

Life resonance





Life Resonance is based on the discovery that optimal bodily function, mental well-being, radiant vitality and simply feeling good comes from consistent energy care. Conscious care and maintaining energy reserves also ensures the optimal functioning of the whole human being.

Vitality, balance and maximum care are the primary goals of Life Resonance. The natural extracts and plant oils are used from certified organically grown cultivation, reflect the abundance of regenerative wealth that nature has to offer.

Our products are enriched with energizing components, taken from listening to nature, and imprinted on pure natural plant essences, using a unique biophysical procedure developed especially for Life Resonance, to bestow renewed impulses for a healthy, radiant skin and an all-round feeling of well-being.

Today's way of life – a continual balancing act

It is almost a work of art to achieve peace and balance with today's flood of information, as well as never-ending stress and environmental challenges that surround us. The skin inexorably reflects these load factors and reacts with all possible kinds of irritation.

At the same time, the skin allows us to apply extensive rebalancing impulses and it is through the skin that an active energy flow can be stimulated. In the same way skin and tissue functions can also be restored to balance, and finally one's entire well-being can be harmoniously influenced through the skin!

With the revolutionary approach of adding energizing resonance patterns to enriched high-quality cosmetics, Life Resonance offers the opportunity to rebalance, revitalise and regenerate the skin's function, and positively influence the person as a whole.

Beauty + Energy – the revolution worth discovering...

Today it is not sufficient to simply care for the body with top quality cosmetics; in order to compensate the skin's deficiencies and bring about inner balance, other deeper-reaching factors are necessary: the addition of energy enhancing factors.

On the one hand energizing factors permit optimal cosmetic care and on the other hand guarantee daily energy care and sustainable health and vitality.

Life Resonance represents Beauty + Energy in one – visible and also deeply felt beauty.

Our ethical principles

We have deep respect for the intelligence and strength of nature's capacity, and we believe that in the long run using nature is far better than seeking rapid but artificial results through chemicals. These are the principles that we apply to beauty and health care.

Life Resonance – the name says it – brings life into positive resonance through natural forces. Dedicated to this belief, Life Resonance pursues a clean and ethical policy in product development.

All products are free from

- aggressive chemical preservatives –
Not only is the entire product free from chemical preservatives, but every individual ingredient is also.
- harmful chemical emulsifying agents
- synthetic fragrances
- silicone oil
- synthetic colorants
- paraffin and vaseline
- PEGs (polyethylene glycol)
- chemical light protection – (UV) - filters
- urea
- sodium laurel sulphate

Correspondingly all products use only

- chemical-free preservatives by a combination of several active ingredients with natural antibacterial properties. Two different methods are used:
An antibacterial moisturizing factor, combined with bio-activated essential oils and a skin protecting substance based on amino acids, mineral salts and bio-activated essential oils. This preservation method for cosmetics is completely new and unique worldwide.
- emulsifying agents of plant origin
- precious, natural and many rare essential oils
- natural high-quality plant oils, which contain a variety of unsaturated and polyunsaturated fatty acids



A love of animals

- Life Resonance products are not animal tested. Clinical studies with humans have however proven that the products do not cause skin irritation, and are completely harmless and safe to use.
- Life Resonance products contain no animal substances whatsoever, and are exclusively based on ingredients of plant origin.

A respect for nature and the environment

- The various extracts and tinctures stem from plants of certified organic cultivation.
- Life Resonance products contain only sustainable raw materials which are biologically degradable.

A Question

What does a meadow show when a large number of insects busy themselves there?

Answer

Such a meadow of touching beauty clearly demonstrates that it has an intact ecological system and a high survival level. The diversity of species offers a strong defence against parasites, favors the growth processes and ensures healthy equilibrium.

Life Resonance is based on the very same principles as nature. A rich and varied selection of plant ingredients, offering many synergistic characteristics and properties, are integrated into the products, offering the skin maximum protection and support.

Blackberry
Red wine
Cherry-stone
Violet
St John's
Ylang-Ylang
Aloe Vera
Ivy
Date kernel
Plum-stone
Watercress
Wheatgerm

The energizing factor

All Life Resonance products contain energizing resonance patterns as an exclusive distinguishing feature.

The biophysical procedure for the bio-activation of Life Resonance products was specially developed together with the Institute for Bioinformation. In this manner, ancient knowledge was coupled with modern technology in order to unite vitalizing impulses with harmonious and beneficial compositions. In this development, we also learned from Mother Nature. Resonance patterns are obtained, among other things, from light and color spectra, from oxygen, gem stones, precious metals and sound spectra; these are then combined into a unique blend for each product. Imprinted onto essential oils and integrated into the respective products, these vital resonance patterns address the body via the skin and stimulate the arrangement of energy fields. Unbalanced functions are brought to balance, overactivity is calmed and weakened energy is restored.

