



# ANSWERS TO YOUR QUESTIONS

## ABOUT MSM, MAGNESIUM, MISMO SKIN CARE AND MINERAL MAKEUP

Selling Natural pain control and skin care may seem a strange mix but MSM, a unique and little known mineral, has facilitated both very successfully. I hope this PDF will answer any questions you have wondered about but if not please feel free to call us:

All MiSMo products carry our gold star 30 day money back warranty.

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## MSM - YOUR QUESTIONS ANSWERED

### WHAT IS MSM

MSM is short for Methyl Sulfonyl Methane. MSM is a source of organic sulphur, an essential element we need every day for good health and relief from many of today's health problems. MSM is also known as Dimethyl Sulfone.

While we call it "**MSM Powder**" this is actually a crystal that resembles a grain of sugar but longer. If MSM looks like powder the quality is probably not as good as the pharmaceutical grade sold by MiSMo.

When people spread the good word about MSM it is common to talk about "MSM powder". Here at MiSMo we have been using MSM since 2000 both in skin care products and orally.



MSM powder/crystals is an amazing nutritional supplement which has been gaining momentum over the past 25 years or more. MSM is used to help relieve pain from many conditions including Arthritis and joint pain, skin conditions and allergies.

MSM has an anti-inflammatory action. Usually if you remove inflammation, pain is eased. Many conditions can be helped by MSM.

Best pain relief can be gained by taking MSM powder orally and applying a gel containing a high percentage of MSM to the affected area.

During those early years of MiSMo we tried a number of different suppliers and established that all MSM was not equal and the quality varied substantially from shipment to shipment.

We have been using our current supplier for about 10 years and they provide an excellent pharmaceutical grade MSM which is a consistent quality.

### BUY AND USE ONLY PURE MSM

MiSMo MSM is listed with the TGA (Therapeutic Goods Administration). We are the only company in Australia with this listing for pure MSM in powder form.

Pure MSM is just that. No magnesium stearate, silica or anti caking agents have been added –NOTHING! Pure MSM must be totally clear when dissolved, otherwise something has been added.

**ADVICE:** Use only 99.95% pure MSM; pharmaceutical grade is best. To consume, mix with water or unsweetened fruit juice. Vitamin C powder can also be mixed with MSM to improve the bitter taste.

Avoid MSM tablets, capsules and pills as the majority contain inexpensive and undesirable bulk fillers, this effectively means you may require dozens a day for the desired effect! A

Answers to your questions about MSM, Magnesium, MiSMo skin care and Mineral Makeup tablet must have other ingredients to be manufactured so you will never get a 100% MSM tablet. Pure MSM crystals will give a concentrated dosage with no additives.

Don't just take our word for it that MSM Powder is wonderful - read some of the touching testimonials we've received from our customers after they've experienced the fantastic results for themselves!

#### WHAT MYTHS OR UNTRUTHS ARE ON THE INTERNET ABOUT MSM

The most common untruth is that MSM is made from trees or lignin from trees. In the early days of MSM and its pre-cursor DMSO, the black liquor that was residue from the paper making industry was used in the manufacture DMSO and ultimately MSM.

This has not been commercially viable for several years. The only factory using this method in the USA closed in 2010. Unfortunately, many old you tube videos are still showing this story as the source of MSM. Some Australian companies are also prolonging this lie and show trees on their websites as a source of MSM.

Currently all DMSO produced worldwide is manufactured utilizing methanol and hydrogen sulfide as the raw material reactants to produce the dimethyl sulfide which is then being oxidized into DMSO. Based on information gathered from direct contact with the four major DMSO manufacturers in the world no plant-based source of methyl groups is being utilized for DMSO synthesis.

All MSM is made in factories. An important consideration is to be sure the factory only produces MSM, no other products to prevent any chance of cross contamination. This is the case in MiSMo MSM.

Another important factor is the purity of the water used in the production of MSM. All water used in the manufacture of MiSMo MSM has been filtered using reverse osmosis, the accepted best filtration method.

MiSMo MSM has not been irradiated, does not contain fillers or anti-caking agents. Many companies use these additives to make sure the crystals don't set hard and they are often not declared.

