

6 Superfoods for Skin

A not-so-pretend fairytale for those considering cosmetic surgery!



“...my skin started healing quickly and stopped burning and peeling almost instantly...”

- Janet

“I recommend this system for anyone recovering from plastic surgery.”

- Dave

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1

A Scary Beginning


Once upon an uglier time there was an over-forty YOU who longed to turn back the clock and reclaim your youthful appearance. Maybe you have a big event coming up and it is important for you to show up looking your best. Or perhaps your potentially beautiful skin is plagued with other skin problems like dryness, sensitivity, rosacea, eczema or psoriasis, leaving you longing for products that actually give you the relief your skin craves. You may have tried many over-the-counter products and even prescription drugs from the doctor to no avail. Nothing has worked and you have finally decided to do something about your concerns and elected to have a surgical procedure such as:

- Rhytidectomy (Face Lift)
- Mini Face Lift
- Blepharoplasty (Eyelid Correction)
- Brow Lift
- Rhinoplasty
- Neck Liposuction
- Facial Reconstruction
- Laser Treatments

After the procedure:

The procedure went well and now you are sitting in bed waiting to get your first peak at the new and improved you. Upon removing the bandages, you take your





hand mirror to look at your face and see bruises, swelling and puffiness, and irritated skin that tells you that recovery may not be what you had imagined. Now that you have had your corrective surgery you must deal with recovery, which can be painful, and often includes some swelling and bruising, all common by-products of surgery. It won't be long before you can come out of your tower, but you must take the time to care for and pamper your post-op skin in order to achieve the optimum results of your surgery the first time around. Along with your surgeon's goals for minimizing pain, bruising, and swelling through the use of innovative techniques and minimal invasiveness, he or she will provide good after surgery recovery care and instructions. Following your doctor's post-care instructions is vital for proper healing. Remember! This is a time for relaxation and pampering!

Swelling, bruising, pain and scarring are all concerns that can be minimized with proper post-surgery care. This important time of healing can maximize the results and minimize the damage of surgery by adhering to recovery and post-recovery instructions from your doctor. Your doctor will most likely suggest a moisturizer to aid in your skin's healing, and after spending so much time and money maintaining your youthful appearance, the last thing you want is to have dry and irritated skin that could potentially advance the aging process on your sensitive, post-op skin. Your skin is sensitive after surgery and you may worry about the damaging effects some products could have on your skin, as well as concerns about the effectiveness of those products. You demand and deserve the best and most efficient, exclusively tailored products to use on your new and improved face that will be a working solution to your skin care needs, not just hype.

Selecting the Right Moisturizer for Sensitive, Post-Op Skin

In the beginning, you did your research and chose the right doctor to turn your fantasy look into reality, and now it is time to choose the right moisturizer to help speed up and aid in your recovery. The sea of skin care can be a scary and confusing mess to navigate. You've probably heard the news about all the false labeling of seemingly Natural or All Natural products that in fact contain potentially harmful, man-made chemicals, and make off-the-wall claims that vanish at midnight when you realize they were just a wish. It's no wonder you have built up a level of mistrust and disbelief when it comes to products on the market today. However, skin care doesn't have to be so grim! A moisturizer for sensitive, post-op skin must do more than make claims. It should be effective at reducing and minimizing your pain, bruising, swelling, and scarring as well as deliver anti-aging benefits! After all, your goal is to achieve a more youthful appearance, and not end up like Dave!

The Legend of Dave: a modern-day frog prince

There once was a frog named Dave, the retired president of a multi-million dollar company, who shares many of your concerns and wished to turn into a handsome prince after having elective eye surgery. Like you, Dave did his homework.

He researched doctors and chose the right doctor to perform his surgery. He was finally prepared to realize his dream of having a more youthful appearance and was excited and nervous all at the same time. Dave had anxieties about how the surgery would go, whether or not he would get the results he wanted, and how long it would take to recover. The truth is, this was not his first elective surgery.

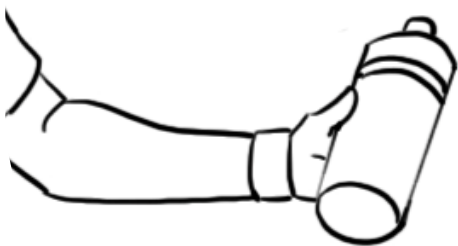
Dave had previous work done and remembered how shocked he was to have the bandages removed and see the bruising and swelling. Even though his doctor told him about what to expect, he wanted results immediately and was not prepared for the lengthy recovery. When he wasn't healing fast enough, he started to get depressed and even more anxious about his recovery. He was



Now he was having elective eye surgery and this time around he was even more anxious about the recovery time. He feared that he would have to suffer through bruising and swelling that seemed to last forever all over again. Dave wanted this experience to be better and he wanted to get the best results possible after this surgery. Sure he knew that pain, along with some swelling and bruising, were all common side-effects of surgery! But Dave wished for far more from this experience!

