



BBWI Renewal Serum Mushroom Trilogy



This light yet rich formula of essential oils and botanical extracts absorbs quickly, making it invaluable. It provides a **gentle plumping action on lines**, improves elasticity, and encourages cellular regeneration.

It contains three antioxidant mushrooms which have been touted by Dr. Andrew Weil. He argues that these mushrooms slow the rate at which cells age. New York dermatologist Dr. Howard Sobel states “Mushrooms contain Kojic acid, which brightens the skin by reducing the pigmentation caused by sun damage. Kojic is also an antioxidant.”

It also contains a patented ingredient derived from Echinacea, and Gotu Kola called Butylene Glycol, Hydroxyethyl extract, and Coneflower extract. **DMAE (dimethylaminoethanol) is a natural food component, and a natural metabolite of the human body), Alpha lipoic acid, and C Ester** has been added to round out this perfect anti-aging formula. **Dr. Nicholas Perricon has been very vocal about the benefits of these ingredients topically as well as internally.** He has been on numerous talk shows including Oprah and has written two books concerning the subject. Numerous published observations have documented the fact that asiatic acid, and asiaticosides extracted from Centella asiatica, or **Gotu Kola** has the ability to stimulate dermal fibroblasts and **increase collagen** synthesis in the skin. In addition, Coneflower Extract or Echinacea angustifolia, contributes to the integrity of the skin by increasing the viscosity of the ground substance between the cells. Coneflower extract has been shown to have strong anti-inflammatory and immune enhancing properties. **Clinical studies** have shown that **there is a considerable reduction in lines and wrinkles** in four weeks of continued use. Skin tone and **texture is also greatly improved in just one week of use and continues to improve for months. Acne prone skin improved greatly.**

Results from clinical studies show that this combination of ingredients, **in fact, increases** superficial and integral **skin firmness** increases the thickness and density of the epidermal and dermal compartments, and results in a clinical **improvement of the skin surface.** The serum tightens and tones the skin noticeably. It should be applied after the toner, and can be used with the BBWI Renewal Complex, Hydrating Nourisher, and/ or the Day Protection.

BBWI Renewal Complex

This state of the art skin treatment lightly moisturizes and is recommended for all skin types. It contains **no artificial colors** or fragrances. It contains **DMAE, Alpha Lipoic Acid, and C Ester.**

Butylene Glycol and Hydroxyethyl extract have been added to further enhance firming and texture of the skin. These are patented ingredients derived from Echinacea and gotu kola. In clinical studies

these ingredients have been shown to noticeably firm and tone skin in 30 days of use. **Wrinkles and lines were diminished by 66%, and skin tone and texture improved dramatically!**

Glycolic acid, an acid derived from sugar cane, has been added to slough off dead skin cells that make the skin dull and sallow, revealing a younger, fresher skin underneath.

Camu Camu and **Mangosteen** are super strength antioxidants added to aid the fight against oxidation, promoting a healthier, glowing skin.

Those who have **acne prone, oily skin will have fewer breakouts**, and when breakouts do occur (usually due to hormone fluctuation,) they notice fewer blemishes and those heal quicker. Old scars and dark spots also begin to fade.

People with aging, sagging, and sun damaged skin, notice huge improvements in over all texture, feel, and look of their skin. Many report **lightening of dark spots** caused from the sun and hormones, resulting in a noticeably younger more flawless look!

This fabulous formula may be used day and night, and in conjunction with the BBWI Hydrating Nourisher, Day Protection, and the BBWI Renewal Serum. It wears well under make-up, providing a dewy look and feel.

BBWI Day Protection Complex SPF 15

This combination of herbal extracts and anti-oxidant vitamins rebuilds, nourishes and protects the skin from the ultra-violet rays of the sun and pollutants in the air. It may be used for **all skin types**.

It **minimizes pores** and creates a dewy, never oily finish. Wear it alone or under your favorite foundation. Make-up goes on smooth and stays fresh all day!