Through the daily use of bio-activated products, energy deficits are reduced and the necessary potentials for reorganization and energy balance are activated.

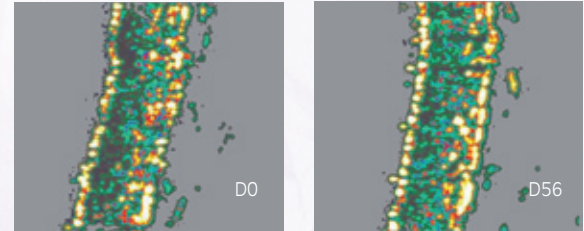
Clinical studies shows positive results

In the context of a dermatological study carried out on 30 persons by a Swiss laboratory, a Life Resonance Facial Cream was examined for its effect on the deeper layers of the skin (dermis.) The biological age of the skin, damage caused by environmental factors and excessive exposure to the sun can be precisely measured in the dermis. The thicker the dermis density appears, the better nutrition, metabolism and circulation function, and the outer layer of the skin (epidermis) is correspondingly taught and supple.

Energy processes made visible

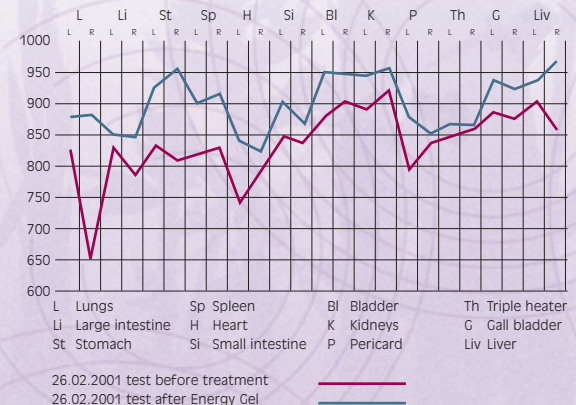
The computer-assisted diagnostic procedure "Prognos" measures the energy balance of the meridian and thus provides information over the entire energy state of a person.

The two diagram curves show the energy dynamics of the meridians before and after the application of Life Resonance Energy Gel to the right hand of a person. On the right thumb is a scar causing discomfort to the person. Energy Gel releases blocked energy and generates energy-flow within a short period of time. The adjusting procedure functions on the one hand by balancing the meridian of the lungs, and on the other hand by raising the entire energy balance (blue curve).



The density of the deeper skin layers (dermis) was measured during a period of 2 months. The example demonstrates the increase in dermis density of the face with a 51-year-old person.

The black holes on the D0 diagram clearly demonstrate the loss of dermis density, whereas diagram D56, in which the increase in coloured areas is apparent, shows how dermis density has been improved (+30%). By some test persons the increase in dermis density increased by more than 60% and the highest measurement of density improvement amounted to as much as 71%!



Life Resonance product overview

Facial products

CLEANSING BALM TWO-IN-ONE CLEANSES AND TONES

Suitable for all types of skin. Performs a dual function: cleanses mildly, thoroughly and at the same time tones the skin. Also suitable for extremely sensitive skin types. Removes eye make-up without burning. Optimally prepares the skin for the care product to follow. Relaxes and harmonizes the skin's metabolism. Contains natural antibacterial properties.

SKIN ELIXIR REPLENISHING SERUM

Refreshes and stimulates the skin and surrounding tissue. Harmonizes the skin's energy flow ensuring deep revitalisation. Promotes breathing and elasticity of the skin. Soothes irritated skin and encourages the regeneration of problem skin. For gents: Soothes after shaving and cares for reddened and irritated skin.

INTENSIVE RESTORANCE FACIAL MASK

Provides a deep moisturizing effect, nourishes and mineralizes the layers of the skin. The ultimate care for the positive treatment and repair of stressed, difficult, dry and impure skin. Soothes and reduces wrinkles and fine lines. Intensifies the skin's energy and promotes renewed vitality and radiance resulting in a silky and youthful appearance of the skin. Donates an incomparably soft and smooth touch.

ENERGY GEL VITALIZING PHENOMENON FACE + BODY

Generates energy-packed and lively radiance. Tingles and refreshes! Replenishes immediately and reorganizes energy flows. Provides tired and lethargic tissue with new zest. Tones slack tissue and activates lymphatic functionality. Relieves blocked tissue. Reduces lachrymal bags and encourages the efficient transportation of the metabolic process from the body. Invigorates tired legs, swollen ankles and burning feet. Releases tension and blockages and contains cooling properties by sunburn. Maintains energy reserves and donates a light and carefree body feeling. Acts favourably against nervous tension, fatigue and general weakness. Provides a desirable kick for sport and fitness!