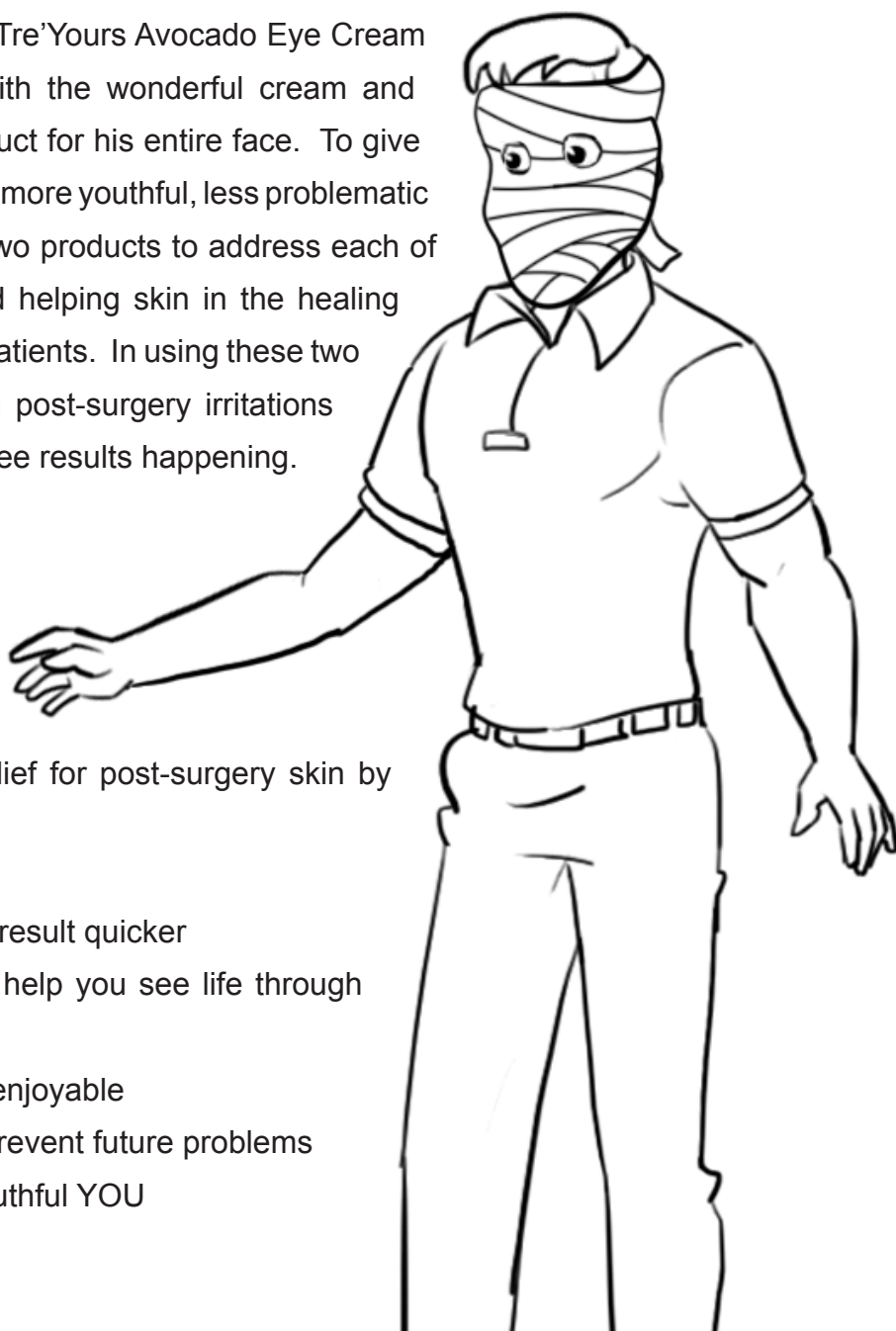
What if Dave's story didn't have to end this way? What if there was something that could minimize all your post-surgery skin concerns and you didn't need to get a magic potion from Merlin to get it? Fortunately, this legend has an alternative ending for Dave!

After his eye surgery, Dave used Tre'Yours Avocado Eye Cream by Castle Baths. He fell in love with the wonderful cream and requested more of this amazing product for his entire face. To give Dave the happy ending to his quest for more youthful, less problematic skin, Castle Baths specially crafted two products to address each of his wants and needs, geared toward helping skin in the healing process, specifically in post-surgery patients. In using these two products, Dave's skin felt relief from post-surgery irritations and he testified that he could finally see results happening.



Together, these products offer relief for post-surgery skin by minimizing:

- Bruising, to get you to the end result quicker
- Swelling and inflammation, to help you see life through happy eyes
- Discomfort, to make life more enjoyable
- Skin damage and dryness to prevent future problems
- Advanced aging for a more youthful YOU



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Common Side Effects of Elective Surgery & Some Helpful Natural Solutions

Bruising: You may notice bruising after your bandages are removed. Bruising, a common side-effect of surgery, is caused by broken or damaged blood vessels under the skin. Certain medications, dietary supplements, medical conditions, and age all increase the risks for bruising as well as the severity of a bruise. As you age, your blood vessels become more fragile and susceptible to damage, and your skin becomes thinner, giving less protection to the more fragile blood vessels. A couple great solutions for bruising are Arnica Montana Extract, an ingredient **not found in your everyday over-the-counter products**, as well as plenty of vitamin K.


Scarring: A small scar can quickly turn in to a wide, noticeable scar when care is not taken during the healing process. You want to achieve the least amount of scarring possible after your surgery and the following are ingredients you should have in your skin care products that can help achieve minimal scarring:

- Avocado Oil
- Green Tea Extract
- Shea Butter
- Hemp Seed Oil
- Cucumber Extract
- Arnica Montana Extract
- Natural Vitamins A, C, D, E, and K

The combination of four of these natural ingredients were what made Tre'Yours Avocado Eye Cream work so well on Dave's face, and all six ingredients can be found in Tre'Yours new face cream duo (see Chapter 5 for details.)

You may find it interesting to know that skin under tension or pulling tends to scar more easily and **keeping the area hydrated is vital to prevent a scar from healing unfavorably**. You should keep the area moisturized, which can benefit healing incisions and allow scars to heal more naturally, with the optimal results you desire.

Swelling: You will undoubtedly be puffy with some swelling after surgery. Fear not, for the swelling



extravasation of fluid into the operated and nearby area. Your doctor will advise you through complete instructions on how to deal with edema. These instructions, along with each of the ingredients listed previously, play an important role in reducing and minimizing swelling.

