

LUXURY NUTRITION FOR HORMONALLY CHANGING SKIN



PHYTOMONE
LONDON

www.phytomone.com



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JANE ATHERTON – FOUNDER'S STORY

Phytomone was founded by Jane Atherton, a clinical nutritionist and skin therapist. Jane was inspired to create a phyto-hormone based and nutritional skin care range for hormonally changing skin after listening to the concerns of many menopausal women at her private clinic in Hong Kong.



As she was also experiencing symptoms of menopause herself, Jane personally related to the everyday problems these women were suffering and decided to research menopause and the endocrine system and what effect hormone imbalance has on the skin, hair and nails.

Jane's findings were conclusive and two years and two books later, Jane, who is now living back in the UK, joined forces with a team of cosmetic chemists to develop a highly advanced, nutritional skin diet for hormonally changing skin - Phytomone was born.

This premium range of skin care products and supplements has been specifically tailored to nourish the skin with the vitamins, minerals and nutrients it requires during the transitional stage of menopause and beyond. The phytoestrogen rich products help naturally repair, rebalance and renew skin challenged by low hormone levels to give women better confidence, beauty and radiance.

Jane ensures that all Phytomone products are carefully manufactured using only the very best bio-active ingredients and the latest clinically studied and tested skin care technology and promises never to compromise on quality and care for your skin.

ABOUT PHYTOMONE

PHYTOMONE – SKIN THERAPY FOR HORMONALLY CHANGING SKIN

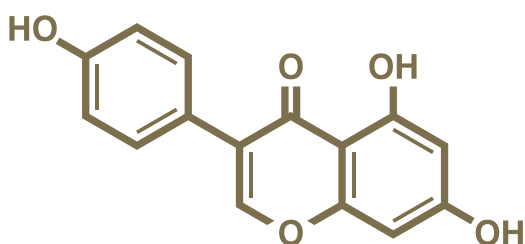
Phytomone is the first premium skin care collection to be nutritionally-tailored by skin therapists, clinical nutritionists and cosmetic chemists to provide hormonally changing skin with the specific cell nutrients it requires during menopause.

One of the most damaging and significant changes to affect the appearance of the skin through menopause is the fundamental shift in hormone balance. As the influence of oestrogen declines, both during and post menopause, skin loses collagen and elasticity resulting in fine lines, wrinkles, sagging, loss of skin tone



and pigmentation problems. **The first signs of hormonally changing skin can begin in women in their mid-thirties and about 30% of skin collagen is lost during the first five years after menopause.**

British luxury skin care brand, Phytomone, brings together the very best of nature and skin care technology. The collection has been carefully formulated to include the latest in scientific advances, which have been supported by clinical studies and testing procedures. Rare argan stem cells, hyaluronic acid, peptides, targeted vitamins and minerals, combined with exotic plant oils rich in bio-hormones, known as phytoestrogens, amino acids, omegas, proteins and glycans provide skin with intense nourishment and protection at a cellular level, while repairing and targeting common skin concerns during this often tumultuous time.



How it works:

- ♣ During and after menopause, loss of collagen and moisture in the skin due to declining levels of the hormone oestrogen results in the appearance of fine lines, wrinkles and loss of firmness.
- ♣ Phytomone skin care is nutritionally-tailored with a powerful blend of phytoestrogens, essential oils and advanced skincare technologies to help skin overcome this hormonal imbalance.

