



THE COMPLETE
GUIDE TO
SKINCARE IN THE
MIDDLE EAST

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WHAT SKIN TYPE ARE YOU?

NORMAL SKIN

This skin type has a radiant complexion, is soft, and has a smooth, even tone. No traces of oil are evident, pores are barely visible and overall skin displays little to no imperfections. This skin type is the easiest to care for and requires only basic maintenance.



DRY SKIN

Skin feels tight and dry, lacks glow and is less elastic. This skin type has low levels of sebum (oil), and does not maintain sufficient oil. Signs of aging are likely to be more evident with lines visible. Dry skin has especial need for regular moisturizing.



OILY SKIN

Skin is oily, with large, clogged pores. Skin is very susceptible to acne breakouts, blackheads, or other blemishes. Sebum producing glands in the skin are overactive, which produce more oil than necessary. This skin type has greatest need for regular cleansing.

SENSITIVE SKIN

This skin type is usually dry and easily irritated. Skin may be reddish, scaly, itchy and prone to breakouts. Sensitivity may also be due to skin conditions including eczema and allergies. Approach should be tailored to the specific needs of the condition, but as a rule this skin type has great need for proper hydration and nourishment.



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Skincare Basics

The health of our skin is one of the first things we notice when we look in the mirror. For such an important feature, you owe it to yourself to give it all the care it needs. Taking good care of your skin isn't difficult. You just need to develop a few healthy habits to keep yours soft, glowing, and healthy.



CLEAN AND MOISTURIZE DAILY

Our skin is always subject to the elements, and in hot climates, dry skin is a common issue. Sweating in the heat, swimming to cool off, and just the heat itself can all lead to dry skin. Washing often is a key component to taking good care of your skin, especially if you have oily skin, but this can also cause and aggravate dry skin. It may seem counterintuitive, but washing your skin actually makes it dryer, particularly with desalinated tap water. This brings about the second rule, of keeping your skin well moisturized. We have to both keep our skin clean by washing and moisturizing it regularly to keep it soft.

You can even go one step further and use a toner before the moisturizer to help remove fine traces of oil and dirt that may have been missed when cleansing. This isn't always necessary, but can be helpful if you want to go the extra mile in caring for your skin.

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FACE CREAM VS BODY LOTION



The term moisturizer gets used widely – but is there a difference when we talk about moisturizers for the face and body?

The skin on our faces is quite different to the skin of our bodies; it is thinner and much more delicate. Think of how often we wash our hands with harsh soaps – you would hardly want to wash your face with similar products. Body lotions are meant to be applied to large portions of your body (arms, legs, torso etc.) and thus tend to be more generalized in their makeup.

The cosmetic needs of your face are usually quite different from your body; dealing with blackheads, acne and wrinkles is more of a concern for the skin of our faces. Moisturizers for the face are more lightweight and are designed not to clog your pores. Their principle purpose is also usually moisturizing, but they may have other benefits (according to the brand) such as sun protection, acne relief and anti-aging effects.

It's important to choose the optimal range of moisturizers than will work best for the different needs of your face and body.



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BE GENTLE ON YOUR SKIN

It's important to keep your skin clean. But daily cleansing and any hair removal process can take its toll. There are a few ways to make your daily routine gentler on your skin.

- Limit your bath times: Continue bathing regularly, but use warm rather than hot water. Hot water strips away the natural oils in the skin and dehydrates it, which can leave your skin dry, red and itchy.
- Use gentle soaps and sponges: Stronger soaps can strip away the protective oils from your skin. Use a mild soap and softer natural sponges to make sure your skin stays healthy.
- Don't rub harsh towel fibres across your skin. Instead, gently dry yourself with a soft towel to minimize irritation and allow the moisture to remain.
- Keep in mind that some hair removal processes, such as waxing or using an epilator, can be harsh on the skin. Lotions or gel can be used to soothe any irritation. If shaving, use lotion or gel to help the razor glide more smoothly. A clean, sharp razor can help avoid scratching and cuts.



