



**Sleep -
the most known secret of beauty!**

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Sleep is the best friend of the whole organism regeneration. It also helps to keep our skin in good condition for many years. Everyone sleeps almost 30% of their lives. We need sleep more than food - we can survive longer without food than without sleep.

Regular and restful sleep is a dream for many of us. Recent studies show that over 80% of people worldwide are dissatisfied with the quality of their sleep. American consumer research shows that 68% of respondents have difficulty falling asleep and staying asleep. What are the reasons for this? Our daily cycle has been disturbed.



Sleep disturbance.

Our body naturally produces melatonin - known as the sleep hormone, which coordinates our circadian rhythm. Its highest concentration is at night and the lowest during the day, because light inhibits melatonin production. Its role in the body is still a subject of numerous scientific studies. It is already known that thanks to its specific chemical structure, melatonin has the ability to cross all biological barriers and affect different tissues and cells directly and indirectly. Its key role is focused on improving the quality of sleep and reducing the time it takes for us to fall asleep. Researchers are also exploring its anti-aging properties, participation in the production of other hormones, the effect on glucose metabolism and the functioning of the cardiovascular system.

Today, our circadian rhythm and melatonin production is even more disturbed under the influence of digital stress, caused by the increasing use of electronic devices. Disturbances in melatonin production lead to premature aging of the skin that does not have sufficient antioxidant protection and difficulties in ensuring adequate quality of sleep.

How to take care of sleep hygiene?

Take care of regular sleep - Try to sleep regularly and make a habit of getting up at the same time

Find your own relaxing ritual before going to bed, e.g. listen to relaxing music or do breathing exercises

Stop watching TV, using telephone or computer at least 1 hour before going to bed

Avoid heavy, spicy and sweet meals at least 2 hours before going to bed

Don't drink immediately before going to bed

Engage in regular physical activity, avoid heavy exercise a few hours before bedtime

Stress - your skin's public enemy.

Chronic stress, along with sleep disturbances, is a killer duo for healthy skin. Long-term stress exposes our skin to disturbed cellular respiration. Produced free radicals destroy collagen and elastin fibres, which leads to loss of elasticity and firmness. Under the influence of stress, the protective function of our water-lipid coat becomes weaker and weaker.

Under stress:

- The skin becomes dull and dry
- Development of dilated blood vessels
- Wrinkles start appearing
- There is an overproduction of sebum which may lead to acne
- Skin is susceptible to many dermatoses and mechanical damages





Naturally, we can help you.

At Colway International we are constantly looking for the newest active ingredients and we are composing effective cosmetics with proven effects. When we heard about the miraculous properties of dried gardenia fruit extract, we knew that we had to reach for it when creating our new product. Gardenia fruit extract enriched with crocin has a double effect. It acts as a natural blue light filter and like a plant molecule that is similar to melatonin, activates biological skin repair and defence mechanisms related to the circadian rhythm. Studies have shown that gardenia fruit extract not only improves sleep quality, but also reduces wrinkles (-21% of wrinkles compared to placebo after 2 months of use).





Say goodnight to your skin.

Gardenia fruit extract has inspired the creation of an excellent product for evening face care. Meet Good night skin drops an innovative serum that provides multidirectional care for the skin of the face. Night rest is the time of most effective absorption of the ingredients provided by cosmetics. We have composed a unique formula to ensure its optimum regeneration, rejuvenation and hydration. An innovative combination of active ingredients makes the product work from the first use and regular use brings a visible improvement in the condition of the skin - it has anti-wrinkle properties and reduces existing wrinkles, firms and tones the skin, evens out the colour and restores the skin's radiance and glow.

What will you love it for?

Light formula that is easily absorbed

Improved skin condition just after few applications

Soothed and calm skin

Radiant look of the skin each morning



How to use it?



Apply a few drops of the serum to the skin of the face and neck. Wait until the product is absorbed, finish the treatment with your favourite cream. Use it every evening.



97.42% of ingredients of natural origin - great power of activity

Neurophroline™ is an extract obtained from wild indigo, *Tephrosia purpurea*. It supports the decrease of cortisol synthesis - the stress hormone - in the skin cells. Activates the release of a natural soothing neuropeptide that soothes the mood and visibly improves the skin tone. By reducing the level of cortisol, it affects the production of collagen and hyaluronic acid in the skin. It has anti-wrinkle and firming properties, reduces inflammation, and moisturizes.

Argireline is a synthetic hexapeptide formed from six natural amino acids that are a safe alternative to botulinum toxin. It has an impact on the increase of muscle rest and reduces the process of wrinkles formation. The way argireline works is natural, it prevents the formation of mimic wrinkles, evens out the skin structure, and stimulates skin cells to produce collagen.