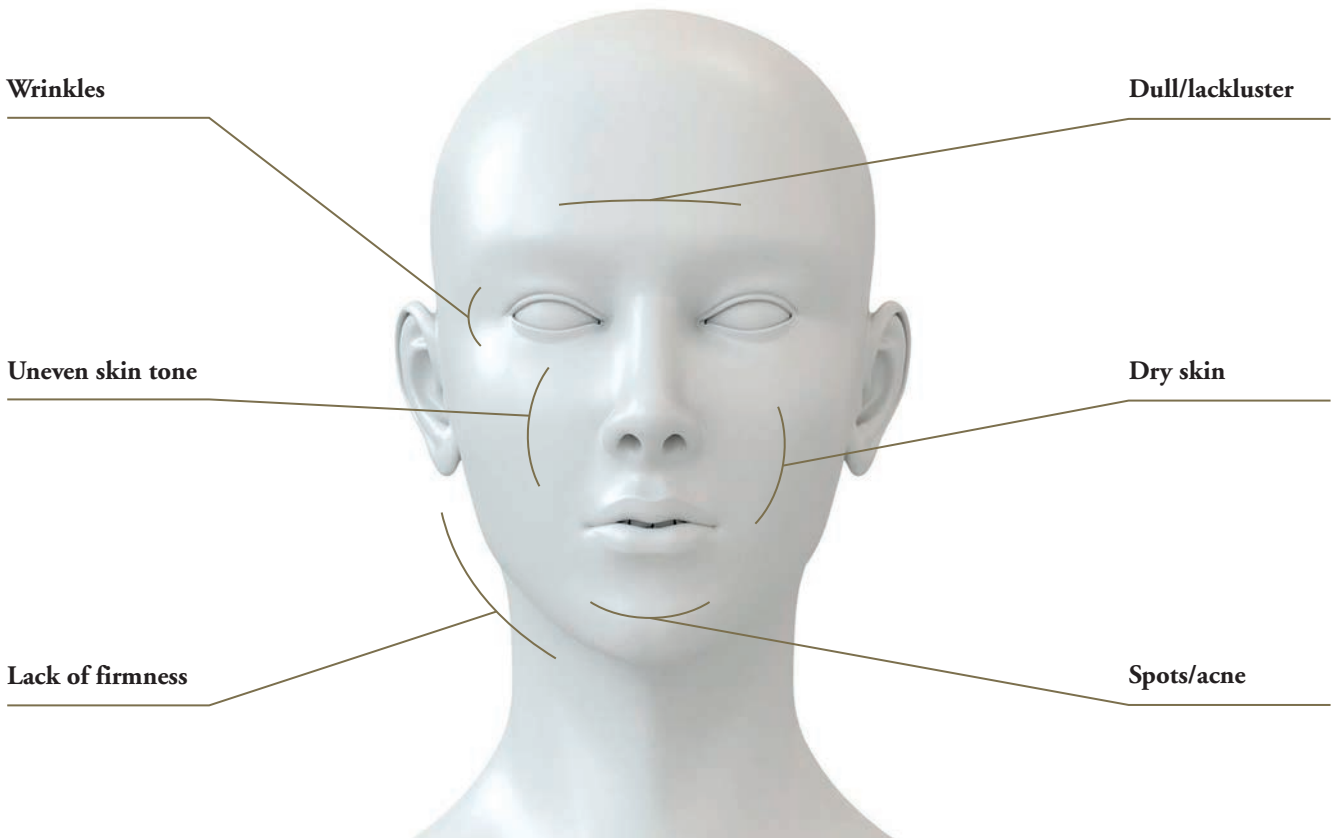
The result:

- ♣ Enhanced collagen and improved elasticity in skin.
- ♣ Skin protected and balanced from hormonal changes.
- ♣ Skin appears naturally enhanced, plump and smooth, with a youthful and healthy glow.

Who is it for?

- ♣ Phytomone will enhance the appearance of women of all ages who are experiencing hormonally imbalanced skin conditions. Including pre and post-menopausal women.

EFFECTS OF HORMONALLY CHANGING SKIN



PRODUCTS

THE SKIN CARE COLLECTION



SKIN EXHAUSTION

CLEANSING OIL

Detoxifies • Brightens • Purifies

Indulgently luxurious and infused with nutritionally-tailored natural antioxidant properties, essential fatty acids, phytoestrogen-rich oils and uplifting aromas, including **Melon Seed** and **Hop** oils to detoxify the pores, dissolve impurities and remove all traces of make-up, revitalising **Papaya** oil to inject an illuminating brightness to skin, phytoestrogen-rich **Soybean** to help restore elasticity and rebalance hormonally changing skin. This dynamic radiance-enhancing oil cleanser comes complete with a unique, anti-bacterial bamboo cloth for the ultimate cleansing experience.