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EAT A HEALTHY DIET

The food we eat affects us in almost every way. A healthy diet can even help promote youthful skin. Unhealthy foods, full of saturated fats and refined carbohydrates can cause greasy skin and acne. Eat fresh fruits and vegetables, particularly those rich in Vitamin C, which acts as an anti-oxidant and helps fight aging.



Make sure you don't cut out all the fat either. Healthy fatty acids, like the polyunsaturated and monounsaturated fats found in fish, avocados, nuts and seeds, act as a natural moisturizer, keeping your skin radiant and supple.



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MANAGE STRESS

Stress can create and worsen pre-existing skin problems. It has been found that stress is a primary culprit behind worsening psoriasis and eczema and causing outbreaks of hives, rashes and acne.

Make sure to reduce stress and take time out to care for your skin. Some great ways to reduce the effects of stress on your skin include:



- Taking care of your skin using the earlier tips, even when you're tired, stressed or just short on time.
- Practice stress management techniques such as controlled breathing, yoga and meditation.
- Exercise regularly. Exercise is a great stress reliever and in addition to keeping you in shape, it helps you get better sleep, which in turn keeps your skin healthy.
- Get enough sleep. We often underestimate the importance of a good nights sleep. Poor sleep can lead to increased stress, weaken our immune systems and worsen our overall health.

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EXERCISE AND YOUR SKIN

We all know working out is great for your body's health, but without taking the necessary precautions, it isn't always the best for your skin. Your workout sessions could lead you to clogged pores and subsequent pimples. These are easy enough to avoid if you just take the following into account.

Remove any makeup before your workout

- Working out increases your blood circulation, opening up your skins' pores.

Combining sweat and makeup residue can block your pores and potentially lead to acne. Just remove your makeup and let your skin breathe freely while you're working out.

Use the right sunscreen

- If you're exercising outdoors, it's a great idea to wear sunscreen. But make sure it's the right sunscreen. Since our pores open up with any kind of workout, make sure you use a sunscreen that's light enough that it won't clog your pores.

Keep it clean

- Wipe down gym equipment, take a shower, wash your face – just try to keep your skin as clean as possible. Don't let the bacteria build up in your pores any longer than you have to.

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SKINCARE IN THE MIDDLE EAST

In the Middle East, our skin gets bombarded by the elements almost constantly. The combination of strong, bright, sunny days, high temperatures and heavy humidity can be harsh on your skin. Here are a few more tips that are especially important to help protect your skin from the sun and heat.



UNDERSTAND ULTRAVIOLET A AND B RAYS

The sunlight that reaches us is made up of two types of harmful rays: long wave ultraviolet A (UVA) and short wave ultraviolet B (UVB). UVA rays penetrate deep into the dermis, the skin's thickest layer.

Unprotected exposure can lead to premature skin aging and wrinkling, often called photoaging, and suppression of the immune system. UVB rays will usually burn the superficial layers of your skin, playing a key role in the development of skin cancer.

It's important when out in the sun to use a sufficiently strong sun block. Dermatologists recommend that we use a sun block with a rating of at least SPF 15. It's also important to ensure its applied correctly. Many people don't realise that they're actually using too little sun block when outdoors. To be effective, use sunblock liberally to ensure your sunblock isn't spread too thin, and don't forget to reapply frequently. If you're going swimming, it is generally a good idea to reapply sunblock afterwards.

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CHOOSE YOUR TIMES CAREFULLY

In the Middle East, the sun's rays are at their strongest between 10 am and 5 pm, so it's best to avoid staying out in the sun for long periods during these hours. Early mornings and late afternoons are the best times to get outdoors. Even in shaded areas or on cloudy days we remain at risk for sun damage as the sun's rays easily reflect off of most surfaces. In the cooler winter months we're also still at risk since it's the light, and not the heat, that causes this damage.



COVER UP

One of the best ways to keep your skin safe is to minimize bare skin exposure when you are outdoors. In a nutshell, wear clothing that doesn't leave too much of your skin exposed. Our clothes don't offer complete UVA or UVB protection, but it's a good start. It's also a good idea to wear a hat or cap to protect the skin of your face and neck.

