

D R . P A U L C A T T A N I  
C O S M E T I C



***Dr. Paul Cattani reveals his tips for ideal skin care***

Dr. Cattani Cosmetic is based on high-quality plant oils.  
The predominantly plant-based raw materials are gently and  
carefully processed

## 5 Points programme for beautiful skin

1. skin care
2. nutrition
3. relaxation
4. exercise
5. inner balance



### 1. Skin care

Before you can plan for unique and effective skin care, you need to know about your skin type.

Do you know your skin and its needs?

Because skin is constantly affected by diet, internal body processes, climate and the treatment you give it, its texture can change.

What is the nature of your skin?

- Normal
- Dry
- Sensitive
- Oily / prone to shine
- Combination skin
- Impure

Do you know your skin and your needs? Your Cattani beautician will be happy to advise you, or you can fill out the skin analysis on the homepage without obligation.

Choose the care products that suit your skin.

## Tips and tricks for a flawless complexion

The best creams and lotions in the world are meant for regular use. Real and lasting success is only possible with daily use.

A few minutes in the morning and evening as an investment - your reflection in the mirror will reward you.

Basic skin care programme

- Cleansing in the morning and evening
- Refresh and moisturise
- Nourish

The magic formula for beautiful skin is cleansing, which is done twice a day.

Refresh and moisturise with facial lotion, the ideal preparation for the following care.

Apply the ideal skin care cream, with the following steps To achieve an optimal result.



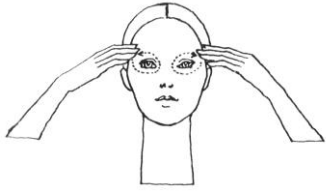
- a) From the base of the neck to the lower jaw



- b) From the chin to the ears – from the nose to the temples



- c) From the root of the nose upwards, outwards across the forehead.

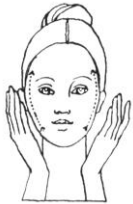


d) Starting at the temples - under the eyes  
under the eyes - back over  
back over the eyelids. Massage only lightly.



e) Now follows the small tapping massage:

**Chin**  
Tap the lower chin with the backs of both hands.  
Light taps from ear to ear.



**Cheeks**  
Firm, short strokes with the fingertips upwards in  
rhythmic 1,2,3 beats from the chin arch to the  
temples.



**Mouth**  
Puff out cheeks. Tap with fingertips along the laugh  
line - from the corners of the mouth to the nose.



**Under the eyes**  
With light fingertips "play the piano" - from the inner  
corners to the outer ones. Concentrate on small  
crow's feet at the outer corner of the eye

Complementary care to pamper yourself and your skin

Treat yourself to regular peelings:

Peeling cream - very effective skin peeling for face and body. With washing-active substances, high-quality natural waxes and oils, e.g. beeswax, very special quartz sand and extracts from beetroot. The round-ground quartz sand gently frees the skin from cornification and flakes of skin. The skin texture is refined and the skin is more receptive to all important active substances.

**Masks**, the instant beautifiers

Care masks are the ultimate pick-me-ups for your skin. Whether stimulating or soothing, balancing or clarifying, your skin will thank you for it.

Your reflection in the mirror will reward you.

## 2. Nutrition

Eat and drink with thought. What you feed your body determines how you look and how you feel. Nutrition is closely linked to your appearance.

Eat everything that enhances your beauty. Food and drink are the fuel that supports our bodies.



Drink for beauty. Pindar already taught the ancient Greeks:

Water is the best.

It has a purifying and refreshing effect.

Learn to appreciate water because it is a beauty maker.

Recommendation: 1.5 - 2 litres of water daily.

### 3. Relaxation

The visible outside is the product of an inner activity.  
Those hours you allow your body to relax and rest are important.  
Find your relaxation ritual that suits you, be it exercises, soft music, meditation or reading, the important thing is that you can relax with it and feel good.

You are restless, someone or a situation annoys you, overall you feel stressed.

you feel stressed.

A short trip will do you good now:

Always keep a place in mind that is simply beautiful for you and you can simply beautiful and where you can let yourself go.



- Sit down, relax, close your eyes and count from 1 to 5.  
count to 1 - 5
- You travel to your favourite place
- You enjoy this place to the full.
- After 1 minute of relaxation, count from 5 to 1.
- On 3 open your eyes stretch and say to yourself:

**I feel as fresh and alert as after an hour of restful sleep.**

### 4. Movement

Get some exercise. Gymnastics in the morning is excellent for the circulation and for so many things that happen in your body. Find the form that suits you and it is fun and promotes a good mood.

### 5. Stay in balance

You know how it comes out when you live only for work. The personality as well as the physical constitution suffer.

Permanent stress as well as doing nothing is no solution.

Relaxation means letting go, but not letting go of everything. It should be balanced and bring the right balance.

This connects body, mind and soul to a balanced I

Last but not least:

Negative thoughts can be insidious, develop unnoticed and also affect your health.

Bring your sense of humour out of hiding again. Break your habits and thereby regain a zest for life.

Happiness comes in a thousand little things, can bring a lot of heart-joy.

We wish you

Dr. Cattani Cosmetic