KEY BENEFITS

- ✦ An enriching nutritionally-tailored formula of 17 phytoestrogen rich oils, exotic plant extracts, antioxidants and linoleic acid. Provides hormonally changing skin with the specific cell nutrients it requires.
- ✦ Cleanses and exfoliates with unique bamboo cleansing cloth.
- ✦ Provides a luxurious deep cleanse.
- ✦ Removes all impurities and detoxifies pores.
- ✦ Replenishes, hydrates and repairs hormonally changing skin.
- ✦ Illuminates, tightens and improves skin tone.

PAUSE HYDRA CREME

INTENSE REPAIR FACE CREAM SPF FILTERS

Redensifies • Firms • Lifts

Innovative **Quadra-care** formulation. One cream – 4x benefits:
Moisturiser – Serum – Eye Cream – Neck Cream

An exclusive blend of **six** bio-active ingredients including the latest advances in phyto-stem cell technology and bio-hormone activity to provide hormonally changing skin with four superior treatments in one product. Includes **Soyaglycone** - a powerful phyto-active form of soy isoflavone, clinically tested to strongly stimulate the production of collagen and also prevents its degradation. Soyaglycone's advanced, targeted liposomal delivery system ensures effective penetration to the deeper dermal layers to redensify the skin at a cellular level and provide effective 3D plumping benefits.

Expert blending at full concentration levels ensure the benefits of a serum combined with superior moisturising capabilities, making this unique formula perfect for targeting face and décolletage concerns, yet light enough to use as a highly effective eye cream.

KEY BENEFITS

Immediate Results

- ✦ Algae based skin tightener that offers instant face lift effects with long term results.
- ✦ Instantly hydrates and smoothes the appearance of fine lines and wrinkles.

Continued Results

- ✦ Phyto stem cell technology protects dermal skin cells, increases density and helps regain firmness of face, eyes and neck.
- ✦ Soyaglycone - A powerful collagen booster that lifts, redensifies and firms skin, giving 3D plumping effects.
- ✦ Brightens and improves skin tone for a radiant complexion.
- ✦ Proteola - boosts proteasome molecules, making skin appear visibly and perceivably younger by 6 years in 4 weeks.
- ✦ Minimises fine lines and imperfections.
- ✦ Naturally occurring plant hormones help balance hormonally changing skin.
- ✦ Provides intense moisturising effects, improves water absorption and retention for continuous hydration.
- ✦ SPF Filters provides added protection.



SLEEPLESS NIGHTS

CALMING FACE OIL

Rebalances • Renews • Revitalises

Say goodnight to tired-looking skin with this cellular energising oil infused with a blend of nutritionally-tailored phytoestrogen-rich and naturally derived oils, vitamins and plant extracts.

This easily absorbed, pure unadulterated nectar works in harmony with the skins natural repair system to intensely hydrate, nourish and rebalance skin, whilst stimulating cell regeneration to reduce the appearance of ageing. **Argan**, rich in linoleic acid helps improve hydration and elasticity, **Sea Buckthorn**, a powerhouse of nutrients, vitamins, minerals and fatty acids that balances and harmonises the lipid layers of the skin, boost skin collagen production and improves elasticity and **Hibiscus Flower** rich in AHAs and amino acids to even and brighten skin tone. Phytoestrogens **Soybean** and **Flaxseed** help to enhance elasticity and replenish and hydrate skin, **Camellia** oil and exceptional moisturiser and rich antioxidant with squalene, a natural component of sebum, protects and nourishes skin and **Evening Primrose**, known to relieve hormonal symptoms and high in vitamins and minerals, helps rebalance skin and restore moisture.

KEY BENEFITS

- ✦ A potent complex of 18 carefully selected phytoestrogen-rich and naturally derived oils, vitamins and plant extracts.
- ✦ Energises skin at a cellular level for optimum results.
- ✦ Hydrates and helps combat the signs of hormonally changing skin.
- ✦ Works in harmony with the skins own natural repair system.
- ✦ Brightens and evens skin tone.