Controlling and reducing inflammation is important in helping to reduce pain and speed recovery. Anti-inflammatory medication is not always an option in reducing swelling, and can even hinder healing. The anti-inflammatory properties found in the previously stated ingredients can have profound effects on minimizing swelling and speeding recovery to:

- Reduce puffiness to get you to the end result quicker
- Ease tenderness to make life more enjoyable
- Speed recovery to get you back to work sooner

Pain: While pain is a common side effect of surgery, it is important to refer to your doctor's instructions for managing pain post-surgery. While there is no magic wand to take away your pain, Arnica Montana Extract is beneficial in helping to ease discomfort .

Dry and Damaged Skin: You should always avoid chemicals and parabens in the products you use, and doing so will help significantly with dry and damaged skin. Premature aging, which can be a result of dry skin, is definitely not part of your plan for a more youthful appearance! Damaged skin could lead to cracking and open cuts, which allow bacteria to enter the skin, leading to infection. Lotions that contain large quantities of water and potentially irritating perfumes should be avoided as well. In addition, using thick creams and oils can sooth dry and damaged skin. Shea Butter, Hemp Seed Oil, Cucumber Extract, and vitamins A, C, and E, are all ideal ingredients for your skin care products and help to combat dry and damaged skin.

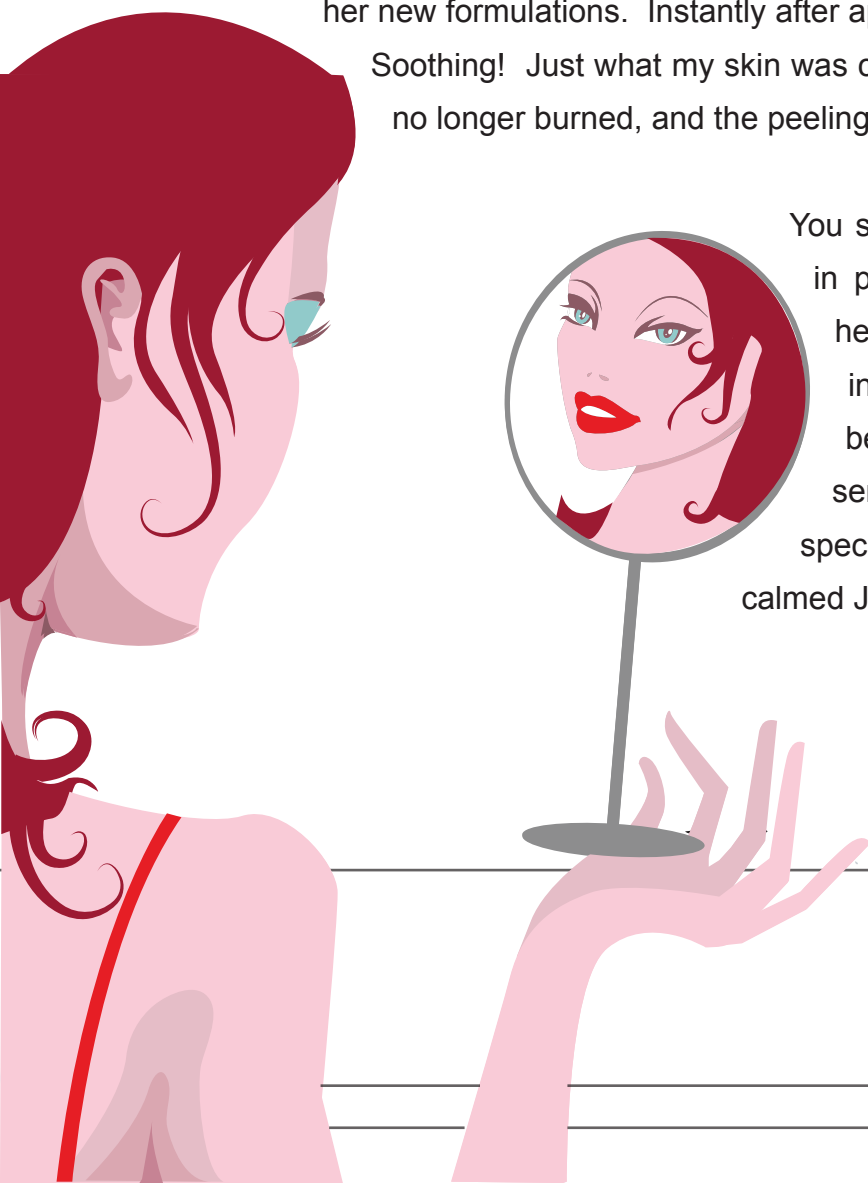
Aging Due to Lack of Hydration: During the healing process, your body's energy and effort is focused on healing the incision and surgery site. Skin's natural moisture can be pulled from the rest of the body, which may increase dry skin occurring on the rest of your face and body. As you age, your skin tends to have less hydration, higher pH values and lower epidermal nerve density, making the skin on and around the face more vulnerable to rapid aging. Extra care given to moisturizing the skin post-surgery is extremely important in order to prevent fine lines and wrinkles, among other moisture lacking issues, from taking place. The six ingredients responsible for helping with scarring issues are also powerful anti-aging skin care ingredients, and can be used to protect your new youthful looks too.

A Maiden in Distress

In a castle not far from here, Janet, a fair maiden, suffered from eczema, a life-long battle with problematic skin that results in irritation, sensitivity, redness, and bumps. She had been using a specific face cream for her problematic, sensitive skin for years until one day the company changed the formula. The very first week of using the new formulation, Janet's face burned intensely and started peeling.