Organic Alpine Rose Leaf Extract, which inhibits the carbonylation of skin proteins, i.e. irreversible, unrepairable and age-related oxidation process induced by reactive oxygen species. This component can protect skin proteins against damage caused by oxidative stress and strengthens the protection against pathogens. It has anti-aging and antioxidant properties. It significantly improves the skin tone, rejuvenates, reduces redness and the appearance of pigmentation spots that appear on the skin with age.

A unique complex of seven alpine plants *Primula Veris*, *Mellisa Officinalis*, *Malva Sylvestris*, *Mentha Piperita*, *Veronica Officinalis*, *Alchemilla Vulgaris*, *Achillea millefoliu*. Plant-derived flavonoids, phenolic acid, polysaccharides and iridoids, leave the skin radiant, even out the colour and reduce discoloration.

High molecular weight hyaluronic acid, which creates a non-occlusive film on the surface of the skin that ensures long-lasting hydration and inhibits the



evaporation of water from the epidermis. Its structure is completely identical to that endogenously produced by human fibroblasts and keratinocytes, making it a biomimetic active ingredient.

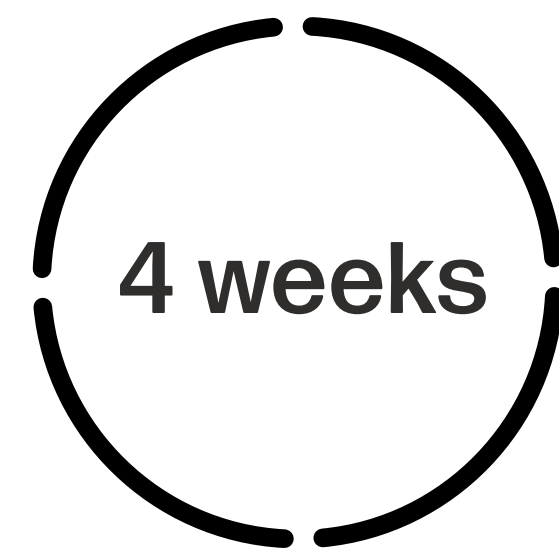
Gardenia Dried Fruit Extract is a pioneering natural ingredient that inhibits the effects of digital stress on the skin. The complex activates the skin microbiome, stimulates skin's rejuvenation and supports the body's natural melatonin release cycle, improving sleep quality and preventing premature aging. Melatonin is a natural sleep-regulating hormone, but it also has an antioxidant effect on the skin.

Niacinamide - vitamin B3, recommended for dry, hypersensitive, prone to discoloration, mature and acne skin. It takes part in the synthesis of ceramides, the amount of which decreases significantly with age, supports the hydration and elasticity of the skin, smoothes the skin surface thanks to the increased production of collagen, reduces discoloration.