It is Aloe Vera based, and contains **DMAE, Alpha Lipoic Acid, C Ester** and glycolic acid. These anti-aging ingredients have been shown to firm sagging skin and improve texture and elasticity in the skin with extended use.

It contains no artificial colors or fragrances. It contains Butylene Glycol and Hydrocotyl extract. These are patented ingredients derived from Echinacea and gotu kola. In clinical studies these ingredients have been shown to reduce lines and **wrinkles by 66%** and noticeably firm and tone skin in 30 days of use. Skin texture, suppleness, and over-all look and feel continue to improve with continued use.

Other natural ingredients include Jojoba oil, Squalane, Collagen, Comfrey extract, Sage extract, Lemon extract, Ivy extract, Carrageenan extract, Cucumber extract, Panthenol (vitamin B-5), Allantoin, and Grapeseed Oil.

This formula may be used alone or in conjunction with the BBWI Renewal Complex, Hydrating Nourisher, and Serum.

BBWI Eye Firmer



A younger looking eye contour is possible with this anti wrinkle, anti dark circle and antioxidant formulation. Palmitoyl Oligopeptide, Palmitoyl Tetrapeptide-3 and Diepeptide 2 have been clinically proven to reduce bagginess and puffiness with the firming and tightening power of DMAE. Clinical studies show that dark circles were reduced by reducing capillary permeability. These studies showed that 65% of the subjects improved dark circles in 28 days and 70% within 58 days. This peptide combination plays a vital role in the skin's healing process. These protein molecules, found naturally in the body, send out signals when damaged skin is in need of repair. These peptided blends target upper and lower layers of skin reducing wrinkles. It has been proven to suppress the body's production of interleukins, the chemical messengers that trigger inflammation.

Alpha Lipoic Acid, DMAE, C- Ester, vitamins A, C, E, and botanical extracts produce a significant reduction of wrinkles, and tones and lightens the eye area. It helps to lessen the appearance of lines and sagging skin and dark circles. Use AM and PM with the BBWI Serum, Renewal Complex/ or Day Protection, and/or BBWI Hydrating. Nourisher.

BBWI Hydrating Nourisher



Better than Botox? How about better than StriVectin-SD?

Acetyl Hexapeptide-8 is the active ingredient in StriVectin-SD. There are clinical studies showing a definite reduction in lines and wrinkles caused by repeated facial movement.

The Intensive Hydrating Nourisher has 10% Acetyl Hexapeptide-8 which reduces muscle contraction, helping to minimize long term formation of lines and wrinkles. **It disrupts the nerve signals sent to tense muscle beneath the dermis, functionally relaxing them and smoothing the overlying skin. When this is added to the other natural ingredients, results are unbelievable!**

All together these ingredients combine to create an exceptional product that deeply moisturizes, nourishes, and firms. **It can be used both day and night. Normal to dry skin can use it alone or in conjunction with the Intensive Renewal Complex, The Day Renewal Complex, and the Intensive Renewal Serum. It is beneficial as an eye treatment as well as providing more firming and nourishing for the face and throat. It wears well under make-up,** and further protects the skin from free radical damage caused by pollution and sunlight.

Like the other formulas in the Intensive Renewal line it is Aloe based, contains **Alpha Lipoic Acid, DMAE, vitamins A, E, and C Ester,** and no artificial colors or fragrances have been added.

This formula contains **MSM** or Methylsulfonylmethane. **This enables the nutrients and botanical extracts to be absorbed deeper into the skins inner layers plumping out lines and wrinkles.**

Studies have shown a significant **increase in moisture content in the deepest layers of the skin when MSM is included.**

The BBWI Hydrating Nourisher also contains Panthenol (vitamin B5), Grapeseed oil, Jojoba oil, Kukui nut extract, Algae extract, Elastin, Collagen, Ginseng, Gotu Kola, Echinacea, Green Tea, and Papaya extracts to provide naturally occurring antioxidants, Polyphenols, bioflavonoids, and nutrients A, C, and E. **They also aid circulation, and provide anti-viral properties.** In addition, these botanical extracts contain vitamin K and many minerals.