In her extensive quest for a product that would sooth her irritated, peeling, and burned skin, she called Laura, explained her situation, and asked if she had anything that might help. Laura, sensing that there may be more uses for her two new products than just post-op skin care, offered to let Janet test her new formulations. Instantly after applying the creams, Janet said, "Aaaaahhhhhh! Soothing! Just what my skin was craving!" Janet's search was over and her face no longer burned, and the peeling stopped immediately!

You see, Janet is very concerned about ingredients in products because so many ingredients irritate her skin. These two products contain few ingredients, making it easy for anyone to discern between possible irritations, and each ingredient serves a valuable purpose. They are formulated specifically for those with super-sensitive skin and calmed Janet's skin wonderfully.



The Benefits of Natural Ingredients for Skin Care

“How did the combination of four natural ingredients in Tre’Yours Avocado Eye Cream make it work so well on Dave’s post-surgery skin, and what is it about these two new products I keep hearing about that makes them designed for post-op skin care?” you may ask.



Avocado Oil: One of nature's superfoods, the avocado is known for its many health benefits. The oil is obtained from the fruit and expressed from the seed, providing a beneficial avocado extract that increases efficacy of the product and each ingredient! An exceptional advantage of the avocado is its ability to help transport key ingredients, which then perform better than without the extract. That's right! The Avocado Extract actually boosts the ability of the rest of your skin care products' ingredients to give you the best performance possible from each ingredient! A truly powerful and amazing fruit, the skin improving avocado contains high amounts of natural vitamin E, an essential ingredient for healthy, radiant skin. Your skin will thank you with all the benefits you can receive from using products that contain this ingredient post elective surgery.

In addition to intensifying the effectiveness of other ingredients, Avocado Oil possesses many skin care benefits of its own, to include:

- Antibacterial properties
- Anti-inflammatory properties
- Soothing, especially to sensitive skin, with high concentrations of Vitamins A, D, and E
- Helps mobilize and increase collagen of connective tissue
- Outstanding regenerative properties
 - Natural sunscreen with the highest ranking by the Encyclopedia of Chemical Technology for sunscreen effectiveness.
- Has one of the highest penetration ratios allowing it to reach the deepest layers of your skin
- Has high EFA content (omega 3, 6, and 9)

Green Tea Extract: The Far East has known for centuries the many benefits of Green Tea. Research has proven that Green Tea extract is a powerful antioxidant with excellent anti-aging qualities. Its antibacterial, anti-inflammatory, and stimulant properties make it an important, effective key ingredient of quality skin care for post-recovery patients. The oil penetrates deep into cells, thereby protecting the cell from free radicals and related damage, better than vitamins C and E. Green Tea extract also enhances sunscreen protection by extending the SPF of the product. The Green Tea Extract in these two products offers your skin the following benefits:

- A powerful antioxidant
- Antibacterial, anti-inflammatory, and stimulant
- Protects cells from free radicals and associated damage
- Excellent anti-aging properties
- Enhances sunscreen protection by extending the SPF of a product

Shea Butter: Known for helping to reduce the appearance of stretch marks and scarring, as well as softening your skin, pure, unrefined Shea Butter is a superior moisturizer, defending your skin from dehydration and other climatic impacts. It can improve the appearance of your irritated skin as well as alleviate dryness and restore elasticity. Shea Butter also provides sun protection with light penetration properties, minimizing damage from harmful UV rays. The combination of fatty acids, phytosterols, vitamins E and D, allantoin, and vitamin A helps to:

- Neutralize free radical damage
- Heal skin irritations
- Reduce fine lines and wrinkles
- Stimulate collagen production.

Hemp Seed Oil (Does NOT contain THC): While hemp is genetically associated to marijuana, a common misconception is that it contains THC, which is the psychoactive element in marijuana. This is not true. Hemp Seed Oil is the main ingredient and benefactor in Avocado Hemp Regenerative Cream. The uses for hemp are numerous and the seed oil possesses several benefits for skin care and healing.

Did you know?

- The oil is excellent for dry and damaged skin as well as compatible with different skin types, such as dry, normal, combination, and oily.
- Hemp seed oil is an anti-inflammatory and contains the highest amount of essential fatty acids, at 80% (omega 3, 6, and 9), of any other plant.
- The oil has the ideal amounts of omega EPA to not simply coat your skin but to closely match your own skin lipids, penetrating into cells and lubricating the surface. Because of this, it is considered one of the best elements for preventative skin aging.
- It won't clog pores and absorbs quickly and efficiently, and its mild UV protection allows tanning without the harmful effects of UV rays.
- The oil is excellent at detoxifying and healing your damaged skin, leaving a more even complexion and even improves elasticity.

A Note About Hemp Seed Oil and U.S. Law:

In case you were wondering, Hemp Seed Oil, which contains no THC, is perfectly legal to purchase and use in the United States. In addition to making a great skin care ingredient, it is commonly used in the manufacture of nautical rope.


Cucumber Extract: Cucumbers have been used for numerous years to treat skin. You may even enjoy using them during a pampering facial! Rich in amino acids, cucumber extract is an important source of vitamins A, C, D, E and K, and beta-carotene.

- Due to the high water content, cucumber extract can help rid the body of toxins and has beneficial hydrating properties.
- Silica, a mineral found in cucumber extract, can also help reduce the appearance of fine lines and wrinkles.
- Fresh extracts from cucumbers have both antioxidant and anti-inflammatory actives and help constrain the activity of pro-inflammatory enzymes.
- The pH of cucumber extract is similar to that of human skin and the benefits of the oil are also recognized as providing:
 - Tightening, to reduce sagging skin
 - Refreshing, to revitalize
 - Softening
 - Healing
 - Moisture-regulating qualities to the skin.

