

## REFINING CLEANSER



# Put your best face forward

Reveal your skin's natural radiance with TrueClean Refining Cleanser—a cleanser and exfoliator in one gentle formula. TrueClean cleanses to remove surface impurities and dead skin cells, leaving your skin clean, soft, and smooth without making it feel dry and tight. Unlike most exfoliators on the market, TrueClean is gentle enough for everyday use, while still removing unwanted impurities and maintaining your skin's natural moisture. It provides all the benefits of exfoliation without the harshness of physical or chemical exfoliation, thanks to gentle pomegranate enzymes. Support your skin's moisture barrier and maintain your natural beneficial oils with the included prebiotic. TrueClean is the first step in a cleaner skin care routine and comes in a subtle yuzu-citrus scent. Create the perfect canvas that's comfortably clean, for skin that's prepared to absorb the nourishing benefits of the complete TrueScience® line.

## 3 Reasons to Love TrueClean



### FIRST STEP: PREP

Prepares your skin to absorb the nourishing benefits of the complete TrueScience line.



### CLEAN AND FRESH

Cleanses and exfoliates with a 2-in-1 product formulated to be gentle enough for daily use.



### AVOID TIGHT OR DRY SKIN

Supports your skin barrier with a prebiotic that balances the skin and helps to maintain your skin's beneficial oils.



# Beyond clean

TrueClean removes surface impurities and dead skin cells, so your skin is prepared to absorb the nourishing benefits of the complete TrueScience line. It leaves your skin clean, soft, and smooth without making it feel dry and tight like many other cleansers on the market. TrueClean is further set apart by the patented Nrf2 blend of green tea, milk thistle, turmeric, bacopa monnieri, and black pepper. The unique prebiotic in TrueClean supports the skin's balance and helps to maintain the skin's beneficial oils. Ginger root and bisabolol combine to comfort your skin. You get a cleanser enriched with a specialized blend of ingredients that helps to reveal your skin's natural radiance.



## Did you know?

- Your face is exposed to dirt, oil, and other unwanted pollutants throughout the day. Cleansing removes them to reveal fresher, cleaner skin.
- Prebiotics help to maintain your skin's beneficial oils, making it feel softer.
- Pomegranate enzymes can gently exfoliate dead skin cells. It's important to support this process since the average person will regrow about 1,000 new outer layers of skin in their lifetime. Removing this dead skin helps keep your skin smooth and radiant.

## Directions

Using your fingertips, massage onto dampened face and neck. Rinse with warm water. Use morning and night.

**WARNINGS:** For external use only. Prior to first use, test on your wrist to check skin compatibility. If irritation occurs, discontinue use. Avoid direct contact with eyes. If eye contact occurs, flush gently and thoroughly with water. Use only as directed.

## Ingredients

Water, Sodium Cocoyl Isethionate, Sodium Methyl Cocoyl Taurate, Cetearyl Alcohol, Acrylates Copolymer, Lactobacillus/Punica Granatum Fruit Ferment Extract, Chondrus Crispus Extract, Fucus Vesiculosus Extract, Laminaria Digitata Extract, Macrocystis Pyrifera (Kelp) Extract, Bisabolol, Zingiber Officinale (Ginger) Root Extract, Glycerin, Bacopa Monnieri (Brahmi) Extract, Camellia Sinensis (Green Tea) Leaf Extract, Silybum Marianum (Milk Thistle) Extract, Alpha-Glucan Oligosaccharide, Panthenol, Hydroxypropyl Guar Hydroxypropyltrimonium Chloride, Phenyl Trimethicone, Hexylene Glycol, Aloe Barbadensis Leaf Juice, Dimethicone, Dimethiconol, Hydrogenated Lecithin, Leuconostoc/Radish Root Ferment Filtrate, Algin, Sodium Carbomer, Piper Nigrum (Black Pepper) Seed Extract, Curcuma Longa (Turmeric) Extract, Calcium Chloride, Polyphosphorylcholine Glycol Acrylate, Caprylyl Glycol, Cetearth-20, Tetrasodium Glutamate Diacetate, Fragrance, Hydroxyacetophenone, Ethylhexylglycerin, Phenoxyethanol.