For even more comprehensive protection, materials with added UVA and UVB protection are available.

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Vitamins & Your Skin

They say you are what you eat. What you choose to put into your body will show itself on your skin. Diets filled with processed foods often leave skin looking and feeling dull, oily, and discolored. But nourished bodies that are fueled with whole foods and creams containing the recommended amount of vitamins often display a much healthier appearance. What vitamins do you need and what exactly do they do?



VITAMIN A

Vitamin A, also known as retinol, is essential to the formation of visual purple in the retina, which allows vision in dim light. Beta carotene, the precursor to vitamin A found in vegetables, has antioxidant properties which means it protects cells from the daily toxic damage of oxidation.



Vitamin A: Younger, healthier skin, and fewer wrinkles too!

Vitamin A helps your skin in numerous ways. Your collagen, elastin and blood vessels are in a region of your skin known as the dermis, and Vitamin A helps thicken and strengthen this layer of skin, thereby reducing wrinkles and increasing blood flow to your skin's surface. Vitamin A's antioxidant properties can interrupt the free-radical damage process that causes wrinkling and other signs of aging..

Vitamin A also helps exfoliate your skin, making it soother and its tones more even. It can repair cells in the epidermis, helping to repair sun damage. Vitamin A can also help acne by reducing sebum production and generally helps hydrate the skin.

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SOURCES OF VITAMIN A

There are plenty of food sources of Vitamin A, including:

- Sweet Potato
- Carrots
- Spinach
- Kale
- Mustard Greens
- Collard Greens
- Turnip Greens
- Beet Greens
- Swiss Chard
- Winter Squash

These are all excellent sources of Vitamin A to keep your body healthy. To optimize Vitamin A's beneficial effects for your skin, you can apply a daily cream such as Monoderma Vitamin A, which is specifically designed to be easily absorbed and effectively boost your skin's health!



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VITAMIN C

It may not be the cure for the common cold (though it's thought to help prevent more serious complications). However, of vitamin C's benefits do include protection against a weakened immune system, cardiovascular disease, prenatal health problems and eye disease.



VITAMIN C FOR THE SKIN:

Vitamin C helps in skin care with of two main effects, its antioxidant properties and its importance in collagen synthesis. Eating foods with high vitamin C content and applying vitamin C directly to the skin can enhance the effectiveness of sunscreens for protection from the sun's harmful UV rays. It does this by decreasing cell damage and helping the healing process of bodily wounds. It can also help fend off the signs of aging because of its vital role in the body's natural collagen synthesis. It helps to heal damaged skin and in some cases, even reduces the appearance of wrinkles.

With decades of research around its benefits, vitamin C has been found to help you achieve younger, healthier and more radiant skin. That research has shown that concentrations as low 0.6% provide antioxidant and anti-aging benefits to skin. For the best results, use it strategically and as part of a routine for a pleasant mix of antioxidants, skin-repairing agents, and cell-communicating ingredients.