Arnica Montana Extract: The therapeutic value within this plant has been used since the 1500s and is well known for its use as a homeopathic and topical herb remedy for the treatment of a variety of disorders. Its anti-inflammatory and antimicrobial properties are ideal for promoting healing. While topical arnica has a range of uses, it is especially efficient at helping to:

- Ease discomfort
- Reduce swelling
- Increase circulation
- Enhance wound healing
- Minimize bruising in post-surgery patients

According to a double blind trial conducted by Arch Facial Plastic Surgery in 2006, for patients undergoing rhytidectomy (face lift) and being treated with either homeopathic Arnica Montana or a placebo, there was a statistically significant difference in perioperative patients on two of the four postoperative data points (size of bruise and speed of healing) assessed. The study successfully concluded that perioperative patients taking Arnica Montana displayed less ecchymosis (bruising). Your bruising and healing time post-surgery can be significantly reduced with the use of this extract.



Susan, a customer who uses Avocado Hemp Regenerative Cream, testified to the effects of the cream on her bruising. She expressed how wonderfully it sped up the healing process of her bruises and she found that the color of the bruises “skipped the yellow/green stage”.

These Superfoods are Packed Full of Vitamins

Vitamin A: Did you know that vitamin A can enhance your skin’s youthful glow? How? Well it contains powerful antioxidants which speed your skin’s cell renewal process!

This anti-aging vitamin is believed to:

- Reduce wrinkles, who is that sexy person in the mirror?
- Fade brown spots so you don’t have to worry about covering them up
- Smooth roughness—baby smooth, oh yeah
- Improve skin’s texture and firmness
- Increase the production of certain skin components that retain water and help skin cell turnover

Vitamin C: Vitamin C is extremely important in the healing process of wounds . Did you know that if you are lacking in this essential vitamin, you may take longer to heal? That’s right! The body uses vitamin C to replace damaged tissue with scar tissue, by helping your body produce collagen, which aids in proper healing. Studies have also shown that vitamin C helps reduce inflammation as well as the appearance of aging and dryness.

Vitamin D: This vitamin is excellent at revitalizing the skin. Its particularly strong anti-inflammatory properties make it an effective treatment for repairing damaged skin, especially skin injuries due to surgery. It also contains antioxidants that may help prevent further skin damage and premature aging.

Vitamin E: Natural vitamin E is a powerful antioxidant that protects and repairs your skin from damage. Synthetic forms of vitamin E are made from petrochemicals, also known as petroleum. “Gross!” Not exactly something you want to smear on your face and a good reason it is important to distinguish between natural and synthetic forms used in your skin care products. (We explain how you can distinguish between the two in Appendix B)

Vitamin K: Vitamin K may not be talked about much, but it has some amazing benefits that I’d like to share with you! Vitamin K is believed to help damaged, dry skin appear younger and healthier. Research suggests that vitamin K may help in preserving skin elasticity, enabling the prevention of

wrinkles. People use vitamin K for a number of healing benefits, and post-surgery patients who use the vitamin may benefit from:

- Decreased bruising, so you can stop hiding
- Decreased healing time, so you can get back to doing the things you enjoy
- Minimized scarring, so you can have optimal results the first time around

Vitamin K can significantly improve your healing experience and time. In addition, when vitamin K is combined with vitamin D, the vitamin D actually increases the efficiency of vitamin K! The same goes for vitamins A and E having a more beneficial effect on the skin when combined than either would alone.

Chapter Summary:

- Avocado oil acts as a boosting ingredient, increasing the efficacy of all other ingredients' performance.
- Green tea extract protects skin from free radicals and related damage, better than vitamins C and E!
- Unrefined, natural Shea Butter's combination of fatty acids, phytosterols, vitamins A, D, and E help to calm skin irritations, reduce fine lines and wrinkles, and stimulate collagen production.
- Hemp seed oil has the ideal amounts of omega EFA to not simply coat your skin but to closely match your own lipids, penetrating into cells and lubricating the surface. It is considered one of the best elements for preventative skin aging.
- Cucumber extract has both antioxidant and anti-inflammatory properties to help constrain the activity of pro-inflammatory enzymes.
- Arnica Montana extract has many therapeutic properties, and is especially efficient at helping to reduce swelling, increase circulation, and minimize bruising in post-surgery patients.

6

Your Not so Pretend Fairy Tale

Like Dave and Janet, you may be dealing with sensitive, problematic skin or recovering from a procedure. Your concerns are real and need real products that work!

In fact, the solution to your problems and concerns may also be in these two newly crafted products! Created by a company that uses certified organic, wild-crafted, certified fair trade and/or authentic for ALL of its natural ingredients, Castle Baths is not your average skin care company and a company you can trust to always offer exclusive, one-of-a-kind products, tailored to your specific skin care needs.

Introducing Tre'Yours:



You do not need a magic lamp to discover the anti-aging benefits of Tre'Yours. The synergistic combination of six elements provided by nature, when formulated together, share explosive results. These six ingredients are what make these two solutions to your skin care concerns superior to other skin care products on the market today. The Tre'Yours line is not for everyone—just for people who are really serious about skin care!

In comparison to products currently offered at doctor's offices, Avocado Corrective Face Cream and Avocado Hemp Regenerative Cream are quality products hand crafted specifically for post-surgery skin.

They offer many benefits to recovering skin and can also be beneficial to sufferers of skin conditions like rosacea, psoriasis, and eczema. Many other products on the market use chemicals, fragrances, large amounts of water and insufficient amounts of active ingredients, parabens, and cheap phthalates. Inferior and synthetic ingredients can cause harm to your sensitive skin and should be avoided.

Why is our Avocado Corrective Face Cream so wonderful?