Don't be disappointed – MSM is a fantastic product that works. Do you think your Vitamin C comes from oranges?

#### WHERE IS MSM MADE?

Most MSM is manufactured in China. A very small amount is made in USA. A very common practice is Chinese manufactured MSM being repackaged and labelled as made in USA, Canada etc. No MSM is made in Australia.

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Answers to your questions about MSM, Magnesium, MiSMo skin care and Mineral Makeup

DMSO manufacturers in the world no plant-based source of methyl groups is being utilized for DMSO synthesis.

MiSMo MSM is manufactured in China in a factory that produces only MSM a very important factor when deciding who to buy from. The specifications are upgraded for MiSMo to ensure the standards comply with the USP (United States Pharmacopeia) and BP (British Pharmacopeia).

External testing in Australia to ensure these standards are met has been done.

#### WHO ARE YOU BUYING FROM?

Be well informed when you purchase MSM.

- What grade are you buying?
- Do you know whether the grade is animal, food or pharmaceutical?
- Does the company provide this information and back it up with Certificate of Analysis?
- Are you able to contact the company by phone and do they provide an address?
- How long have they been in business

#### WHAT'S THE DIFFERENCE BETWEEN DISTILLED MSM AND CRYSTALLISED MSM

The manufacturing process! We are often asked the question at MiSMo, the difference between our two MSM (Methyl Sulfonyl Methane) products. We stock both regular MSM and Distilled MSM.

While both products are of pharmaceutical food grade quality, and do not differ in the look or taste, it is the manufacturing process where the difference lies.

There are two methods of manufacture, crystallization and distillation. MiSMo's regular MSM is produced by the crystallization method which is done by centrifuge (fast spinning). MSM crystals are then harvested from the sides of the tank.

The manufacturing process used for Distilled MSM is more involved and results in a super purified product which is the reason for the higher cost. Described simply, Distilled MSM is a process where steam is captured thereby ensuring the most purified crystals possible.

MiSMo Distilled MSM goes through a 4 stage distillation process to achieve maximum purity. The water content of the Distilled MSM is below 0.1% which is indicative of very high quality and is 99.97% pure.

Water filtration is also a point of difference for MiSMo MSM. All water used in the manufacture of MiSMo MSM has been treated by the Reverse osmosis process.

It is universally accepted that Distilled MSM is the absolute purest form of MSM available.

## BENEFITS OF MSM IN THE BODY

Studies have shown these benefits:

- Analgesia and pain relief
- Anti-inflammatory action
- Helps to build and maintain healthy joints through its effects on collagen
- Reduces muscle spasms and relieves muscle soreness
- Readily absorbed orally and through the skin
- Improves circulation
- Helps normalise bowel function and restores regularity
- Essential for the production of keratin and other proteins

## IS MSM SAFE?

MSM is remarkably safe (similar in toxicity to drinking water!) especially when compared to pharmaceutical drugs, and is used globally for many health problems.

## DOSAGE

Regular dosage of 2g to 8g daily is sufficient in normal situations. A regular teaspoon is about 5 grams Reduce or increase as required. MSM taken with vitamin C powder can improve the effect. Your pain will dictate the amount taken. If taking large doses you are best to divide the dose and take twice a day.

The world's top MSM authority Dr Jacob has taken 30 grams of MSM daily for the past 20 years - no side effects, colds or flu! We would consider this a very large dose

We recommend not taking MSM after about 5pm as some people find they have more energy and do not sleep as well.

## CONTRA-INDICATIONS AND WARNINGS

If you are taking heavy blood thinners on prescription from your doctor please do not take MSM without consulting your doctor.

Pregnant women should not take MSM.

