ISHTAR SKINLIGHTS

Ishtar Skinlights is the UK’s leading brand of mandelic acid skincare. Our advanced organic time-released mandelic acid treatments ensure consistently effective, peel-free skin renewal. We also offer a complete range of cleansers, treatment serums and creams. Formulated with active plant extracts, potent regenerative agents and micro-nutrients these products are designed to nourish and repair. They can boost collagen synthesis, diminish fine-lines and fade hyperpigmentation. A naturally radiant complexion can be yours.

This guide explains how to best use mandelic acid and introduces a selection of Ishtar products. To view more visit www.ishtarskinlights.com.

Our website offers articles on skincare and a growing database of skincare ingredients. Our forthcoming mobile app lets you check the safety of cosmetic ingredients whilst shopping, ensuring that you always know what you are putting on your skin.
Mandelic acid is a naturally occurring Alpha Hydroxy Acid found in the bitter almond. It has a larger molecular structure than glycolic acid and this makes it better tolerated on the skin. For this reason mandelic acid is ideal for treatment strength leave-on applications. Ishtar has developed a range of time-released mandelic acid treatments which allow the skin to benefit for longer, achieving optimum skin renewal with each application.

Despite being less irritating, mandelic acid is in fact stronger than glycolic acid and with regular use it has proven to be more effective at treating both hyperpigmentation and acne. In addition, mandelic acid has powerful skin rejuvenating properties that deliver anti-ageing benefits.

These properties led Dr Fulton, a scientist behind Retin-A, to declare mandelic acid leave-on treatments to be the most exciting development in skin care since Retin-A was discovered. Furthermore, because it is a natural compound unlike Retin-A mandelic acid does not require a prescription.
HOW MANDELIC ACID BENEFITS THE SKIN

Mandelic acid has a multi-level action that makes it unique amongst the Alpha-Hydroxy Acids. Regular use results in skin that is smoother, more flexible and more even in tone.

- **Mandelic acid has a unique antibiotic action. No other Alpha Hydroxy Acid has this.**
- **Mandelic acid’s exfoliating properties prevent congestion and refine skin texture.**
- **Mandelic acid maintains the skin’s acid mantle, which inhibits the growth of P. acnes bacteria.**
- **Mandelic acid increases cell turnover and influences the structure of new skin.**

Naturally antibiotic  
Influences structure of new skin  
Exfoliates and refines existing skin  
Maintains skin’s natural acid mantle
The Ultralase Range

Ultralase Cleanse 13% AHA Facial Wash
Combining glycolic and mandelic acid this cleansing wash leaves the skin supple, toned and amazingly clear. It reduces congestion, eliminates acne and smooths away surface dullness. Free from harsh detergents such as SLS, Ultralase Cleanse is formulated with the purest natural ingredients. Use twice daily. PH value of 4.

Glytone Refining & Hydrating Toner
This clear liquid toner is gentle enough to use every day. Glytone contains Glycolic Acid (from sugar cane) at 5%, skin healing extract of melissa and a skin softening active botanical complex. Applied on cotton wool, Glytone removes last traces of cleanser and preps the skin for serums and/or moisturiser. When used at 5% glycolic acid has hydrating properties due to its ability to bind water in the skin. Glytone has a PH of 3
Ulralase 10% and 15% Mandelic Serums These leave-on, treatment strength serums contain Mandelic acid in a natural organic botanical ocean mineral base. We recommend starting with the 10% serum applied in the evening every 3 days. After 2 weeks usage can be increased if needed, and if there are no signs of visible peeling. Usage depends upon skin type: some skin types find 10% serum 2-3 times a week is ideal. Other skin types can tolerate 15% daily. Move up to the 15% serum after one month, according to skin response, if needed. Pause usage if signs of visible peeling occur. Apply a thin layer to problem areas after cleansing and toning, avoiding the eye zone. Ulralase 10 and Ulralase 15 have a PH of 2.5.

Ulralase 5% Mandelic Acid Moisturiser For softer, Brighter Skin A light organic moisturiser with 5% Mandelic acid and essential nutrients for deep level skin repair. The cream is easily absorbed and silky smooth. Moisturising is an essential step to improving skin texture and maintaining suppleness and tone. Ulralase 5 has a PH of 3. More details on using Mandelic acid have been provided at the end of this booklet.
The Refining Power of Natural Enzymes

TriZyme Refining Serum contains active Pumpkin, Papaya and Pomegranate enzymes. Enzymes exfoliate dead skin cells and dissolve pore-blocking impurities. TriZyme Serum clears clogged pores, minimizes skin eruptions and reduces visible pores. TriZyme Serum also improves complexion texture, elasticity and tone and allow vitamins and nutrients to penetrate the skin.

