, or try Anacell Facial Ablutions (coming out on 15 February 2010) to protect your skin against aggression from high calcic and chlorinated tap water, and from soaps.
3. Wash your face and neck with warm water and preferably use a soap-free solution. If possible make use of two round sponges to exfoliate the skin **gently (!!)** while washing the face and neck.
4. Dry skin with light pressure to the face and neck with a personal towel that you reserve for the face alone and do not use it for your hands. **Never rub the face!** Changes towels every 3 or 4 days or make use of disposable paper tissue.
5. Vaporize 100% organic flower mist (rose, lavender, chamomile, witchhazel, or a mixture of these depending on the type and condition of your skin. Request the appropriate Skin Immunity Mist for your type of skin from the [Anacell Laboratory](#). Then massage the face and tap the floral water in it with your finger tips. Do not wait until completely dry. Proceed immediately with applying the oil-treatment, preferably customized for your skin type or beauty problem.
6. Put a few drops (3 to 4) of Anacell Facial Serum and warm them in your hand palms (**picture 1**), sense the perfume that emerges from rubbing the hands together. Then apply to your entire face and neck as well (**picture 2**). Avoid the areas around the eyes (see point no 7). Work well and gently for 5 minutes to 10 minutes. If during the 10 minutes the skin has completely absorbed the oil, add a few drops more. It only means your skin is hungry and thirsty. Wait a few seconds before removing excess with a paper tissue (see point no. 10).
7. Put 1 drop of Anacell Eyes Contour serum on your index finger. Rub with the other index finger and apply around the eyes (**picture 3**). Gently pat around the eye area like playing piano (**picture 4**), starting from the inner corners of the eyes and working outwards. For severe bags under the eyes, press gently downwards while working in the serum (**picture 5**).
8. (optional) Apply your regular moisturizer.
9. (optional) Finish with your nourishing cream or your foundation.
10. Take a paper tissue, cover the left side of your face, press gently and remove. Cover the right side of the face, press gently and remove. If you don't plan to use make up, apply a new layer as you need throughout the day.
11. (optional) In less than 10 minutes, you're ready to apply your (blush, lipstick, pencil, mascara).
12. **Avoid touching your face for the rest of the day** unless you re-apply your treatment.
13. At the end of the day, before you start watching TV or before going to bed, repeat steps 1 through 6 or to 7.
14. Use **once a month** a very soft exfoliating cream to remove dead skin of the face and neck, or visit once a month at an institute for a professional exfoliation.



With these simple techniques and provided that you take an adequate diet without sugar, low in salt, high in protein and fibers, and that you exercise 3 times one hour per week at least, your skin improves visibly already from the second week. Drink the delicious Anacell Organic Decontamination teas to help maintain a fresh and firm looking skin all the time.

The others notice the improvement long before you will