## WHAT CONDITIONS IS MSM USED TO HELP?

Research by Dr Stanley Jacob & others in more than 12,000 patients over 20 years confirms that MSM can benefit, sometimes dramatically, the following:

- Hay fever
- Rashes
- Indigestion
- Brittle Nails
- Cramps
- Energy
- PMS
- RSI
- Snoring
- Acne
- Chronic Fatigue
- Allergies

## Answers to your questions about MSM, Magnesium, MiSMo skin care and Mineral Makeup

- Arthritis
- Sporting Injury
- Diarrhea
- Carpel Tunnel
- Rheumatism
- Scar Tissue
- Bursitis
- Constipation
- Tennis Elbow
- Wrinkles
- Tendonitis
- Gum Disease
- Well Being

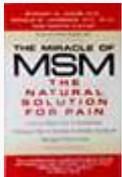
### MSM ESSENTIAL FOR LIFE

MSM (sulphur), one of the principal elements found in the body, is a constituent of all proteins, and absolutely essential for man, animals, plants and micro-organisms.

MSM provides a means of providing this essential mineral in a readily absorbed form. Unfortunately, as we age our MSM levels decline, resulting in a range of health problems and the need for MSM supplementation becomes important.

### THE MIRACLE OF MSM BOOK

Read the whole story of MSM from its beginning including real life cases of people with various ailments & how MSM helped them back to normal pain free lives.



From his research and the work of others, Dr Jacob believes that supplementing with MSM, to provide the body's requirement for MSM in a bio available form, is an excellent form of health insurance.

Without sulphur, which belongs to the same chemical group as oxygen, life could not exist, because MSM is essential for:

- Maintaining the structure of body proteins
- The formation of keratin (for hair and nails) and collagen for healthy bones and skin
- The production of immunoglobulin for the immune system
- The reactions which convert food into energy
- Elimination of toxins from the body

MSM (sulphur) is found naturally in fruits, vegetables and other plants, but many foods are now processed in ways that reduce the amount of MSM we receive. This effect becomes more marked as we age, since our ability to form MSM also declines, increasing the need for MSM.

## WILL MSM HELP PAIN & ARTHRITIS?

Dr Jacob indicates MSM benefits for patients with osteoarthritis, as it:



- Reduces pain and inflammation
- Reduces muscle spasm around arthritic joints
- Lessens scar tissue formation
- Increases and improves circulation in the body, including painful joints
- Highly likely to slow cartilage degeneration

Research shows the arthritic cartilage has only about one third the MSM levels present in normal cartilage.

In one study, patients with x-ray evidence of degenerative joint disease given MSM had an 82% reduction in pain after 6 weeks, compared with only an 18% reduction in the group given placebos.

Dr Jacob's studies in tennis elbow and Carpal Tunnel Syndrome, frequently associated with RSI showed MSM improved these conditions as well.

With arthritic patients, Dr Oiszewer of the Preventative Medicine Clinic in Sao Paulo, Brazil, had a study involving 60 men and women aged 40 to 82, noted that their results with MSM were good in 90% of cases! Patients in this study who were on no other medication during the trial, were given 750mg of MSM twice daily and reported effective pain relief in 2 to 14 days. In the cases where only one joint was affected, Dr Oiszewer had patients apply MSM lotion to the affected area, since this remarkable nutrient can also be absorbed through the skin!

No side effects were noted, but a few patients found no benefit from the treatment.

## MSM AND HAIR LOSS OR DAMAGED HAIR

Hair is made up of a protein called keratin, produced in the follicles in the outer layer of skin. As follicles produce new hair cells, old cells are being pushed out through the surface of the skin. MSM is necessary for the production of collagen and keratin. Researchers report rapid hair growth, and return of colour in some cases. MSM may be taken orally and added to your natural shampoo at 15% MSM to shampoo.

## SKIN AND NAIL CONDITIONS

Answers to your questions about MSM, Magnesium, MiSMo skin care and Mineral Makeup

MSM is known for preventative effect on cross-linking of collagen and protein thus reducing hardening of skin and connective tissue. This makes MSM an extraordinary treatment for improving skin quality of the skin problems such as acne, burns, topical fungus or dry aged, wrinkled skin. Apply liberally to skin and rub into the area affected.

#### SNORING

Sufferers of chronic snoring were given 16% MSM drops in a water solution in each nostril 15 mins prior to bed. 80% reported reductions in snoring with no side effects whatsoever after 90 days.