INTENSIVE CARE EYE + LIP SUPPORT HIGHLY SENSITIVE SKIN

Protects and cares for the delicate and sensitive eye and lip zones. Well tolerated by the mucous membrane of the eyes. Provides in-depth nourishment and vitaminization of the skin as well as protection against damaging environmental factors. Retards aging and wrinkles. Soothes and reduces existing lines and wrinkles. Refreshes with valuable cucumber oil which enhances the product with an incomparable fragrance. Generates a radiant and clear field of vision.

FACIAL BALANCE 1 PERFECT REPLENISHMENT

Integral care that offers your skin all that it needs and more. Nourishes and provides a deep moisturizing effect of the skin. Protects against harmful environmental influences and retards skin aging. Soothes and reduces existing lines and wrinkles. Regulates sebum production. Grants the face a miraculous silky-smooth appearance. Assists intensive radiance and donates a daily experience of sensual well-being.

Facial products

FACIAL BALANCE 2 TOTAL REGENERATION

Provides dry and stressed skin with all that it needs for optimal renewal. In-depth regeneration that aids restructuring and nourishes. Provides the skin with new vitality and radiance. Replenishes exhausted energy reserves and offers protection against harmful environmental factors. Soothes and reduces existing lines and wrinkles resulting in a miraculous silky-smooth appearance. Assists intensive radiance and donates a daily experience of sensual well-being.

FACIAL BALANCE 3 OPTIMAL HYDRATION

Moisturizes, energizes and regenerates the multiple layers of the skin. Smooths and tones and provides protection against harmful environmental factors. Retards aging. Soothes and reduces existing lines and wrinkles. Regulates sebum production. Grants the face a miraculous silky-smooth appearance. Assists intensive radiance and donates a daily experience of sensual well-being.

Products for Face and Body

FACE + BODY SCRUB DOUBLE ACTION EXFOLIATING CREAM

Double action – a unique experience for your senses! Peeling and in-depth cleansing at the same time. Revitalizes tired slack tissue and problem skin. Tautens and tones. Removes old and horny cell particles. Stimulates the skin's energy flow and activates the entire energy field. Promotes blood circulation bringing about a fresh, shimmering, velvety appearance and an incomparably soft touch.

WHITENING ESSENTIAL CREAM

Acts naturally, safely and without chemical bleaching agents. Pure plant extracts from the Swiss mountains bring about an efficient whitening effect and assist in balancing discoloration. Restrains melanin production of the skin. Reduces coloration and size of age spots. Stimulates the skin's energy flow. Tones and cares for the skin granting intensified grace and brilliance.

ANTI SPOT NATURAL SERUM

Highly concentrated serum of natural basis. Acts naturally, safely and without chemical bleaching agents. Achieves a lightening effect through pure plant extracts from the Swiss mountains. Fades age spots and pigmented zones of the skin. Restrains melanin production of the skin.

SUN CARE PURE NATURAL

Is not a sun block! Encourages self-protection of the skin through naturally activating pigmentation (melanin). Optimally nourishes the skin after sunbathing. Prevents dehydration and promotes elasticity of the skin. Refreshes and vitalizes. Is also perfectly suitable as an after-sun treatment. Supports and maintains tanning offering natural protection against the sun.

Life Resonance product overview

Body Products

LUXURY BODY BALM ENERGIZING BODY COMFORT	Nourishment and care for the whole body. Transports ample vital nutrients and vitamins to the multiple layers of the skin. Revitalizes both stressed and dry skin and is generally well tolerated by sensitive skin. Moisturizes and donates concentrated energy resulting in a marvellously smooth and velvety feeling of the skin. Supervises energy reserves and brings about a vital, fresh and light body feeling. Relieves fatigue caused through hours in front of computer screens.
DETOX BODY MASK TIGHTENS AND TONES	Purifies, cleanses, tautens and revitalizes. Activates lethargic metabolism of the skin and surrounding tissue. Encourages lymph activity. Reorganizes the skin's energy flow and improves blood circulation. Tones and nourishes. Combats irritated skin. Mineralizes and strengthens the skin. Relieves, supports and enhances the suppleness of body tissue. May also be used as an intensive cure by applying daily for a period of 1–2 months and is well tolerated. For example, during slimming diets or cellulite treatment. Reduces nervous tension and assists positive mood swings. Refreshes and soothes the entire body.
BALANCE FLUID RHYTHM + ENERGY	Caringly soothes irritated and reddened skin. Revitalizes and stabilizes both body and soul. Protects sensitive energy fields with a beneficial fluid wrap. Favourably influences the skin's metabolism. Increases resistance. Contains antibacterial properties. Refreshes and strengthens.

