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The Art of Bath

Kisha Rose Simple Bath Recipes

Bath is back! Whether you are a connoisseur of bathing or so busy you rarely get an opportunity to indulge in a relaxing bath, you'll find something to your taste. Our full color guide features KRS favorites like Warm Oil Bath™ for dry skin and invigorating Sugar and Spice Bath.™ Get your free copy at MYTRIPLEBUTTER.COM

Volume 1

Your Skin: Healthy. Beautiful. Simple.



Simple Skincare is the Best Skincare

Welcome to Kisha Rose! We have been creating natural skincare products since 1999. Our philosophy is simple we believe every woman wants and deserves beautiful skin. Period. Let's state that again, every woman *wants* and *deserves* beautiful skin. With that in mind we believe skincare should be easy and simple, like brushing your teeth. You don't have

to think about brushing your teeth, you just do it. Twice a day, for a few minutes. Your skincare routine should be just as simple. The more simple the routine the more likely we are to stick with it. In order to do that, we need a few basic things. First we need the right tools. For brushing teeth, our tools include toothbrush, toothpaste, mouth wash and dental floss. For skincare our basic tools will consist of our skincare products, our hands, a cotton ball and a bath sponge. Just that simple. No mystery. No big investment needed. This guide walks you through each of the four skin types, helps you decide which type you are and arms you with products and tips for bringing out the most in your skin. **Here's to your skin: Healthy. Beautiful. Simple.**

Mature Skin

Maturing brings many wonderful facets to life. We women become more seasoned and better with age, like fine wine of course! We begin to know ourselves and understand our place in the world, bringing a sense of confidence and clarity that we may not have experienced as younger women.

Our skin, however may begin to throw us a curve ball. Skin that was once oily may become dry, skin may feel thinner in certain areas and may become more sensitive. Our skin may become less firm and resilient, making it easier to see the tiny imperfections mother nature bestows on us all. Continued on p2.

Oily Skin

Oily skin has its own set of unique benefits and challenges. Oily skin is characterized by excess oil production. Skin may appear shiny and feel greasy to the touch. If you have oily skin you may find that half-way through the day your face may be oily despite washing that morning.

One benefit of oily skin is that it may show fewer signs of aging therefore appearing younger. However, the accumulation of oil can lead to problems such as acne and large pores. For those with oily skin, it may feel natural to want to wash more often, but this can actually lead to the skin producing more oil.

The best plan for oily skin includes daily washing with a mild cleanser. Kisha Rose French Clay Cleansing Bar removes excess oils and impurities without drying the skin. After cleansing apply a mild astringent or witch hazel to help tighten pores and smooth the skin. Finally, while it may seem counterintuitive to apply moisturizer to oily skin, this crucial step actually helps balance oil production as skin tries to compensate for dryness caused by cleansing. Kisha Rose Triple Butter (3-in-1) is an effective moisturizer for oily skin. Protect skin from UV rays with a sunscreen of SPF of 15 or greater. Increase to SPF 30+ in summer.

Tip: Oily skin can be especially sensitive and prone to acne breakouts. A good practice is to use products that are fragrance-free as fragrance can be a strong irritant to sensitive skin. All Kisha Rose products are available fragrance-free upon request.



Kisha Rose French Clay Cleansing Bar is an excellent choice for oily skin

Fact: Did you know that skin is the largest organ of the body and serves many purposes. The skin plays a key role in protecting the body against bacteria and excessive water loss. Its other functions are insulation, temperature regulation, sensation, and the production of vitamin D. It is important to care for our skin to maintain its integrity and enable it to function properly.

Dry Skin

Dry skin may feel tight and rough to the touch. Dry skin also shows signs of pre-mature aging faster than other skin types. It may be ashy and show signs of flaking, scaling or peeling. A routine for dry skin should include rich moisturizing ingredients like shea butter, cocoa butter and vitamin e. All of these can be found in Kisha Rose Triple Butter 3-in-1 moisturizer. **Tip:** Seal moisture into dry skin by applying moisturizer while skin is still damp.

Step 1: **Cleanse** daily with a gentle cleanser. We recommend Kisha Rose Kaolin Clay Cleansing Bar.

Step 2: **Rinse** in cool water to gently tighten pores and seal in moisture without over-drying.

Step 3: **Moisturize** with a rich moisturizer such as Kisha Rose Triple Butter Organic 3-in-1 Moisturizer.

Step 4: **Protect** skin from UV rays with a sunscreen of SPF 15 or greater. Increase to SPF 30+ in summer.

Mature Skin continued from page 1

As we mature, our skin loses collagen, a protein that helps to keep skin firm, plump and free of wrinkles. It also loses elastin, a second protein that offers strength and stretch [source: Bouchez]. Both of the key proteins help with our skin's ability to "bounce back". In addition, years of exposure to free radicals and the sun's UV rays can cause damage to the skin. For mature skin follow the regimen below provides optimal care:

Step 1: **Cleanse** daily with a gentle fragrance-free cleanser. We recommend Kisha Rose Bentonite Clay Cleansing Bar or Kaolin Clay Cleansing Bar.