#### CELL SOOTHER

Our heroic multi-use MSM and Aloe Vera gel called Cell Soother can soothe and reduce blemishes, itches, muscle pain, redness and inflammation. Fantastic product!

#### SUNBURN, INSECT AND PLANT STINGS

This is where using Cell Soother as a wipe on gel comes in again.

MSM also eases irritation from insect/plant stings and allergies. MSM increases permeability and pliability properties to all tissues, prevents blistering, also promoting faster healing from sunburn and wind damage.

#### ALLERGIES

An adverse reaction to a substance normally harmless to others is deemed allergic. Allergies are not limited to hives, hay fever and asthma. MSM is extremely beneficial for allergies. Users repeatedly say that chronic allergies have improved immeasurably. These were frequently people for whom medication had provided only limited relief! A higher than usual dose usually is required to achieve a good outcome. This can be 3 teaspoons a day.

#### ACIDITY/HEARTBURN

Both lab and clinical studies illustrate that MSM can provide extremely effective, often immediate relief from excess acidity, with no side effects. Dr Jacob states that patients with hyperacidity who use antacids or acid-blockers use MSM with excellent results, experiencing none of the side effects that often accompany anti-acid drugs.

#### MSM FOR PETS

MSM is widely acclaimed by vets and horse studs for its contribution to equine health care and pet ailments.

## MAGNESIUM CHLORIDE

### WHY MAGNESIUM CHLORIDE?

The full product name is Magnesium Chloride Hexahydrate. There are 9 forms of magnesium in powder form, including oxide, orotate, sulfate, citrate, lactate and chloride. Magnesium sulphate is commonly known as Epsom salts. The amount of elemental magnesium varies across the different types of magnesium and also the bio availability to the body.

The reason we have chosen Magnesium chloride is because of its ability to enter the body topically. That is by applying as a gel or oil or bathing. Magnesium is one of the most abundant minerals in the body, essential for life.

The following is about Magnesium Chloride Powder only.

It can be quite confusing to understand the various ways to use Magnesium Chloride Powder so I'll try to explain. There are several methods to get magnesium into your body. Here are four suggestions:

1. **Oral use** (by mouth) - not the best way as you can get diarrhea if you take too much
2. **Magnesium oil** - applying Magnesium Chloride Powder dissolved in water which **feels** like an oil
3. **Foot soak** (or bath) - using either magnesium powder or magnesium oil (magnesium chloride is far more efficient than Epsom salts)
4. **As a lotion** - Use MiSMo Magnesium Gel Forte - a luxurious gel that doubles as a body lotion.

### E-BOOKS

We have 2 excellent free eBooks on Magnesium. If you'd like copies please email [info@mismo.com.au](mailto:info@mismo.com.au) and write Magnesium eBooks in the subject line. At MiSMo we love to share information.

### WHERE DOES YOUR MAGNESIUM CHLORIDE COME FROM?

MiSMo Magnesium Chloride Powder is food grade, pure magnesium chloride extracted from pristine inland salt lake water near Tibet. Sodium Chloride is extracted from the water and the residue is 99.9% magnesium chloride hexahydrate.

1 gram of MiSMo Magnesium Chloride Powder contains 120mg of elemental magnesium. There are 1,000mg in 1g. Not all brands are equal.

## QUESTIONS TO ASK ABOUT MAGNESIUM CHLORIDE?

The main questions are:

- What percentage of the powder is magnesium. The answer should be at least 95%. MiSMo Magnesium chloride is 99.9%
- Is the Certificate of Analysis available to you to read?
- Is the Magnesium chloride food grade?

Magnesium Chloride is available as a fine crystalline powder or as flakes. Many magnesium chloride flakes contain as little as 34% magnesium so ask the question. If the seller doesn't know the percentage go elsewhere. This is another reason some magnesium chloride is cheaper.

MiSMo Magnesium Chloride contains 99.9% magnesium and is food grade. This is a natural mineral not synthetically derived.

We are happy to provide a Certificate of Analysis on request.

