



Beauty & Retail

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**RESOURCES**

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will be effectively, and efficiently, resurfaced to show off those beautiful, radiant, newer skin cells. It is important to note that whenever the skin is exfoliated, it should be protected prior to sun exposure with a broad-spectrum sunscreen.

While every skin condition can reap the benefits that pumpkins have to offer, the conditions that would see the biggest benefits from using pumpkin as an active ingredient would be hyperpigmentation; loss of vitality; dry skin; dry, break-out prone skin; and dry, aging skin. When it comes to hyperpigmentation, the enzymes from pumpkins love to digest melanin and dead melanocytes, pulling them to the surface of the skin and helping to slough off uneven skin tone and lighten dark spots. For both dry and dry, acne-prone skin, the exfoliating benefits of pumpkin will help to slough off dead skin cells and increase the penetration of every following treatment, such as an antibacterial mask, anti-inflammatory serum, or hydrating, balancing, and nourishing oil. The zinc content that naturally occurs in pumpkin will accel-

erate healing for blemish-prone skin types and the exfoliating enzymatic content will also help to clear and prevent pore blockages that can lead to breakouts.

Another added benefit for dry skin is the essential fatty acids contained in pumpkin seeds. Essential fatty acids are referred to as "essential" because people must get them from their diet. The human body cannot make them on its own and the skin is no different. As a result, people need to incorporate the acids into their skin's daily regimen to ensure the skin stays healthy. Fatty acids make up an important part of the skin's function as a protective barrier, which includes controlling bacteria, maintaining moisture content, and guarding from allergens or irritants. Using pumpkin seed oils on the skin can enhance this barrier and protect skin from the daily barrage of harmful chemicals. Another important fact to consider is that as people age, this barrier decreases, allowing water to leach from the skin and encouraging impression lines to become permanent rather than temporary. Incorporating healthy fats into a skin care regimen prevents this water loss and can help to build the skin's natural water content. Pumpkin seed oil is especially effective in lip care products due to the essential fatty acids.

With the wide variety of benefits, pumpkin works as an effective ingredient in virtually all skin care product categories. When it comes to a professional grade treatment, pumpkin based peels offer a fantastic opportunity to avoid chemicals and the potential negative side effects associated with these

Pumpkin Enzyme Scrub  
Glo Skin Beauty  
800-232-0398  
gloskinbeauty.com



Yam and Pumpkin Enzyme Peel 5%  
Eminence Organic Skin Care  
888-747-6342  
eminenceorganics.com



Multi-Pulp Gel Purse  
CelaCis Skincare  
888-731-2525  
celacis.com



Pumpkin & Orange Mask  
iLike Organic Skincare  
888-290-6238  
ilikorganics.com



**glo**  
SKIN BEAUTY

**PUMPKIN ENZYME SCRUB**

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