It isn't magic or a fairytale! The solution to your skin care concerns can be found in nature's wonderful gifts used in this cream! Here is why Avocado Corrective Face Cream is so amazing:

- Avocado is a top choice in anti-aging skin care for its high penetration ratio and high concentrations of vitamins A, D, and E
- Improves skin complexion with its high concentration of natural Vitamin E
- Retains the natural green color of Avocado Oil to help balance and reduce redness in your face
- Helps increase your skin's collagen levels to help skin stay firm and youthful
- Included Avocado Oil gives this face cream natural sunscreen abilities to help protect your newly resurfaced facial skin from damaging UV rays (but still try to stay out of the sun, though.)
- The Encyclopedia of Chemical Technology for Sunscreen Effectiveness ranked Avocado Oil as one of the highest performing natural sunscreens, making this an excellent day cream!

The fantastically rich cream absorbs completely and in minutes your skin is soft and silky and ready for makeup, with no greasy after-feel. The natural sun protection is a major plus and a superior alternative to pore-clogging sunscreens.

A well-known solution to red skin, the **natural green color helps to balance red and gives you a natural-looking skin tone**. At a time when you may not be able to apply makeup yet, this is an especially wonderful characteristic for dealing with red, irritated skin and purple bruises!

Avocado Face Cream leaves your skin feeling luxuriously soft and will not clog your pores. While you only need a little, you cannot hurt yourself by using a lot, unlike some products on the market that can actually cause damage if used improperly!



The Avocado Face Cream is so versatile that you can even **use it in place of your BB and CC**

benefits of the Avocado Face Cream.

In reality, Dave's story is not a fairy tale! Check out his real-life testimony about his experience with Tre'Yours Avocado Face Cream below:

I had my first face lift, as well as other complimenting plastic surgery, 12 years ago. Feeling the need for a "touch up", I recently underwent my second procedure. I was prepared for the post op bruising, swelling, and skin care regimen required for the six month healing process. I diligently used the creams prescribed by my plastic surgeon, but after six months of less than desirable results I began feeling a great deal of disappointment and regret. Had I just wasted \$10K?

My ex-wife, of all people, recommended I try a sample of Castle Baths Avocado Eye Cream to help with the scarring around my eyes. I began using it and could not believe the results. I was so excited about it that I took the cream to my next follow up appointment to share with my surgeon. He was a little skeptical that a natural chemical free cream could work so well, but he could not argue with the improvement since my last visit and recommended that I keep using it on my entire face.

Fearing that I would run out of my cream too quickly, I contacted Castle Baths to inquire about the availability of larger quantities. Imagine my surprise when the owner answered the phone! How often does that happen? I explained my dilemma and had a delightful conversation with Laura about my skin and surgery. I was surprised at her genuine interest and desire to help. I was absolutely thrilled when she said she could formulate a skin care system that addressed my needs. I religiously use the Avocado Face Cream in the morning. I spend a great deal of time on my boat. In order to protect my skin from the sun and wind on the water, I reapply throughout the day. I apply the Avocado Hemp Regenerative Cream in the evening for overnight super healing. The creams are lasting me about 6 weeks. A little goes a long way. I recommend this system for anyone recovering from plastic surgery. My bruising & swelling is gone, scarring is fading (even the scars from my first surgery), and my skin is in the best condition it has ever been in. Try it, you won't be disappointed.

- *Dave*

Why is our Avocado Hemp Regenerative Cream so wonderful?

Again, the benefits of this amazing cream are real! The Avocado Hemp Regenerative Cream has been hand crafted and tailored specially for your healing skin. You may already be aware of the importance of using products designed specifically for your skin care needs. However, it may surprise you that using mediocre products not tailored to your healing skin has the potential to cause damage and adverse effects to the improvements you've just made. If you are one with problematic skin, you already know how important using quality, effective products are so valuable to the health and appearance of your sensitive skin. Many inferior products contain alcohol as a solution to the greasy after-feel of the product, which evaporates any moisture you had to begin with and may also irritate your skin. The oils in this cream have a higher density and may take just a little more time to absorb, however, the miniscule amount of time needed to absorb allows the cream to penetrate into your skin deeper and more fully, taking the advantages and benefits of the cream to the deepest layers of your skin. It takes only a few minutes for the luxurious cream to fully absorb, leaving your skin velvety soft and supple. Avocado Hemp Regenerative Cream has numerous, valuable solutions for your skin concerns to include:

- Merges the antibacterial properties of Avocado Oil with the anti-inflammatory properties of Hemp Seed Oil to create a safe and soothing facial cream ideal for use near wounds or sutures following cosmetic surgery
- Helps increase collagen in your skin's connective tissue for a naturally more youthful appearance
- Retains the ability of Avocado Oil to act as a natural sunscreen to lessen the effect of sun exposure on sensitive, post-op facial skin (but still try to stay out of direct sunlight following a cosmetic procedure)
- Delivers high concentrations of vitamins and essential fatty acids (EFAs) to your skin to help stave off the effects of aging and promote overall healthy skin
- Hemp Seed Oil has the highest concentration of Essential Fatty Acids (80% omega 6, 3, and 9) to not just coat the skin but penetrate deep into the layers, making this an excellent night cream or spot treatment
- Avocado Oil has the unique natural ability to intensify the effectiveness of other skin care ingredients, delivering greater moisture, nutrients, and regenerative properties than any of the other



included ingredients could have achieved alone.

The ratio of the Hemp Seed Oil in combination with the other ingredients creates the ideal formulation for enhanced regenerative properties and also brings your skin into balance while you sleep. The cream is wonderfully thick and absorbs fully in a matter of minutes leaving your skin feeling velvety smooth and pampered.