The Papaya extracts further enhances the sloughing off of dead skin cells revealing a younger fresher skin.

The formula is **Aloe Vera based**, and contains **DMAE, Alpha Lipoic Acid, and C Ester.** These ingredients along with the nutrient rich herbal extracts and botanical oils penetrate to the deepest levels of the skin to rebuild and nourish new skin cells. These include Johoba oil, Grapeseed oil, Squalane, Collagen, Safflower oil, Carrageenan, Comfrey, Cucumber, Ivy, Lemon, Sage, Allantoin, and Panthenol or vitamin B-5. These natural ingredients all add up to the most comprehensive natural skin care available.

BBWI Face Firmer



This anti-aging innovation is based on the latest scientific findings. Excellent for normal to dry skin, the combination of **palmitoyl-oligopeptide**, and **palmitoyl tetrapeptide-3** is a peptide blend that mimics DHEA in the skin, **It is a powerful anti-inflammatory that helps speed tissue regeneration** resulting in normalization of damaged skin. **It works to reduce the look of fine lines and wrinkles caused by repeated facial expressions. It dramatically diminishes lines in the forehead, around the eyes, and around the mouth. Many of my clients report definite improvement within 20 minutes of application!**

Aloe Vera based, it also contains the most potent antioxidants: **Alpha Lipoic acid, green tea extract, Vitamin A, Vitamin C, Vitamin E, and DMAE.** These are known to combat free radical damage to cells caused by pollution and sunlight.

Hyaluronic Acid has been added because of its ability to attract and hold 1,000 times its weight in water. This plumps out lines, smoothing them, to create the most beautiful line free appearance possible!

Seaweed extracts, Gelidiela acerosa and sargassum filipendula, along with butylene glycol, firm and tighten sagging, sun damaged skin.

Plant extracts, eyebright, cucumber, willow bark, and jojoba provide a glow that just can't be obtained any other way.

You will be thrilled with the improvement in texture, skin firmness, and a more line free youthful look. You'll see instant gratification obtained with the most innovative anti aging product available!

BBWI Intensive Renewal Cleanser



This special cleanser has been formulated with **Aloe Vera as the base** and ten natural botanicals to soothe and nourish while it thoroughly cleanses. Soft and gentle to the skin, it is **pH balanced** so it won't disrupt the acid mantle that protects the skin.

This creamy cleanser is for all skin types. **It removes make-up on contact, is light in texture and will not leave a greasy feel on the skin.** You'll see skin that is smoother and clearer.

The herbal extracts include Chamomile extract, Anise extract, Arica extract, Calendula extract, Elderberry extract, Dandelion extract, Coneflower extract, Ginseng, Hops, and Panthenol (vitamin B-5). These herbs have healing, soothing, antiseptic, and germicidal qualities.

It is especially healing and soothing for acne and blemished skin. Never drying, so it is equally good for dry skin.

BBWI Intensive Renewal Toner



A unique blend of natural ingredients **designed to hydrate the skin and gently exfoliate dead skin cells. Glycolic acid is the natural exfoliating agent.** This formula is **Aloe Vera based with 12 botanical extracts to soothe, tighten and firm the skin. It refines pore size and acts as a second cleanser.**

It contains Plantain extract, Rosemary extract, Papaya extract, Comfrey extract, Lemon extract, Acacia extract, Alfalfa extract, Balm of Gilead extract, Bladderwack extract, Calendula extract, Chamomile extract, English Cucumber extract, Sodium PCA, Panthenol (vitamin B-5), Essential oils of: Jasmine, Rosemary, Sage and Cedarwood.

This blend of herbs and nutrients prepares the skin for treatment with the BBWI Renewal Serum, Day Protection, Hydrating Nourisher, and / or the BBWI Renewal Complex.

BBWI Deep Cleansing Mask

The mask is designed to **lift and tighten the contours of the face, alleviate wrinkling around the eyes and mouth and to thoroughly remove debris and dead skin cell from the pores.** It is made from egg whites and Aloe Vera. It should be used at least once a week and not less than every 2 weeks.