## HOW TO MAKE MAGNESIUM OIL

Magnesium Oil is not an oil but feels like oil. It is simply Magnesium Chloride Powder mixed with Distilled water.

To make Magnesium Chloride Powder into magnesium oil, add 50g of the powder to 50ml warm drinkable distilled water. This will be a very strong 50% mix. Many magnesium oils on the market contain around 30% magnesium chloride so you can experiment with this mix. For ease of use, put into a spray bottle. Spray over the body but especially where you have pain. The magnesium will be absorbed into the body in 20-25 minutes. If the skin is sticky or itchy wash off after that time.

The solution may sting a little the first couple of times. You can dilute by 1:1 with extra pure distilled water if necessary. Magnesium applied to the body absorbs through the skin and bypasses the digestive system - a big plus.

We recommend using distilled water for the purity. Alternatively use filtered water that has been boiled.

## THE EASIEST WAY TO USE MAGNESIUM – GEL FORM

MiSMo formulated Magnesium Gel Forte with MSM several years ago to provide a strong effective mix of magnesium chloride and MSM that was also pleasant to use in a gel or lotion form. Both minerals are excellent supplements to help ease pain.

## CONDITIONS THAT RESPOND TO MAGNESIUM GEL

- Sleeping problems
- Restless legs
- Cramps
- Pain from arthritis or joint pain
- Pain from exercise
- Improve libido

## HOW DO YOU USE MAGNESIUM GEL FORTE?

Use as a lotion. Apply approximately a teaspoon once or twice daily to clean skin. Apply to any painful areas or to the back of the neck if you have headaches. To use the recommended amount, apply to arms, legs, tummy and shoulders – it doesn't matter where. The soft areas of the thighs and inner arms are perfect for transdermal applications (good for libido problems). For external use only.

If you suffer from cramps or restless legs apply to legs before bed for prevention or if a cramp wakes you, apply to the painful area to relieve pain quickly and help you go back to sleep.

## ORAL USE

The daily recommended dosage of elemental magnesium is approximately 400mg but magnesium deficient people need more.

Mix 1 part Magnesium Chloride Powder with 3 parts pure distilled drinkable water\*. Example: 50g powder to 150ml water. Dosage: Take 5ml (1 teaspoon) of liquid 3 times a day. You can add this to a glass of water or juice to improve the taste.

## FOOT SOAK OR BATH

You can use either Magnesium Chloride Powder or magnesium oil which you have mixed. If using powder, add ¼ cup to very warm water in a foot spa or bucket of water. The solution may be reused but you will have to reheat it. For magnesium oil, if the oil is at a 50/50 ratio use ½ cup in very warm water. The heat helps magnesium to absorb better in soaks. Soak your feet for 20-25 minutes. The magnesium will absorb into your body in this time.

## FREQUENTLY ASKED QUESTIONS

### HOW QUICKLY DOES MAGNESIUM OIL ABSORB INTO MY SKIN? WILL IT SMELL?

Magnesium oil absorbs almost immediately upon contact. Applying 1 or 2 sprays of magnesium oil and massaging it into your skin will speed up the absorption and leave almost no residue. A slight "oily" feeling will occur if a lot is applied. Magnesium oil has no odour.

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I EXPERIENCED A SLIGHT TINGLING SENSATION WHERE I APPLIED THE MAGNESIUM OIL. WHY?

The tingling sensation is a result of the magnesium entering the skin, which is harmless, and isn't always felt. In order to prevent tingling or stinging from occurring, simply dilute the magnesium oil 1:1 with purified water. Remember, this is a very concentrated product.

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WHAT IS THE MAXIMUM DAILY DOSAGE OF MAGNESIUM OIL?

There is none. By spraying magnesium onto your skin, rather than eating it, you bypass the problem of the gastrointestinal barrier. Excess magnesium in your intestines is not absorbed, just eliminated. Transdermal magnesium chloride is largely absorbed and used by your cells on location.

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ARE THERE ANY PRECAUTIONS TO USING MAGNESIUM OIL?

Do not apply it to your eyes or into your nose. This would cause irritation. Applying magnesium oil onto open wounds will cause stinging, but will also increase the speed of healing.