## A Clean That Shines Through



Cleanses away dirt and oil, leaving skin comfortably soft



Gently exfoliates, cleanses pores, and removes surface impurities and dead skin



Helps balance skin by cleansing, while maintaining the skin's beneficial oils



Refines, softens, and refreshes skin



# Frequently Asked Questions

## How often should I cleanse my face with TrueClean?

We recommend using TrueClean every morning and night to get the most benefit.

## What water temperature should I use to cleanse my face?

We recommend using lukewarm water to cleanse your face. Hot water can dry out your skin and strip it of natural oils. Cold water can shock your pores and shrink them, preventing optimal absorption of other skin-care products.

## What is the difference between physical, chemical, and gentle exfoliation with the use of enzymes?

Chemical and physical exfoliants can be harsh on your skin. Neither are ideal for those with sensitive skin nor are they recommended for daily use. Physical exfoliants use things like walnut shells and microbeads, and chemical exfoliants use acid that can penetrate too deeply into skin layers, causing irritation. The pomegranate enzymes in TrueClean remain on the skin's surface, do not penetrate deeper layers, and are gentle enough for daily use.

## FAQ: TrueScience Activated Skin Care Collection

### Can I use other products with the TrueScience Activated Skin Care Collection?

Yes. You can use other skin-care products alongside your TrueScience Activated Skin Care Collection. And the TrueScience products also work great together. They were designed to deliver Activation in Every Step.

### How do TrueScience products compare to other skin-care products?

Many skin-care products are formulated to be short-term fixes. TrueScience is transformation through activation, perfectly working with your body's natural processes to bring you clean benefits and confidence that last.

### Can the TrueScience Activated Skin Care Collection bottles be recycled?

Yes. All the TrueScience Activated Skin Care Collection packaging is recyclable.

### Where are the TrueScience products manufactured?

All TrueScience products are manufactured in the USA with globally sourced ingredients.

### Are TrueScience products ever tested on animals?

No. None of our products are tested on animals.

### Do TrueScience products contain parabens, petrolatum, mineral oil, or artificial colors?

No. TrueScience products do not contain parabens, petrolatum, mineral oil, or artificial colors.

### Can I use the TrueScience Activated Skin Care Collection if I have a skin condition like psoriasis, rosacea, etc.?

Consult your doctor before using the TrueScience Activated Skin Care Collection if you have any concerns.

### Can I use the TrueScience Activated Skin Care Collection if I have acne prone, sensitive, or oily skin?

The TrueScience Activated Skin Care Collection was formulated for all skin types. As always, we recommend speaking with your dermatologist to make sure it's a good fit for you.

### I don't have any visible signs of aging. Can my skin still benefit from using TrueScience products?

Yes! Everyone can benefit from a consistent skin-care routine. If you don't have visible signs of aging, the TrueScience Activated Skin Care Collection is a great way to maintain your youthful vibrance and help fight against environmental stressors.

### What will happen if I don't use the entire TrueScience skin-care line?

Each TrueScience product was uniquely formulated to address specific concerns. If you're looking to address a specific concern, each product provides its own unique benefits and works well on its own. Each product is an important part of a complete skin-care routine, so you can customize your routine depending on your individual needs. However, if you're looking to address multiple concerns, we recommend using the entire line.



**Are TrueScience products only meant to be used on the face?**

Most of the TrueScience Activated Skin Care Collection was specifically designed for the delicate skin on your face, neck, and décolletage. TrueClean and TrueHydrate were designed as facial products but can be used on other parts of the body as well.

**Are TrueScience products safe to use before and after a cosmetic procedure?**

Consult with your doctor.

**When should I use the TrueScience Activated Skin Care Collection?**

Morning and night.

**Should I remove my makeup before using the TrueScience Activated Skin Care Collection?**

We recommend removing makeup and starting with a clean face before using any of the TrueScience products.

**How should I store my TrueScience products?**

TrueScience products should be stored in a cool, dry place away from direct light and heat.

**Is the TrueScience Activated Skin Care Collection considered clean skin care?**

Yes. The TrueScience Activated Skin Care Collection is formulated based on our Clean Commitment - Product Promise. Our full statement, including what ingredients you'll never find in TrueScience products can be found here: [lifestance.com/us-en/our-product-promise](https://lifestance.com/us-en/our-product-promise)



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