Step 2: **Tighten Pores** with a **cool water rinse** or apply a mild astringent only to oily areas.

Step 3: **Moisturize** with a rich moisturizer such as Kisha Rose Triple Butter.

Step 4: **Protect** skin from sun's rays with a sunscreen of SPF 15 or greater. Increase to



Triple Butter 3-in-1 Moisturizer is rich in shea butter which is beneficial to mature and dry skin types



Bentonite clay is an excellent choice for combination skin because it deep cleanses and detoxifies without being overly drying.

Combination Skin

Combination skin may have areas that are excessively oily and others where the skin is normal or dry. The "T-Zone" area which includes the forehead, nose and chin can be especially oily in combination skin. Combination skin requires products that will remove excess oils where needed while not stripping dry areas. Gentle care is best for combination skin.

Step 1: Cleanse daily with a gentle fragrance-free cleanser or cleansing bar. We recommend *Kisha Rose Bentonite Clay Cleaning Bar*.

Step 2: Follow cleansing with a **mild astringent** or witch hazel on the T-Zone

Step 3: Moisturize with a fragrance-free moisturizer concentrating on dry areas

Step 4: Protect skin from sun's rays with a sunscreen of SPF 15 or greater. Increase to SPF 30+ in summer.

Bath & Body Care

Bathing is more than a means to cleansing, it's also a valuable opportunity to moisturize, seal the pores and protect our most precious skin.

Bathing provides an indulgence every day - bath or shower? Bar soap or bath gel? Washcloth or loofah sponge? The choices are endless, but one thing is certain, bathing is an art form ripe with possibilities and enjoyment. Indulge your skin and your senses with the following simple bath and body routine.

Step 1: Cleanse with *KRS 2-in1 Bath & Shower Gel*

Steps 2 & 3: Exfoliate and Moisturize with *KRS 2-in-1 Sugar Scrub*

Step 4: Protect and seal in moisture with *KRS Triple Butter 3-in1 Moisturizer*



A basic once a week treatment can leave hands soft and supple

Hand Care

When you think about all that our hands do on a regular basis, we should return the favor with a little TLC. Weather washing dishes, styling hair, doing laundry or other household chores, our hands take a beating. A simple routine performed once or twice a week is all it takes to leave your hands looking and feeling their best.

Step 1: Cleanse with *Kisha Rose Moisturizing Cranberry Hand Soap*

Step 2: Exfoliate with *Kisha Rose Sugar Scrub (2-in1)*

Step 3: Moisturize with *Kisha Rose Cranberry Hand Cream*

Step 4: Protect with *Triple Butter 3-in-1 Moisturizer*

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Skincare Summary

Oily Skin	Dry Skin	Combination Skin	Mature Skin
Cleanse daily with a gentle, fragrance-free cleanser. We recommend Kisha Rose French Clay Cleansing Bar.	Cleanse daily with a gentle cleanser. We recommend Kisha Rose Kaolin Clay Cleansing Bar.	Cleanse daily with a gentle fragrance-free cleanser or cleansing bar. We recommend Kisha Rose Bentonite Clay Cleansing Bar.	Cleanse daily with a gentle fragrance-free cleanser. We recommend Kisha Rose Bentonite Clay Cleansing Bar or Kaolin Clay Cleansing Bar.
Apply a mild astringent or witch hazel to tighten and shrink pores.	In place of an astringent, Rinse your face in cool water to gently tighten and shrink pores without over-drying.	Follow cleansing with a mild astringent or witch hazel on skin's oily areas (e.g., "T-Zone: forehead, nose and chin)	Follow cleansing with a cool water rinse and apply a mild astringent only to oily areas.
Moisturize with a mild fragrance-free. Apply sparingly as heavy application may clog	Moisturize with a rich moisturizer such as Kisha Rose Triple Butter.	Moisturize with a fragrance-free moisturizer concentrating on dry areas	Moisturize with a rich moisturizer such as Kisha Rose Triple Butter.
Protect skin from suns rays with a sunscreen of SPF 15 or greater. Increase to SPF 30+ in summer.	Protect skin from suns rays with a sunscreen of SPF 15 or greater. Increase to SPF 30+ in	Protect skin from suns rays with a sunscreen of SPF 15 or greater. Increase to SPF 30+ in	Protect skin from suns rays with a sunscreen of SPF 15 or greater. Increase to SPF 30+ in summer.

YOUR SKIN: HEALTHY. BEAUTIFUL. SIMPLE

PRODUCT SPOTLIGHT



Triple Butter

3 Butters, 3 Uses, 1 Moisturizer

Our flagship moisturizer for face, body and hair. Extra rich for extremely dry ashy skin and dry brittle hair. Made with 100% natural ingredients like shea butter, olive oil and vitamin e. For use on wet or dry hair and skin, saves you time, money and counter space. Fragrance Free and all-natural.

Visit MYTRIPLEBUTTER.COM for a complete list of uses.

This guide is meant for informational use only and is not meant to replace medical advice. We urge you to seek the advice of a healthcare professional if you know or suspect any serious skincare conditions or concerns including but not limited to eczema, psoriasis, vitiligo, rosacea, severe acne or skin cancer.