\* Purified distilled drinkable water is available from supermarkets in the water aisle. Moores Ultrapure Water is one brand. Noble is another. The cost is around \$4 for 5L.

## MISMO SKIN CARE

MiSMo Skin Care was developed in early 2000 and has been online since 2005. The range was developed when the owner, Irene McDonald, found she was unable to use regular skin care due to the skin condition Rosacea.

MSM (a source of organic sulphur) is an excellent ingredient and is often called nature's beauty mineral. MSM softens skin, calms irritated skin and helps smooth scars. MSM works both orally and topically (when applied to skin).

This was the basis on which the range was founded so while selling Natural pain control and skin care may seem a strange mix, this unique and little known mineral has facilitated both very successfully, to solve many problems.

## THE RANGE

MiSMo Skin care is different from other skin care ranges and the reason for developing the products also differs from most companies. There was a mission!

The original mission was to develop skin products to help control Rosacea or Acne Rosacea as it used to be known and the symptoms. This mission was expanded as the creams, gels and serums developed into a range that incorporated super effective anti-ageing products and those for problem skin like acne or blemished skin.

Solutions for many skin conditions were developed and thousands of happy customers have been using MiSMo for 12 years straight. Ladies being ladies, we are always interested when our customers drift away trying new super products only to return soon after when the same results were not achieved.

## WHY IS MISMO DIFFERENT?

Our secret arsenal of weapons begins with MSM, a proven skin softener and healer. When lines and wrinkles soften they are less noticeable. After that science comes into the equation.

MiSMo uses only scientifically proven ingredients that perform specific tasks – like smoothing out lines; plumping the skin; fading age spots; calming red irritated skin; healing pimples and blemishes.

MiSMo Skin Care is a natural range and uses as many natural ingredients as possible. Active ingredients which are essential to visible results are derived from natural ingredients. We do use synthetic preservatives because they have proven to be the most reliable and safest. The last thing you want is bacteria in your creams and gels. We also only need to use a very tiny percentage to achieve safety, much less than a natural preservative.

Answers to your questions about MSM, Magnesium, MiSMo skin care and Mineral Makeup

MiSMo Skin Care can truly be described as a Cosmeceutical range. This describes skin care where active ingredients are used to achieve a visible result.

## CELL SOOTHER



Cell Soother is a sensational MSM gel which hovers between Natural Pain Control and Skin Care. I don't use the word sensational lightly.

Households Australia wide keep this on hand for so many problems, too many to mention here.

- Insect bites (great for wasps and I even used it for a blue bottle sting successfully)
- Sunburn or mild kitchen burns
- best cold sore treatment ever
- Pimples
- Plantar warts
- Muscle pain

I would never travel without Cell Soother as many of our customers have also reported. Even a sprained ankle will respond to Cell Soother. Travel sizes available too.

## ANTI-AGEING QUAD PACK OR AVAILABLE INDIVIDUALLY:

Why age gracefully when you can improve your skin and those pesky wrinkles substantially?

There are 2 serums in the anti-ageing range, ACE Vitamin C Serum; Rejuvenating Gel

**The jobs:** ACE Vitamin C serum is a fine oil and you can expect results like these:

- Increased firmness, elasticity and tone of skin
- Brighter and more radiant skin
- Reduced pigmentation marks



- Smoother skin
- Repair of damage from UV rays and protection from future damage
- Strengthened facial capillaries; helps rosacea
- Reduced facial redness

Answers to your questions about MSM, Magnesium, MiSMo skin care and Mineral Makeup

Rejuvenating Gel is our most popular product. Why – because it works so well! The skin plumps very quickly (within a couple of days) bringing back that youthful glow. It's like people know you've done something but what?



If you want to get technical and so many ladies are very savvy about ingredients today, the first reason Rejuvenating Gel works is the pharmaceutical grade Hyaluronic Acid and the huge quantity we use. We use 10 – 15 times more than most companies and are alone in the use of pharmaceutical grade. Why - because it costs so much. Cosmetic grade is the normal grade in use in the cosmetic world. Also this needs to be the correct molecule, a tightly held secret.