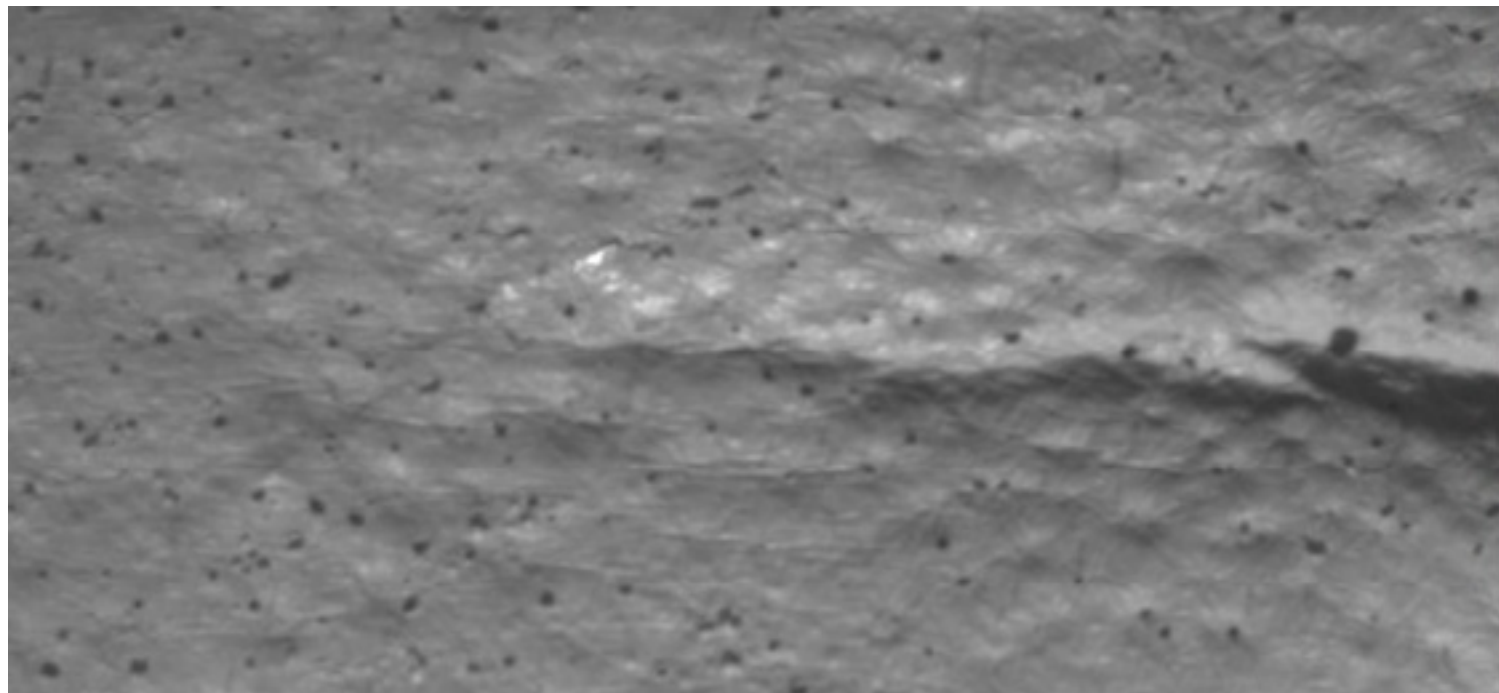
Ectoine is an amino acid produced by many different extremophilic microorganisms, i.e. by microorganisms that can survive in very extreme environmental conditions, e.g. in salty waters. Ectoine is known for its unique moisturizing properties. It strengthens the natural skin barrier, making it more resistant to damage, supports the reduction of wrinkles, and smoothes the skin. It reduces redness and inhibits inflammatory processes.

Do we have evidence of this?

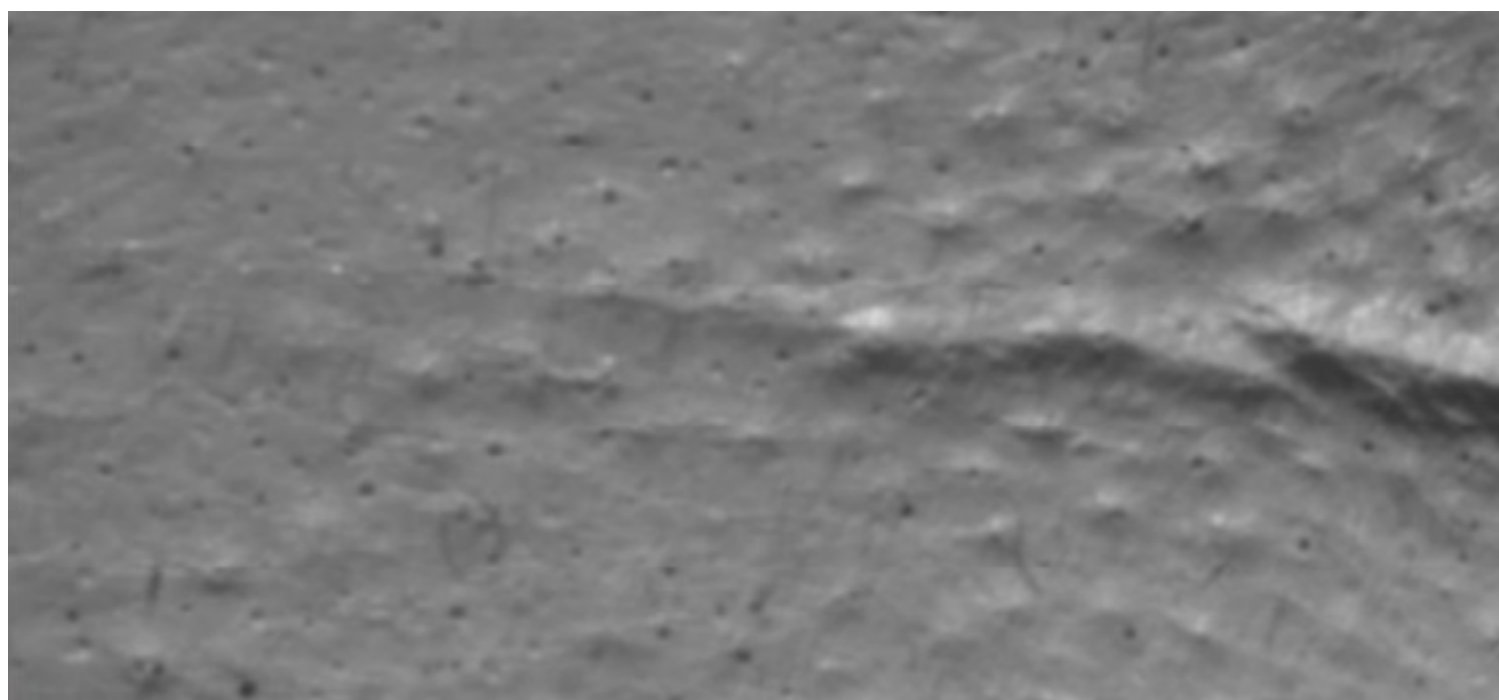
Measurement tests were carried out in accordance with the research procedures of the ITA-TEST laboratory. It lasted 4 weeks.