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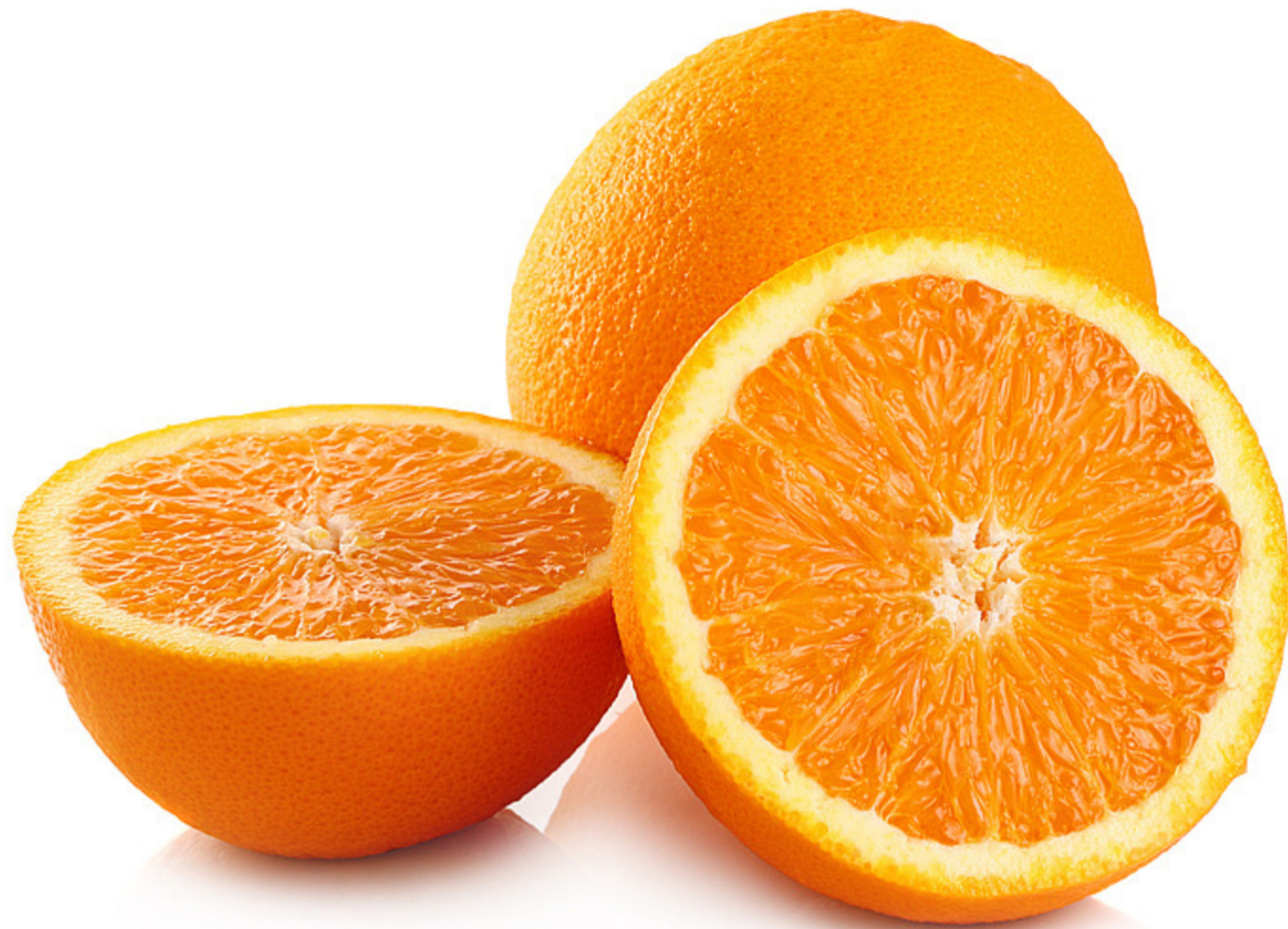
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SOURCES OF VITAMIN C

One of the most famous sources of vitamin C is oranges. Most people don't know though, that there are many foods out there with much higher vitamin C content, including:

- Bell peppers
- Guavas
- Kale
- Kiwis
- Broccoli
- Strawberries



A few more great sources of vitamin C are papayas, cauliflower, pineapples and mangoes.



VITAMIN E

The health benefits of vitamin E come from its antioxidant properties. Antioxidants remove free radicals — the unstable compounds that damage the cell structure. Immunity levels improve when vitamin E is consumed. It has even been found to reduce cholesterol and the risk of developing cancer.



VITAMIN E FOR YOUR SKIN

Vitamin E for skin is often found in sunscreens and after-sun products. Anti-aging products usually contain at least 1% vitamin E, where it serves to eliminate dryness by helping skin retain its natural moisture. Vitamin E's potential to eliminate dangerous free radicals has earned it the nickname "the protector." Skincare studies have often documented its superstar status. In one of the studies, vitamin E significantly reduced the number of free radicals created after exposure to cigarette smoke. Other studies show that when it's used prior to sun exposure, the skin is less red, swollen, and dry.

Recommended usage for vitamin E is to apply it before and after serious sun exposure. A single strong dose of UVA and UVB rays can damage half the skin's natural supply of vitamin E, so strengthen your defenses by putting on a sunscreen supported with the vitamin before going into the sun.