My reasoning is, if an ingredient is going to penetrate your skin you need the best quality possible. Our clinical trials showed more was better so we did.

The next scientific addition is a peptide developed from amino acids. This helps smooth the lines and wrinkles and can take up to 60 days to see the full effect.

Of course a healthy dose of MSM and organic Aloe Vera juice also perform specific tasks too. We don't use a fragrance in Rejuvenating Gel.

#### ANTI WRINKLE CREAM

Anti-Wrinkle Cream is your platinum level Moisturiser. Combining Vitamins C, A, E and B3 with Hyaluronic Acid and MSM plus an array of natural oils delivered a very special formulation which works beautifully with ACE Vitamin C Serum and Rejuvenating.

You can also use Anti-Wrinkle Cream alone if you wish.

There are no nut oils in Anti-Wrinkle Cream for those with allergies to nuts.

#### EYE CREAM COMPLEX

Bringing the big Anti-Ageing picture together, Eye Cream Complex is a very unique eye cream and there is no other like it anywhere. MiSMo had a few goals in mind when developing this fine cream. Eye brow lift; puffy eyes and dark circles were to be targeted.

There are some instances with dark circles where diet and genetics come into play and no cream will help but in lighter skins without these issues Eye Cream Complex works very well.

Answers to your questions about MSM, Magnesium, MiSMo skin care and Mineral Makeup

Ingredients have been developed mainly from plants with one algal polysaccharide from the sea. This is another unique feature with Eye Cream Complex.

Only a tiny amount, the size of a match head, is required for both eyes to see a difference in a couple of weeks.

#### DAY TO DAY MOISTURISERS FOR OILY TO DRY AND MATURE SKINS

You can interchange any MiSMo moisturiser to suit your need and the seasons. In winter our skin is crying out for oils to protect your precious face from the cold and windy conditions. Summer requires a lighter moisturiser so vary your routine throughout the year.

#### NOURISHING CREAM

All-time favourite for mature skins. Drench your skin in this light but rich moisturising cream. You will find this soaks in beautifully leaving your face soft and smooth.

Lots of natural oils, MSM and organic Aloe Vera used here.

**Info tip!** MiSMo products use lots **fresh** Aloe Vera Juice - not the powdered version that has become popular. Fresh juice is more active and is full of enzymes which make creams and gels work much better.

Yes fresh Aloe has a slight odour which you can smell but boy does it work.

Perfect for dry and mature skin types.

#### NEW AGE MOISTURISER WITH OR WITHOUT SUNSCREEN

Two versions of this lovely light moisturiser are available. For those who like to use a daily moisturiser with sunscreen, this is perfect. A fine zinc oxide (not nano particles) is used as the sun protectant but zinc also performs other wonderful jobs – it calms the skin – and helps heal blemishes and pimples.

New Age Moisturiser is a lighter moisturiser than Nourishing Cream (think oil in terms of light) so is suitable for all year use for normal to oily skin.

#### BOOST

BOOST is a genuine oil-free moisturiser suitable for oily and acne prone skins. BOOST will hydrate your skin without any oil. Lots of lovely Hyaluronic Acid to plump and calm sensitive skins.

Great addition to use over Blemish Gel if you have spots.

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**MEN** - if you are looking for a moisturiser but don't like that oily feel this is for you. Use it all over your face instead of an after shave – don't forget your forehead and you'll look years younger – guaranteed!

#### QUESTIONS ABOUT WHICH CLEANSER TO USE?

MiSMo has 2 types of Cleansers and both work very well. Personal choice comes in here as some like a gel cleanser and some like a creamy cleanser.

#### DAILY FACE WASH

This is what is called an AHA (Alpha Hydroxy Acid) gel cleanser with no colour, oils or added fragrance.

The AHA's in Daily Face Wash work by dissolving dead skin cells, makeup and oil on the face. This is all achieved very gently and the gel should be left on the skin for at least 30 seconds to allow the cleanser to work.

Simply dispense one pump into your palm and work the 2 palms together to work up a bit of lather and massage into your face, neck and décolletage. Leave 30 seconds and rinse well.