It works best when used with steam therapy to loosen and soften hard, dried, sebum that is plugging up the pores.

This can be done by bringing a large saucepan of water to a full boil. Remove from stove and place it on a table top. For a very pleasing and relaxing experience, add some chamomile tea bags to the steaming water. Hold your head over the steam for 10 minutes. Use a towel to make a tent over your head to trap the steam leaving an opening for the steam to escape. If it is too hot make the opening bigger.

Mix one teaspoon of the egg white powder with one teaspoon of the Aloe Vera Activator to make a paste. Use the brush provided to apply in upward strokes. Apply generously too more wrinkled areas around the eyes and mouth. Lay back and relax for 15 minutes and allow the mask to dry. Don't move facial muscles. You'll feel a tightening sensation. After it is dry, wash thoroughly with the Intensive Renewal Cleanser followed by the Intensive Renewal Toner. Apply the Renewal Serum, Hydrating Nourisher, and the Renewal Complex/ and or the Day Protection.

Oily skin types should use the mask twice a week for best results. When blemishes begin to improve, oily skin can reduce to once every week.

Normal to dry skin should use it once a week or no less than every 2 weeks for best results. It is a great event mask. Use 3 to 4 hours before a special occasion to have a more radiant, tight appearance.

BBWI Microdermabrasion (Facial Resurfacing Crystals)



This unique facial scrub exfoliates dry, flakey, dead skin cells to let new fresh skin shine through. It helps to refine fine lines, acne, small scars, and pigment variation. It can be used alone or in conjunction with professional microdermabrasion treatments. For the best results, use it every three days, or as follows: There are a variety of ways to use it:

(1) Wash face and leave damp. Scoop out a nickel size of product and rub on face in very small circular motions for 30 seconds to 1 minute. (can be used longer if suggested by your skin care professional} If product becomes too dry, dampen fingertips and continue. This method is aggressive and should be done twice per week. Rinse thoroughly and follow with BBWI Renewal Toner, Serum etc. **Skin will appear red and may even be a bit itchy as it is very aggressive. This will go away shortly and you will see and feel a smooth radiant complexion**

(2) Mix dime size amount of cleanser with dime size amount of Microdermabrasion Crystals. Rub onto wet face in small circular motions of 30 seconds up to two minutes. **This method is less aggressive and can be done daily, follow with toner, serum, etc.**

BBWI Body Firmer Anti aging treatment for your body

This luxurious hand and body treatment is a new level of skin rejuvenation for a body lotion! It will nourish, pamper and soften your skin like no other. **It contains Alpha Lipoic Acid, DMAE, and C**

Ester, which firm and improve skin tone of upper arms, hip, thighs, and entire body, and fight against further damage.

The anti-aging properties from the deep penetrating botanical extracts, anti-oxidant vitamins, add more benefits to refine and firm the skin.

This special blend of ingredients is **Aloe Vera based**, and contains a patented **MSM concentrate** to help preserve the skins moisture balance. **Soft and light in texture, it penetrates quickly without leaving an oily and greasy feel.** You'll enjoy the natural aromatherapy from all the wonderful herbal extracts and essential oils.

It contains Avocado oil, Emu oil, vitamins A, E and C, Beta-Carotene, MSM, Allantoin, Panthenol (vitamin B-5), extracts of: Hops, Rosemary, Horsetail, Pine, Lemon, Calendula, Meadowsweet, Grapeseed, Comfrey Root, and Balm of Gilead.

Apply liberally to body with special attention to rough spots like elbows and feet.

You'll be amazed at how vibrant and healthy your skin can be with the use of the unique natural BBWI skin care products.

BBWI Microdermabrasion Body Scrub

Our skin is the largest organ of our body. As we age, dead skin does not slough off as it should, resulting in a dull, uneven toned and bumpy appearance. **This inhibits the skins ability to eliminate toxins.** This layer of dead skin must be removed. Dead Sea salt combined with the natural glycolic acid in sugar provides the necessary abrasive action to re-textures the skin giving it a smooth, soft feel.