Due to its mode of action TriZyme can be used daily. If used alongside Mandelic Acid Serums it can help to prevent peeling by gently clearing dead skin from the surface.

Also available is Ishtar Skinlights Pure Radiance Enzyme Cream Mask, a nourishing formula which leaves the skin clean, soft and silky smooth. Enzyme exfoliation is gentle and suitable for all skin types. It has no side effects and does not create dryness or visible peeling.
Boosting Collagen Synthesis

One third of protein in the human body is collagen. In the skin, collagen helps to keep your skin moisturized and elastic. Over time, the collagen framework weakens and your skin loses elasticity. Skin becomes less resilient, leading to visible lines and wrinkles. Areas of damage, such as scar tissue, also suffer from compromised collagen networks.

The good news is that levels of collagen can be boosted. Stimulation of collagen synthesis is an important way of improving the appearance of the skin, minimising the appearance of fine lines and scars, and preventing the visible signs of ageing. There are a number of proven actives that can trigger collagen production if applied to the skin in skincare products.

Vitamin C: Vitamin C can accelerate collagen synthesis when applied to the skin. The key to success is the type and concentration of vitamin C. Ishtar’s Clarity-C range delivers highly concentrated, stabilised Vitamin C. We do not use cheap ascorbic acid, which is not only irritating but highly unstable when formulated into a lotion or serum. Clarity-C solves this problem by using a special vitamin C isomer proven to
be both stable and highly effective. The Clarity-C range contains the purest organic ingredients and includes a facial wash, serum and lotion - all with vitamin C levels in excess of 10%.

**Retinol** is the complete vitamin A molecule, which converts into retinoic acid (tretinoin) in the skin. It has provable and significant benefits. Retinol is a powerful antioxidant. It helps prevent wrinkles and increases collagen levels. One of its most exciting properties is as a cell-communicating agent. When it interacts with a skin cell retinol tells it to behave like a young, healthy skin cell. In short, retinol is a powerful skin active that helps your skin look and act younger.

Retinol has benefits for many different skin types and can help improve eczema, acne, sun damage and the signs of aging. Best results are achieved after 8-12 weeks of use. Ishtar offers two strengths of bioactive retinol treatments, in both serum and cream form.

The Ishtar range includes many other exciting skin repair agents, such as active plant extracts, nourishing oils and regenerative peptides. For the latest information and in-depth details of what goes into our products and why, visit us at: www.ishtarskinlights.com
A Detailed Guide To Using Mandelic Acid

Ishtar’s UltraLase range is designed to increase skin renewal and inhibit acne bacteria.

It is not necessary to visibly peel with these products. Optimum skin renewal occurs with regular use over time, whereas one-off home peels are not only inconvenient but stress the skin and give highly inconsistent results.

Regular use of mandelic allows the skin to benefit from the acid’s unique antibiotic action and encourages the formation of new, healthy skin cells.

Different skin types will react differently and it is important to adjust the strength and frequency of the product to your own individual needs. The aim is to promote consistent skin renewal without peeling.

The first sign of peeling will be a crinkly, coarse skin texture that can be confused for dryness. This is in fact dead surface skin working loose, so extra moisturiser may cause congestion at this stage. Peeling can take 2-3
days to become visible so it is important to allow time to adjust to the products and see how your skin responds.

At the first sign of peeling, stop using mandelic serums for a few days. The Ultralase cleanser and Glytone may be continued to be used, along with mechanical exfoliation (scrubs, face cloth, brush, etc) Introduce serums again once the signs of peeling have disappeared. As with all AHA products, use of sunscreen is recommended as exfoliation means that more UV rays can get through. If at any time irritation occurs discontinue use.

www.ishtarskinlights.com
ISHTAR SKINLIGHTS

We do not use petrochemical oils, artificial fragrance/colour or parabens/formaldehyde releasing preservatives. We do use skin actives backed by science and added at effective percentages. Our products are tested on people, not on animals.