Ideal for acne prone skin and oily skin types.

#### NATURAL FACE CLEANSER

A delightful natural creamy cleanser that feels more like a moisturiser it is so silky. Full of natural oils, MSM and Aloe Vera to cleanse the most sensitive skins, use twice if removing makeup.

Your skin will feel soft, hydrated and smooth every day.

#### MICRODERM RESURFACING CREAM

Microderm is a fabulous exfoliating cream boosted with Bamboo powder as the exfoliating ingredient. The bamboo grains are spherical so will roll over the skin removing dead skin cells as you gently massage.

The base is our natural creamy face cleanser. Skin is left energised and feeling like satin. If you use this in the morning expect your makeup to look sensational.

May be used even on sensitive skin using a light touch. Never use fingertips to massage cleansers or moisturiser, this is too harsh. Use the flatter part of the fingers.

#### AHA FRUIT MASQUE

AHA Fruit Masque is a unique face mask to give you a salon facial in your own home. Enjoy soft, silky skin all year round.

Answers to your questions about MSM, Magnesium, MiSMo skin care and Mineral Makeup

It's a wonderful dual action masque to expose your vibrant complexion. The AHA component of the formulation will loosen dead skin cells while Jojoba beads will continue the process of removal when you massage the re-moistened skin after the mask has dried.

Glycolic acid, derived from sugar cane, is an alpha hydroxy acid which dissolves dead skin cells. We have added a fruit acid as well to increase the results of exfoliation. The final piece of the mask puzzle is round jojoba beads which will not scratch the skin but gently accelerate the process.

Excellent for mature skin; oily and normal skin type.

Go on give yourself a lift, it only takes 10 minutes!

**PHP TREATMENT MASK - PURIFY, HYDRATE & PLUMP!**

**ARE EXPERIENCING DRY SKIN? THIS IS YOUR ANSWER - EASY, QUICK AND EFFECTIVE**

Cleanse - Apply - Rest - Remove - Moisturise - that's it!

MiSMo PHP Treatment Mask is a rich hydrating face mask which contains lashings of Hyaluronic Acid - the king of hydrators. It is marvellous for all skin types, especially winter damaged, sun damaged, sensitive, Rosacea and Eczema. Once you've used it you will be addicted. If you're looking for an effective anti-ageing treatments routine, include our PHP Mask.

## MISMO MINERAL MAKEUP POWDER AND LIQUID

MiSMo has a full range of Mineral Makeup which will leave you looking like a star every time.

**Problem Redness:** Rosacea is a common problem which presents as a red face, sometimes only the central part of the face. Very often pimples, lumps and bumps accompany the redness. This is an embarrassing problem for thousands of women and men throughout the world. For men it is harder to disguise but for women this is so easy to disguise, safely.

**Solution:** MiSMo Mineral powder

Take 2 minutes or even less to apply a safe natural cover and face the world with confidence all day long. Available in 7 colours. Watch the [videos](#) here and love your face again. I do this every day so it's experience talking.

**Problem:** You suffer from acne or breakouts and your present makeup makes this worse.

**Solution:** Switch to MiSMo Mineral Makeup. Natural ingredients that will not clog the pores and also provide a sunscreen at the same time.

**Bonus:** You'll look fantastic.

**Problem:** Every liquid foundation I use looks cakey.

**Solution:** MiSMo Liquid minerals in a tube is light; provides great coverage and will not cake. 5 colours available

**No problems - you just want to look gorgeous and natural:**

**Solution:** It's simply your choice of Powder or Liquid. Both give great results.

Also available: Blush, Highlighter, Bronzer, Eyebrow solutions, 10 Eye Shadow colours, and Professional Brushes for every use.

MiSMo has 2 fully trained Beauty Therapists on staff so take advantage of a free phone consultation if you have any beauty issues you'd like to talk about or get some advice on.

Lots more information: [www.mismo.com.au](http://www.mismo.com.au) email [info@mismo.com.au](mailto:info@mismo.com.au)

Videos: you tube channel: <https://www.youtube.com/user/MismoSkinCare>

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