after



before



Measurements of the biomechanical parameters of the skin of the face confirmed measurable improvement.

- skin firmness of women testing the products up to 20%,
- skin elasticity of test subjects up to 15%

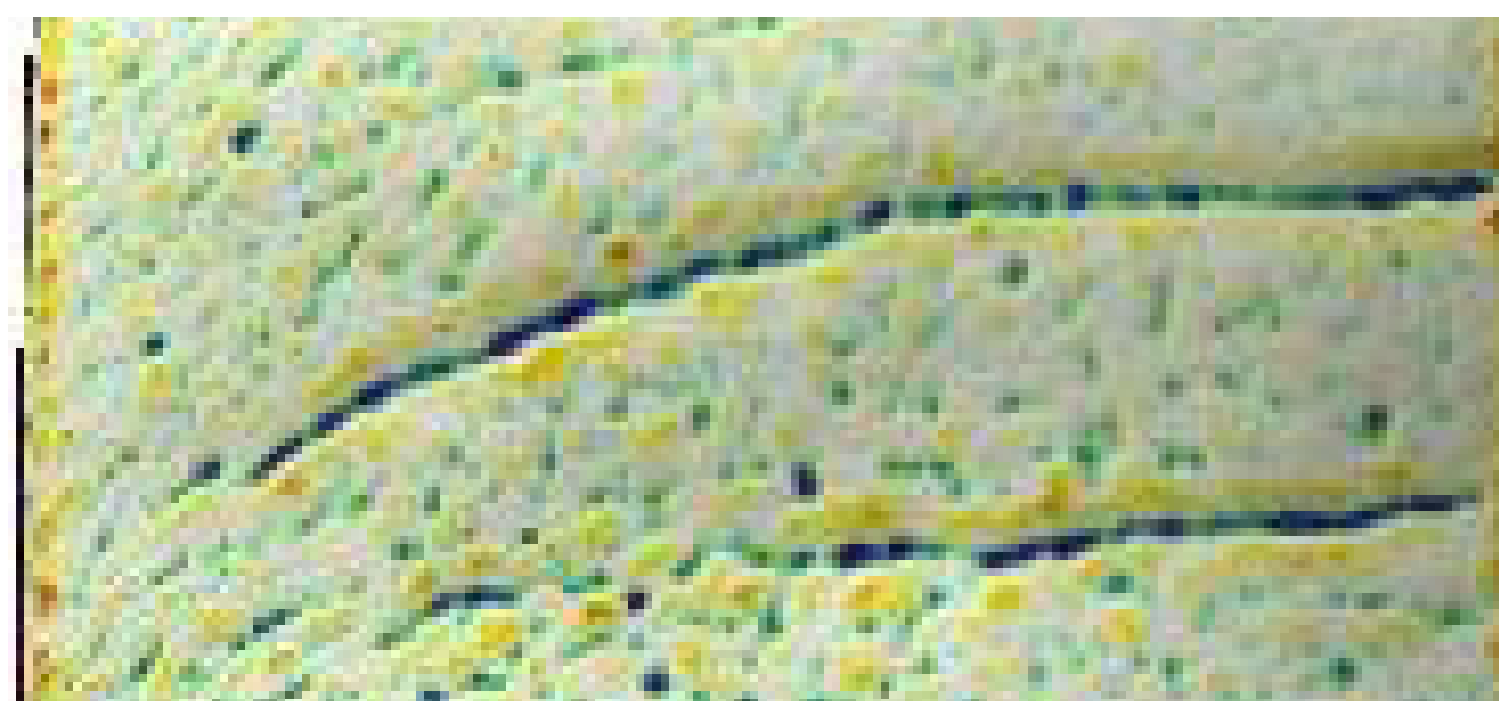
Measurement of skin smoothness.