This cream has amazing versatility as well, and some may benefit from using it as a day cream or spot treatment during the day. Like the Avocado Corrective Face Cream, its green color is great for combating redness, and balances your skin tone, and can also be used as a BB or CC cream. Others will enjoy this cream for its enhanced regenerative properties at night.

Janet's story is not a fairy tale and her testimonial below is another success story and one more reason Castle Baths can help your problem skin feel and look beautiful!

The face cream that I used for about 35 years from Reviva Labs had a formula change, the raw materials had changed completely and within 1 week I got the worst case of severe allergic eczema on my face and neck. It burned so badly and peeled even worse so I was desperate to try to find a new face cream but I had no luck. I tried expensive ones from the mall and cheaper, natural ones from the health food stores and they all just made it burn and peel worse. My skin was so dry but if I put any moisturizers on, it just got worse. Until I found the Avocado Shea Butter Cream from Castle Baths which was made originally as an eye cream but I now am able to buy it in a larger 4oz. bottle. With no chemicals or alcohol and very few ingredients my skin started healing quickly and stopped burning and peeling almost instantly, the PH seemed perfect and my skin which now looks more moist, fresh and younger says THANK YOU CASTLE BATHS!

- Janet

Visit castlebaths.com to learn more about how these revolutionary, new skin care products can pamper and help your skin too!



Creating therapeutic products with purpose,
offering pampering, beauty, and lots of hope since 2005.

Appendix A

Frequently Asked Questions

Q: What age and skin type is appropriate for these products?

A: Geared towards men and women over 40, all Tre'Yours products are anti-aging. While the two new products are specially formulated for sensitive skin, all skin types can benefit from these ingredients.

Q: I am worried about breakouts and clogged pores. Will these products make me break out?


A: The two Tre'Yours products are noncomedogenic, meaning they won't clog your pores. However, your entire face may not need intense moisture. Much in the way your skin rejects foreign objects and "pushes" them out, if your skin is not necessarily dry on say, your T-zone, it could treat the extra hydration elements as "foreign" and "push" them out. If extra hydrating properties sit on your skin and are left to build up, this could potentially result in a breakout in that area. You will know whether your whole face needs the cream or just certain areas, i.e. around the eyes and mouth, and can choose how much and where to apply the cream. A very little goes a long way, and if you find yourself needing more, by all means use more!

Q: Do these products contain alcohol and why should that matter to me?

A: No. Castle Baths products contain no alcohol. A common ingredient in many lotions and creams on the market, alcohol is used to create that "non-greasy after-feel" by causing the lotion or cream to evaporate quickly...which kinda' defeats the whole purpose of applying the product in the first place! Instead, Castle Baths products are allowed to absorb fully into your skin, not absorb into the air, which, depending on your skin type, may take up to ten minutes. Why pay money to have something evaporate into the air? These products penetrate deep into your skin's layers, giving you the maximum benefits of thoroughly hydrated skin.

Q: What makes these two products different from each other?

A: A daily moisturizer is needed to hydrate while protecting from sun damage and free-radicals. The



like your body needs extra hydration after running a marathon. Avocado Hemp Regenerative Cream helps aid in this process. Bringing hydration and regenerative properties deep into the layers of your skin, the cream can also be used as a spot treatment during the day.

Q: The products are fragrance free, so what is that scent?

A: You may notice an earthy, fresh scent in these creams. Shea Butter overwhelms the other ingredients' natural scent and the earthy, fresh scent is due to the freshness of the product. If you are not keen on the smell at first, it is often a scent that “grows on you”. A minute amount of essential oil of lavender is added, however you will not detect lavender and its use is purely therapeutic. Many products contain fragrance, which can irritate sensitive skin and cause sensitivities later on in life. Even products claiming to be “fragrance free” often include various chemicals such as “coumarin”, a chemical containing hepatotoxic and carcinogenic properties, which are used to mask the chemical scent of a product.

Q: How do I know what skin type I have?

A: If you are not sure what skin type you have, a simple “tissue test” can help you determine your skin type. There are five different skin types recognized by the cosmetics and skin care industry:


- Normal
- Oily
- Combination
- Dry
- Sensitive

Step 1: Begin by cleansing your face. This will remove any cosmetics, oil, or dirt on your face.

Step 2: Then, wait an hour while your skin returns to its normal condition. Be sure not to touch your face while waiting.

Step 3: When the hour is up, dab a tissue on your forehead and other parts of your face, and examine the results.

If there is neither oil nor flakes of skin on the tissue, you have normal skin. If there is oil, but no flakes, you have oily skin. If there are flakes, but no oil, you have dry skin, and if there is oil on the



Normal skin looks very supple, elastic, and vital. It is the least problematic skin type, and should continue to look good well into advanced age. To maintain normal skin, wash your face twice per day with a mild soap, and be sure to use sunscreen when outdoors.

Oily skin tends to look greasy and thick, and may have visible pores. Oily skin should be treated with warm water and soap to prevent pores from becoming clogged, but don't wash your face more than two or three times per day, as this will just stimulate the production of more oil. The good news is, oily skin tends to be naturally resistant to wrinkles and signs of aging.

Dry skin tends to feel flaky, dry, and tight. It is easily dehydrated and thus, much more prone to wrinkles and other signs of aging than the other three skin types. To care for dry skin, wash your face twice per day with a mild, anti-dehydrating cleanser. Dry your skin by dabbing it gently, and be sure to moisturize regularly.

Combination skin tends to feel normal or dry in places such as the cheeks, and oily in the "T zone," which refers to the forehead, nose, and chin. This can be the toughest skin type to care for because you have to deal with both ends of the spectrum. To care for combination skin, use a mild cleanser on your face twice per day, and look for skin care products that contain Vitamin A and Alpha Hydroxy Acids.

