



Tozzi®
your personal beauty prescription

THE PORESTAR TOP 10

2007

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MY 10-STEP REGIMEN BEGINS INSIDE YOU. OPEN YOUR MIND TO THE IDEAS OF THIS PROGRAM JUST AS THE PROGRAM ALLOWS YOUR PORES TO BREATHE. YOUR GOAL IS A CLEAR COMPLEXION; TAKE A BEFORE PICTURE TODAY AND WATCH YOUR PROGRESS. I AM HAPPY TO HAVE HELPED YOU OVERCOME THE VEXING PROBLEM OF ACNE.



THE TOZZI ACNE REGIMEN

A CLEAR COMPLEXION IS ONLY 10 STEPS AWAY!

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STEP 1

As I said, this begins inside you. We can become what we believe we are. Visualize your radiant smile between smooth clear cheeks. Imagine wearing low-cut blouses or dresses that reveal your décolleté and back. Do not fear the summer season. With your passion and commitment ignited, build your confidence. Know that the Regimen is not easy, but that you can meet the challenge. Prepare to change your life. Passion and confidence open our senses and our pores.

We know our complexions are under attack constantly from the sun, wind, smog, and dirt – we feel and see the damage. Impurities are also attacking your complexion from the inside. Stress, nutrition, perspiration, and hydration are processes that expel elements through your pores. The Tozzi Acne Regimen is a comprehensive program for maintaining the health and clarity of our body's complexion – especially the face, décolleté, shoulders, back, derriere, and other acne prone areas.

STEP 2

You want to begin the Regimen with a clean slate - detoxify your system. The preservatives and pesticides that exist in your intestines and internal organs will eventually show up on your face. Flush them out of your system. Begin each day with a cleansing, yet tasty, breakfast drink blended from Tozzi® Active Detox™ and Vitamin C Metabolites Powder™ to clear the intestines of impurities and increase immunity. Continue to flush the system throughout the day with refreshing cups of cleansing fennel tea (hot or cold) with slices of lemon.

STEP 3

The first of several lifestyle changes – practice proper nutrition. Treat your skin to organic and unprocessed foods and reduce fat. Improve the nutritional value of the food you eat so that you can eat less food, thereby reducing the volume of impurities filtering out of your system through your skin.

Good nutrition can be assured by supplementing your diet. Tozzi® Inner-Beauty Supplements contain Tribulus™ – an active anti-aging component. Increase stamina, vitality, and endurance to promote a healthier complexion.

STEP 4

Manage stress. Anxiety increases our metabolism and creates imbalance. Your body functions inefficiently and produces excessive waste. Pores are overloaded and the potential for a breakout is elevated. During stressful periods, make time for relaxation. Practice meditation, visualization, and/or yoga. Listen to soothing music or pamper yourself with a massage.

STEP 5

Exercise. Not only will your physical appearance improve, you will increase the circulation of blood through your body. Blood is the other major conduit for removing impurities from the body. Maximize its cleansing capabilities to minimize the volume of impurities that must exit through your skin. If you have a tendency to break out on your shoulders and back, wear cotton clothing when exercising. Be careful not to waste the benefit of that hard work by allowing perspiration to dry, trapping the released impurities on the skin's surface.

STEP 6

Cleanse every morning. Prepare your skin for the day to decrease oil activity and prevent acne breakouts. Oily, acne-prone skin can actually become dry and flaky very quickly. It is important to remove excess oil regularly. Use a moisturizer specifically formulated for acneic skin. PoreStar Whip Cream™, an ultra-light face cream, has the vitamins and antioxidants oily skin requires for clean health. If your day's plans include plenty of sun, try PoreStar's Dual-action Moisturizer™ with SPF 30. It is an oil-free formula that boosts the skin's moisture while blocking the sun's damaging rays.

STEP 7

Do not sleep with a dirty face. Remove every trace of the day's dirt and oil with a therapeutic skin cleanser. **PoreStar 10% Facial** wash gets deep into pores to remove subdermal impurities so acne doesn't have a place to breed. Continue with a skin toner. **PoreStar Skin Flicks™ pads** exfoliate skin and minimize pores while toning and softening skin.

STEP 8

Get your Z's. Adequate sleep is healthy and reverses the stress of the day. Most people require 7-8 hours of sleep each night; make sure you listen to your body's request for sleep. Not only will you appear refreshed each day, you also provide your skin the time it needs to repair, restore, and improve its luminosity and texture.

STEP 9

Don not scratch at yourself! If you do have a breakout, treat it quickly, and appropriately, and gently. Scratching can scar and lead to infection. Use PoreStar 5% Benzoyl Peroxide™ solution for spot treatments or as an all-over topical anti-bacterial treatment to prevent breakouts. Applying PoreStar Clay Mint Mask™ two to three times a week will maintain your skin's balance.

STEP 10

Schedule a monthly facial to deeply clean the skin and remove impurities. This allows for more effective penetration of the Tozzi® Acne Regimen's treatment and preventive products.



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FOLLOW THE TOZZI® ACNE REGIMEN AND SEND ME THE BEFORE AND AFTER PICTURES, WE LIKE TO HEAR FROM OUR SATISFIED CUSTOMERS.

AND DON'T FORGET YOUR 45-MINUTE PERSONAL SKIN CARE CONSULTATION WITH DONNA TOZZI - A \$250 VALUE, **FREE WHEN YOU BUY THE TOZZI® ACNE REGIMEN.**

ACT NOW!