- smoothing out of the skin 9% to 35%

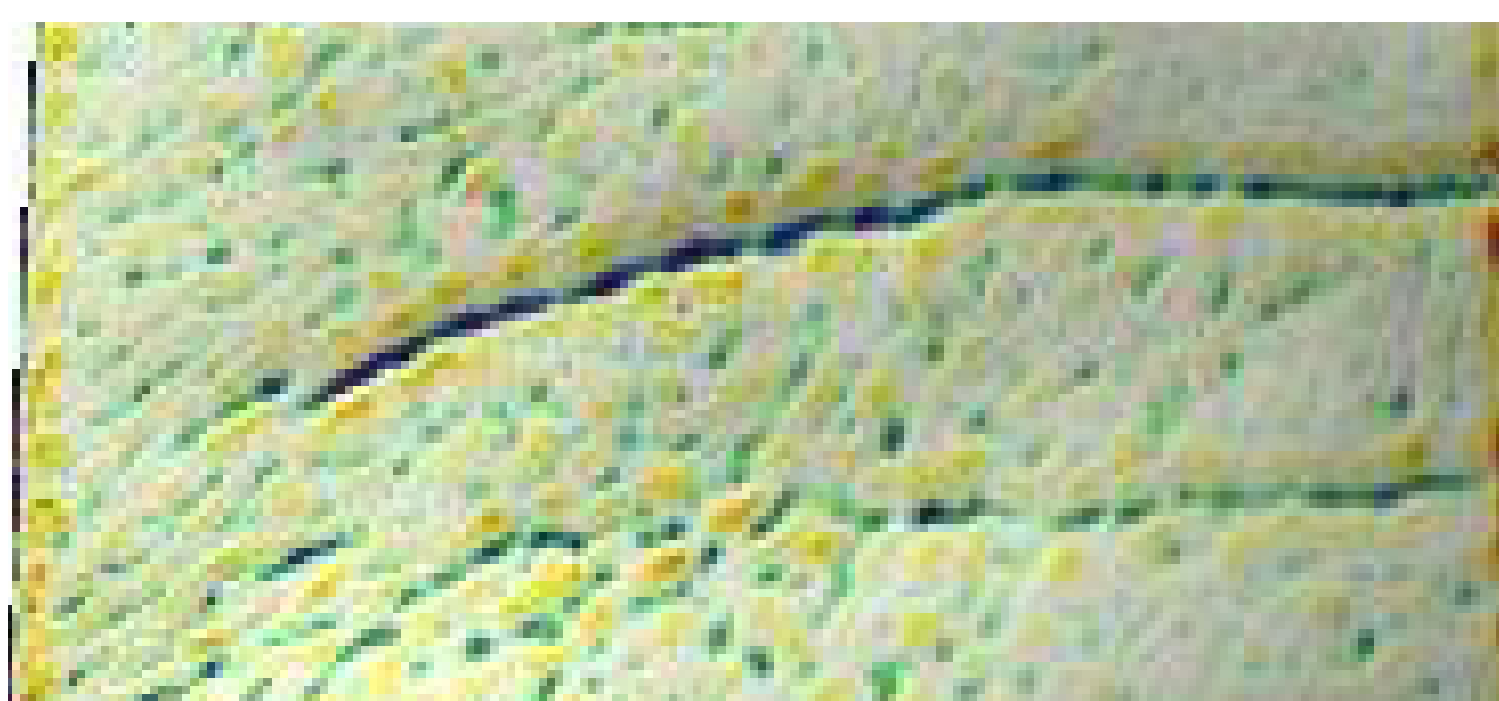
Measurement of the length and depth of wrinkles.

- the average length of wrinkles has decreased from 6% to 33%
- the average depth of wrinkles has decreased from 5% to 21%

after



before





How to take care of your skin in the evening with Colway International cosmetics?

Step 1 Take care of proper makeup removal.

<https://colwayinternational.com/shop/products/3/403,woda-mi-celarna.html>

Step 2 Thoroughly cleanse the skin.

<https://colwayinternational.com/shop/products/3/419,delikatna-pianka-do-mycia-twarzy.html>

Step 3 Use the collagen treatment and apply the Native Collagen of your choice every evening.

<https://colwayinternational.com/shop/categories/kolageny-native>

Step 4 Apply a few drops of Good skin drops face serum.

<https://colwayinternational.com/shop/products/52/648,good-night-skin-drops-face-serum.html>

Step 5 Apply your favorite care cream. Try it out:

<https://colwayinternational.com/shop/products/52/620,natural-balance-krem-do-twarzy.html>



TheCollagenCompany