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SOURCES OF VITAMIN E

Plenty of foods provide great sources of vitamin E. Some of the best sources are nuts, seeds, and vegetable oils. Significant amounts of vitamin E are also available in green leafy vegetables and fortified cereals. Some great examples include:

- Wheat germ oil
- Sunflower seeds
- Almonds
- Sunflower oil
- Safflower oil
- Hazelnuts
- Peanut butter
- Peanuts
- Corn oil
- Spinach
- Broccoli
- Soybean oil
- Kiwifruit
- Mango
- Tomato



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FOLIC ACID

Folic acid helps the body make healthy new cells. This makes folic acid an important factor in any anti-aging formula, and works especially well to fight the effects of photo-aging.

Folic acid can easily be found in foods that include leafy green vegetables, fruits, dried beans, peas and nuts. Enriched breads, cereals and other grain products also contain folic acid.

BENEFITS

Anti-Aging

Folic acid is very effective in improving the firmness of the human skin. It also helps to repair wrinkled skin and ultimately reduces the signs of aging.



Controls Acne

Folic acid is very effective in improving the firmness of the human skin. It also helps to repair wrinkled skin and ultimately reduces the signs of aging.

Healthy Glowing Skin

Proper amounts of folic acid in your body can help in keeping the skin moisturized and healthy. It will also give the skin a natural glow



Sources of Folic Acid

Folic acid can be found in many types of foods. Citrus fruits, leafy vegetables, whole grains, and legumes are excellent sources of folic acid. Many foods are fortified to include folic acid in their ingredients. These foods include white rice, flours, breads, cornmeal, cereal and pastas.

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MonoDermà

more vitamins, more life to your skin

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MonoDermà

We highly recommend MonoDermà for great skin. MonoDermà is pure, topical vitamins for your skin. They're natural, preservative-free, easy to use, eco-friendly, and are contained within capsules to retain 100% pureness.



Dry Skin - MonoDermà E5

To reduce the daily wear and tear on your skin, MonoDermà E5 uses the power of pure Vitamin E to soften, soothe, hydrate and protect.

Dark Spots - MonoDermà C10

This incredible natural product uses pure Vitamin C to help lift dark melasma skin cells to produce a skin lightening effect. As a result, you get a much brighter, even tone of skin.



Dull Skin - MonoDermà A15

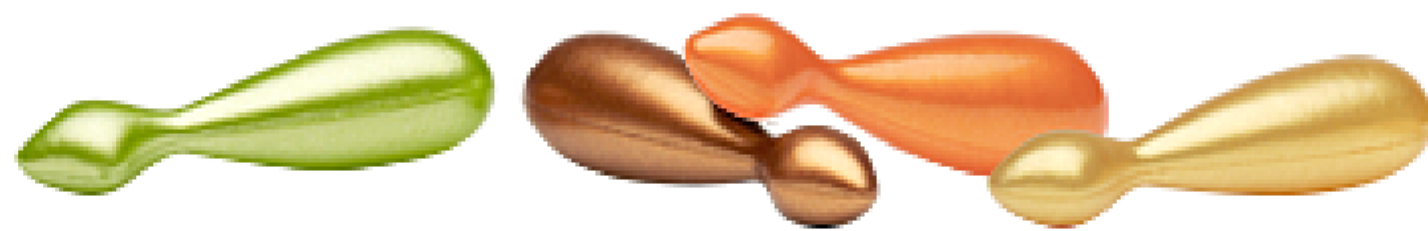
Applied directly to your skin, Vitamin A naturally exfoliates the skin and can actually take years off of your complexion.

Sun Exposure & Damage - MonoDermà M5

Over a lifetime, the sun's UVA and UVB rays can inflict degenerative changes in your exposed skin. MonoDermà M5 is pure Folic Acid, and a superb regenerative treatment.



We hope you've found this guide to be valuable and useful in understanding your skin and how to take better care of it



Join the conversation to see how MonoDermà can help you!



Thank You!