MOOD SWINGS

BALANCING BODY OIL

Tones • Protects • Repairs

Restore your mind and body's equilibrium with this deliciously enriching body oil.

Harnessing the uplifting powers of nature, this intensely hydrating oil protects the skin's lipid barrier to prevent moisture from escaping, whilst rejuvenating the skin cells. Precious **Argan** oil, high in vitamin E, helps prevent dehydration, fight free radicals and environmental elements. **Lycopene** found in **Tomato Seed** oil stimulates cellular metabolism helping reduce visible signs of ageing. **Soybean** oil encourages collagen regeneration, reducing the appearance of stretch marks, while dry and hormonally imbalanced skin is nourished by **Flaxseed** oil – a rich source of omegas 3, 6 and 9. Antioxidant **Wheat Germ**, supports the sebaceous glands and the natural skin renewal process. A final touch of **Rose, Vanilla** and **Pink Pepper** essential oils linger deliciously on the skin leaving a sensuous lasting scent.



KEY BENEFITS

- ✿ An enriching nutritionally-tailored formula of phytoestrogens, 21 precious oils and plant extracts provide hormonally changing skin with the specific cell nutrients it requires during menopause and beyond.
- ✿ Helps firm, tone and improve elasticity, smoothing the appearance of skin and stretch marks.
- ✿ Protects skin's lipid barrier, preventing moisture from escaping.
- ✿ Boosts circulatory system helping to diminish cellulite.
- ✿ Relaxing and soothing essential oils help offer relief from common symptoms brought about by hormonal imbalance.

SECRET ESSENCE

INTIMATE MOISTURISER

Replenishes • Repairs • Renews

A very unique, sensuous and deeply nourishing moisturising oil, nutritionally-tailored using carefully selected phytoestrogens and plant oils to help replenish and repair the most intimate and delicate area of a woman's body during times of hormonal change.

Indulging and luxurious, this elixir of specifically selected oils improves elasticity and helps plumps skin cells while imparting a sensual, silky feel. Prized **Pomegranate** oil, a keratinocytes stimulant, helps to regenerate the outer layer of the skin and plump skin cells. **Sea Buckthorn** oil, high in pro vitamin A and phytosterols helps combat dry skin and inflammation, while the many nutrients, vitamins and fatty acids balance and harmonise lipid layers of the skin. **Soybean** and **Flaxseed**, full of vitamin B omega 3, 6 and 9 – all highly beneficial in helping menopausal symptoms, help restore suppleness, stimulate collagen and soften skin, while **Sweet Almond** oil rich in vitamins A, D and E and fatty acids keeps skin healthy and helps minimise moisture loss. The seductive and aphrodisiac properties of **Orchid**, **Amber** and **Vanilla** essential oils engulf the senses helping create a tantalising and erotic mood.

This heavenly blend will help replenish lost moisture and provide instant relief from irritation and discomfort, together with **helping skin rediscover a more vibrant, smooth and youthful appearance**. Free from chemical preservatives and ph. balanced to ensure natural protection against infections, this elegant oil also contains anti-bacterial and anti-fungal inducing fatty acids.

KEY BENEFITS

- ✦ An enriching nutritionally-tailored formula of 18 luxury plant oils, extracts and phytoestrogens provides the intimate and delicate female area with the specific cell nutrients it requires during times of hormonal change.
- ✦ Plumps skin cells, improves elasticity and helps improve hydration.
- ✦ Leaves a silky feel to a woman's most intimate body parts.
- ✦ Repairs, replenishes and moisturises.
- ✦ Ph. balanced for natural protection against irritation.
- ✦ Promotes a provocative and sensual well-being.



INNER GODDESS

CAPSULES

Repairs • Rebalances • Reboosts

KEY BENEFITS

- Nutritionally-tailored to help women achieve a healthy hormonal balance and enjoy life to the full.
- Repairs and nurtures skin, hair and nails from the inside.
- Helps rebuild and rebalance adrenal glands for optimum functionality.
- Stimulates collagen production to help skin appear fuller, softer and smoother.
- Helps protect against skin damaging free radicals.
- Boosts energy and mood.
- Supports women's health and well-being.
- Ignites passion and desire.
- Helps relieve common menopause symptoms such as hot flushes, fatigue and irritability.

