

# DERMASCOPE

The Encyclopedia of Aesthetics & Spa Therapy

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**Hair Removal  
& Spa Design**

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## RESOURCES

Pineapples are full of important antioxidants that work to prevent cell damage within the body by fighting against free radicals that are constantly damaging the skin. When people include antioxidants in their daily diet, they are working towards preventing several chronic diseases and conditions, such as heart disease, cancer, atherosclerosis, and arthritis.

The health benefits of pineapple include supporting the immune system, bone strength, eye health, digestion, and anti-inflammation. Pineapple is also effective for treating acneic skin and helping the skin to look younger, naturally exfoliating and hydrating the skin. The use of pineapple in skin care products will help clients achieve smooth and shiny skin.

### BROMELAIN

Pineapple's active ingredient, bromelain, is an enzyme that helps to exfoliate and maintain healthy and shiny skin. It is rich in vitamins A, B, and C; sugars; iodine; magnesium; manganese; potassium; calcium; phosphorus; iron; sulfur; and

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In skin care products, the use of pineapple as a scrub helps to exfoliate on two levels: as a gentle microbead and as a fruit enzyme.

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fiber. Pineapple's concentration of bromelain helps with the removal of dead tissue and with severe burn wounds. It is an excellent antidote for cardiovascular disease due to its ability to break down cholesterol compounds.

Bromelain brightens the skin as it is loaded with vitamin C, which fights hyperpigmentation and provides the skin with a smooth and brighter-looking complexion. It also clarifies and tones the skin, helping the body to eliminate impurities. Bromelain performs these actions without further irritation to the skin and does not

cause stinging, drying, or stripping. Bromelain speeds the healing process by helping the body to eliminate metabolic waste from injuries. It helps to rebuild the skin by stimulating collagen production and bonding to the underlying collagen fibers.

### VITAMIN C

Pineapple is rich in vitamin C, which helps to metabolize fats and cholesterol, absorb iron, and synthesize amino acids

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