Dead Sea Salt is particularly therapeutic because it is known to help remove toxins and is traditionally less drying than regular salts. **They contain many minerals;** including magnesium, zinc, calcium, potassium, and bromide as well as many other trace minerals. **It aids the skin in detoxification as it removes dead skin.** The later is important, as the body loses these important trace elements through perspiration. **Also sea salts that have different grain sizes** that are optimal since the larger grains whisk away the dry skin and the smaller **grains provide a polishing effect to produce the smoothest texture**

Through extensive research, Body Dynamics has formulated a superior product, "BBWI Microdermabrasion Scrub for your Body" for the renewal of your skin. Body Dynamics has done this by combining **Dead Sea Salt with super antioxidants DMAE, Alpha Lipoic Acid, vitamins A, C, and E.** They are blended in a base of rich nutrient oils which include: **apricot, grape seed, olive, jojoba, and macadamia nut oil.** The natural aroma of these oils provides aromatherapy to calm sooth and relax your whole body.

For best results, Use in the shower. Shower as you normally do. Turn off the water and scoop out about a tablespoon of the Body Microdermabrasion with a luffa glove or your hands. Massage in circular motions with gentle pressure all over arms, legs, buttocks, special attention to knees and elbows. **Avoid sensitive areas such as your chest. Rinse off Thoroughly.** Note: if you have any small cuts, the salt will burn. It is best to shave your legs after you use the micro body scrub.

When you step out of the shower you'll notice an immediate feeling of well being and velvety soft skin. Follow with the Body Firmer for an anti aging treatment of the entire body!

This is a must for self tanners to achieve an even, beautiful self tan

For step by step instructions on how to use all the BBWI products, look at the “BBWI Deep Cleansings Facial Instructions” on the next page! www.bodydynamics.com

**BBWI Pro Enzyme Peel with Antioxidants
Reverses photo damage- antiaging helpful for Acne**



Documentation by skin care professionals worldwide proves that peels dramatically improve and renew the skin to reveal a more radiant, toned and younger complexion.

As teenagers we shed our skin every 28 days. At age 30 every 35 days, 40- every 40 days, and by age 50 every 45 days. This makes our skin look dull and tired.

The BBWI Pro Enzyme Peel is based on its unique combination of natural ingredients, **which trigger the body's own natural reaction to exfoliate dead skin at a deeper level, and is also effective at stimulating natural collagen production** while it builds skins elasticity for a fresh moistened look.

This peel is designed to address mild to severe skin damage, elasticity, wrinkles, acne, and much more. Acne clients notice far less break outs and diminished scarring.

This fabulous peel produces noticeable improvement in skin texture, tone and evenness in color with the very first treatment! After 3 or 4 treatments you will be thrilled with how gorgeous your skin looks and feels!

As all of the other BBWI products, it is aloe vera based, contains lactic acid, fruit acids / enzymes such as Papain, Pumpkin extract, sugarcane extract, Lemon fruit extract, green tea extract, apple extract, Bromelaine extract, and vitamin A.

These ingredients combine to dissolve dead skin cells and sebum impacted in your pores.

BBWI Pro Enzyme Peel can be used weekly on a different day from the mask which is also used once per week. The microdermabrasion scrub should be used twice per week.

(Example: Mask on Sunday, Peel on Wednesday, use the microdermabrasion scrub two other times that week. You can use the microdermabrasion scrub on the same day as mask, but not same day as the peel. The peel is aggressive enough to remove all the dead skin cells.)

Instructions for use: Wash face with the cleanser, rinse, wash it again and rinse. Dry off. Apply peel all over face and neck avoiding eye area. Leave it on for 10 minutes. Wash with the BBWI Cleanser.

Note: It will sting slightly, and it will feel dry and tight. This is normal. Put on a generous amount of the Serum and Hydrating Nourisher. The next morning you will wake up to the most beautiful skin ever! It can be used on your chest, back, hands, arms, legs and feet.