This ground-breaking two-in-one nutraceutical incorporates a powerful blend of superior herbs, minerals, vitamins and nutrients to help women achieve a healthy hormonal balance and enjoy life to the full. Nutritionally-tailored, this infallible complex is designed to help relieve common menopausal symptoms by restoring energy, boosting moods and increasing desire, while providing the essential nutrients needed to repair and nurture skin, hair and nails from the inside.

A powerful blend of **Japanese Wakame**, an anti-ageing power source due to its ability to inhibit hyaluronidase activity – the enzyme that attacks the skins supply of collagen and elastin-binding hyaluronic acid – together with its excellent sources of vitamins A, D, E and B, combined with **Lycopene**, a potent anti-oxidant that helps protect skin cells from damaging free radicals and environmental damage, **Hyaluronic Acid** to help retain moisture, collagen and elastin for a more youthful appearance and **CoQ10** a strong anti-oxidant and vital compound found in cells that protects collagen molecules and skin membranes.

What sets this all-encompassing wonder capsule apart from other supplements is its ability to nurture and help rebuild and rebalance the adrenal glands. Adrenal glands produce hormones that should presume the functionality of ovarian hormones that drop during menopause. However, stress, modern lifestyles and nutritional deficiency can have a detrimental effect on the health of these coveted glands and prevent them from performing at optimum levels. **Maca** is a non-estrogenic herb that has been used for centuries to cleanse the adrenal glands and encourage the production of natural hormones, rather than replacing them and plays a crucial role in this highly advanced complex. It also contains **Calcium Carbonate** and **Magnesium Oxide** to help maintain strong, healthy bones and the addition of **Sage** to help cool the blood, providing relief from hot flushes and other menopausal symptoms.



**Nick Panay, (BSc, MRCOG, MFSRH)
Consultant Gynaecologist, Chairman of
the BMS.**

“I am delighted to endorse and recommend Jane’s book. It is particularly pleasing when a member of the British Menopause Society puts her head over the parapet and addresses a sensitive subject with such passion and insight. The science is right. If you are serious at making the most of yourself, physically and emotionally, read it and act!”

Amazon Verified Purchase

This review is from: Menopause Secret

“At 51, I’m not quite menopausal but I can’t be far away so “The Menopause Secret” made very interesting reading. I am determined to make things as easy as possible for myself when the time comes and I think forewarned is forearmed. I love the ideas this book has for getting through the menopause as naturally and easily as possible. Of course, I’m planning on not having any symptoms (LOL) but if they do occur I’ll know what to do and this book will be my first port of call.”

By J.Small

This review is from: Menopause Secret

“Wanted to know what was happening to me & this book answered my queries. A friend has since told me to get myself down to the Doctors for some HRT, but this book has given me the courage to try to manage my symptoms through diet/lifestyle. Read it through, but will be dipping back in as & when I need reminders.”

By Mrs Kay

THE MENOPAUSE SECRET

BOOK

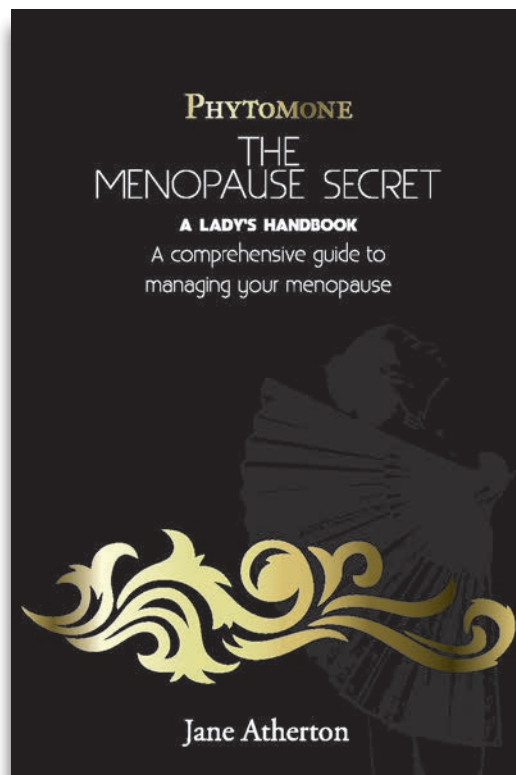
Hot flushes? Sleepless nights? Fatigue? Weight gain? Loss of libido? Ageing skin?