Sensitive skin is thin, has a pink or reddish color, and may have a parchment look or feel, but is otherwise clear, smooth, and beautiful. It can easily become flushed and may experience pain or discomfort when touched. You must be very careful when selecting skin care products if you have sensitive skin, as many products may irritate your skin. Environmental conditions may also aggravate your skin's already sensitive nature, potentially causing breakouts or other skin conditions. However, this is not to be confused with allergic reactions, which can occur in any skin type.

Q: Why an air pump?

A: Even our high quality packaging was specially chosen to not only look beautiful, but also to be functional. If you accidentally drop your product, it won't break like glass will and your floors will be safe from damage. The special air pump infuses the product with air, which helps the luxurious cream smooth over your face evenly, and also makes the product last longer.

Appendix B

An Informative & Helpful Guide to Vitamins Commonly Found in Skin Care Ingredients

Vitamin A: Moist skin inhibits bacteria and viruses from taking hold and starting infectious diseases. Vitamin A in plant form is referred to as carotenoids, and contains beta carotene, which converts to vitamin A in the body. This is not to be confused with Retinol A, which is a vitamin A derivative, which, while has its benefits can irritate sensitive skin and have adverse effects. Vitamin A is a therapeutic vitamin that:

- Enhances your skin's youthful glow
- Helps to moisturize and protect your skin
- Contains antioxidant properties as well as speeds your skin's cell renewal process

This anti-aging vitamin is believed to:

- Reduce wrinkles
- Fade brown spots
- Smooth roughness
- Improve skin's texture and firmness
- Increase the production of certain skin components that retain water and help skin cell turnover

Found naturally in the ingredients of these two products, vitamin A can be a huge benefit to your healing skin.

Vitamin C: Vitamin C is extremely important in the healing process of wounds . Those lacking in this essential vitamin may take longer to heal as the body uses vitamin C to replace damaged tissue with scar tissue, which aids in proper healing. In order to help minimize healing time and scarring, vitamin C is an important nutrient to include in your skin care regimen. The vitamin C in these two products also helps your body to produce collagen, which is what makes your skin feel soft and supple and aids in proper healing. Studies have shown that vitamin C helps reduce inflammation as well as the appearance of aging and dryness.

Vitamin D: Known for being a vitamin we get from the sun, Vitamin D has many health benefits. Naturally occurring vitamin D is found in the Avocado Oil and Shea Butter used in Avocado Corrective Face Cream and Avocado Hemp Regenerative Cream. This vitamin is believed to help:

- Repair damaged skin
- Prevent infections
- Revitalize the skin


Its particularly strong anti-inflammatory properties make it an effective treatment for repairing damaged skin, especially skin injuries due to surgery. It also contains antioxidants that may help prevent further skin damage and premature aging.

Vitamin E: Many products on the market claim to contain high levels of vitamin E, which is well known for its antioxidant properties and benefits to the human skin. However, not all Vitamin E is created equal. You may be interested to know that the natural form of vitamin E, d-alpha tocopherol, as opposed to the synthetic form, dl-alpha tocopherol, is better recognized and retained by the body. Molecular structure determines how vitamin E is absorbed into your body and natural vitamin E is 100% more bioavailable (available for use by the body) than synthetic. Your body keeps natural vitamin E in its tissues longer than it retains the synthetic version, and natural vitamin E is twice as effective at delivering all those well-known benefits.

Synthetic forms of vitamin E are made from petrochemicals, also known as petroleum. Gross! Natural vitamin E benefits your skin in many ways. It is an antioxidant that protects and repairs your skin from damage. Antioxidants neutralize free radicals, which are the molecules that damage collagen and cause dryness, fine lines and wrinkles. Free radicals are caused by environmental factors such as ultraviolet rays from the sun and pollution, factors that you may not be able to avoid. It is no wonder Avocado is such a superfood, as it contains high amounts of natural vitamin E and is also found in other key ingredients in these two products.

Vitamin K: Among a varied range of benefits, vitamin K is believed to help damaged, dry skin appear younger and healthier.

In a 2004 study conducted at the University of Miami Medical School, participants underwent a laser treatment on their face and used a vitamin K cream on one-half of the face and a placebo on the other half. Participants had noticeably less severe bruising on the side with the cream containing vitamin K than on the placebo side. Many studies have been conducted at the University of Miami Medical



Another study conducted in 2009, tested the speed and efficacy of vitamin K in healing and fading bruising on the face after a laser treatment. Again, a placebo cream was used on half of the face and pictures were taken each day to measure the results. Each day following the second day, the side with the vitamin K cream consistently showed more improvement than the placebo side.

Research also suggests that vitamin K may help in preserving skin elasticity, enabling the prevention of wrinkles. People use vitamin K for a number of healing benefits, and post-surgery patients who use the vitamin may benefit from:

- Decreased bruising
- Decreased healing time
- Minimizing scarring

Vitamin K can significantly improve your healing experience and time. Each of the vitamins within the ingredients of these two products interact with each other in a beneficial way, similarly to the way Avocado interacts with other ingredients and improving the efficiency of those ingredients. For example, when vitamin K is combined with vitamin D, the vitamin D actually increases the efficiency of vitamin K! The same goes for vitamins A and E having a more beneficial effect on the skin when combined than either would alone.

Some final thoughts on vitamins and skin care

When it comes to skin care, simply popping a pill or eating healthy ingredients in a salad won't always address all your skin concerns and needs. Genetics, lifestyle, and environment are all very important factors in your skin's overall health. After all, your skin is the largest organ of your body and it makes sense to give it what it wants and needs to thrive. Go ahead and pamper your skin! You will look and feel great for doing so!