It is time you discovered ‘**The Menopause Secret**’.

This book is a powerhouse of information that will transform the quality of your life from the moment you start reading it.

Don’t let your hormones hold you to ransom – learn how you can control them and laugh in the face of your hot flushes.

As this book gives up its secrets, discover how you can control your mind, your body and your lifestyle. Once you understand this, you will understand ‘**The Menopause Secret**’.



Sara Moger, Chief Executive, British Menopause Society.

“Several million women are adversely affected by ‘the change of life’.

Post reproductive health is a key phase, both physically and emotionally in a woman’s life and one when she is particularly vulnerable to health, well-being and lifestyle concerns.

This pair of books would be a positive support for these several million women, and they will definitely gain benefit by reading them. And so will many people in their lives – husbands, partners, family, friends and work colleagues. The many women who sail through menopause will also find much to interest them in these excellent books.

Highly recommended.”



MENOPAUSE 30 DAY CONCIERGE PROGRAMME

BOOK

Total Menopause Makeover – Are you ready to make the change for ‘The change’?

Everything you need to do for a successful Menopause Transition in 30 amazing days.

- ♣ Daily menu plan.
- ♣ Daily recipes.
- ♣ Daily activities and exercise plan.
- ♣ Daily tips on nutrition, exercise, beauty, style, body & soul.

The menopause can be the most difficult time in any woman’s life and it is not just about erratic hormones causing turmoil, but rather about a much bigger picture.

You cannot have a successful menopause transition unless everything is working together. Your body, your mind, your soul and your living space all need to be in harmony.

This incredible programme will help you overcome many of the menopausal symptoms and set you up for a lifetime of good health and happiness.

Never before has so much valuable information been available in one book and making ‘The Change’ has never felt so good.

EXCITING NEW SPA EXPERIENCE NOW AVAILABLE



PHYTOMONE LONDON INTRODUCE THEIR BRAND NEW SPA EXPERIENCE

UNIQUE LUXURY TREATMENTS NOW AVAILABLE SPECIFICALLY TAILORED FOR HORMONALLY CHANGING SKIN

Your female clients aged 35 plus have hormonally changing skin. It is essential to use products which address their specific skin concerns and you now have the opportunity to offer them a sensational luxury spa experience.

Phytomone London enables you to bring an exciting new addition to spa menus, offering a complete and unique experience, utilising the specialised properties of powerful plant hormones to target the needs of hormonally changing skin.

Three treatments can be combined in customised programmes or used as finishing products in existing treatments.

- ✿ **Phytomone Facial** - uses powerful plant hormones to rebalance hormonally changing skin.
- ✿ **Mood Swings Balancing Body Massage**
Integrative experience to balance mind, body & soul.
- ✿ **Secret Essence 'Vagacial'** Specialised treatment for intimate body parts. Plumps skin cells, improves elasticity and deeply moisturises.

Phytomone London targets the main cause of skin ageing due to hormone deficiency.

- ✿ Increases collagen proliferation and skin density.
- ✿ Intensely hydrates.
- ✿ Diminishes the appearance of age spots.
- ✿ Revitalises facial oestrogen receptors.
- ✿ Dramatic reduction in the appearance of fine lines and wrinkles, leaving skin looking soft, smooth and radiant.

You can now offer your clients superior spa treatments, by using these specifically tailored products. Contact us today and be part of this exciting experience.

Phytomone London - Enhancing a woman's beauty through the power of nature.

THE FIRST LUXURY
SKINCARE COLLECTION
FOR HORMONALLY
CHANGING SKIN





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