Hair Products

HAIR + BODY SHAMPOO CLEANSING RITUAL	Thorough and gentle cleanliness for the hair and scalp without irritation of the eyes or scalp. Strengthens existing hair and encourages the healthy growth of new hair. Causes no dryness of either the scalp or hair. Is well tolerated and hence also suitable for stressed hair and delicate skin. Combats hair and skin problems resulting in a clean and energized sensation of both the head and body.
HAIR MASK ESSENTIAL CONDITIONER	Provides protective care against harmful environmental influences. Suitable for use on both dry and wet hair. Donates the hair essential moisture leaving it soft to touch. Enhances the hair's natural springiness giving it volume and elasticity. Revives the scalp through increased micro-circulation and combats hair loss. Grants the hair vitality and a beautiful silky sheen. Provides natural resilience leaving the hair easy to comb and set as desired.

Oils

INVIGORATING MASSAGE OIL

Dynamic smooth-gliding massage oil. Stimulates and reorganizes with the construction of new energy resources to compensate energy deficiency. Stimulates blood circulation. Releases muscular tension and energy blocks. Perfectly suited as a pre or after-sport booster. Provides optimal care for dry skin. An additional tip: Equal quantities of the Invigorating Massage Oil and Luxury Body Balm mixed on the palm of your hand and applied to the body grant an irresistible feeling of well-being!

RELAXING BODY OIL

Releases energy blockages and harmonizes energy flow. Influences lymph activity favourably. Soothes irritated skin. Counteracts skin and tissue tension. Supports metabolism of the skin. Strengthens and supports with the provision of high-quality care properties.

PROTECTING CARE OIL FOR BABIES + CHILDREN

Provides ample gentle care for tender skin. Ideal for a baby massage. Offers active protection and acts as a prophylaxis for body and soul. Eases communication between the inside and outside world. Influences development positively and strengthens resistance.

PREGNANCY CARE BALANCE + SUPPORT

For an energy-conscious pregnancy. Encourages blood circulation. Increases elasticity of the skin and surrounding tissue. Prevents stretch marks. Supports the mutual metabolism process of mother and child. Provides optimal care of the skin.

MOUTH WASH OILS ESSENCE FOR GENTLE DETOX FOR NON-SMOKERS + SMOKERS

Cleanses mucous membrane. Purifies and develops new energy reserves. Counteracts tartar and problems of the mouth and throat. Strengthens resistance.

Classic Facial Care by Skin Type

Normal Skin

Characteristic features

- light velvety shimmer

Morning ☼

1. Cleansing Balm
2. Skin Elixir or Energy Gel
3. Facial Balance 3

Evening ☾

1. Cleansing Balm
2. Skin Elixir or Energy Gel
3. Summer: Facial Balance 1
Winter: Facial Balance 2

Care of the eye zone 1-2x per day according to age and wrinkle development: Intensive Care

Peeling 1 × per week ☼ or ☾ after cleansing: Face + Body Scrub

Mask 2 × per week ☼ or ☾ after cleansing: Intensive Restorance Facial Mask

Combination Skin

Characteristic features

- shiny T-Zone (nose and forehead)
- often or sporadic dry cheek zones

Morning ☼

1. Cleansing Balm
2. Skin Elixir or Energy Gel
3. Facial Balance 3

Evening ☾

1. Cleansing Balm
2. Skin Elixir or Energy Gel
3. Summer: Facial Balance 1
Winter: Facial Balance 2

Care of the eye zone 1 – 2 × per day according to age and wrinkle development: Intensive Care

Peeling 1 × per week ☼ or ☾ after cleansing: Face + Body Scrub

Mask 3 × per week ☼ or ☾ after cleansing: Intensive Restorance Facial Mask



Delicate, sensitive skin

Characteristic features

- slightly irritated skin
- often or sporadic red patches
- delicate skin prone to environmental factors

Morning ☼

1. Cleansing Balm
2. Intensive Restorance Facial Mask
3. Skin Elixir
4. Facial Balance 3

Evening ☾

1. Cleansing Balm
2. Skin Elixir
3. Summer: Facial Balance 1
Winter: Facial Balance 2

Care of the eye zone 1 – 2 × per day according to age and wrinkle development: Intensive Care

Peeling 1 × per week ☼ or ☾ cleansing: Face + Body Scrub

Dry Skin

Characteristic features

- skin that feels dry after cleansing
- rapidly tense skin
- development of fine wrinkles

Morning ☼

1. Cleansing Balm
2. Intensive Restorance Facial Mask
3. Energy Gel
4. Facial Balance 1

Evening ☾

1. Cleansing Balm
2. Intensive Restorance Facial Mask
3. Skin Elixir
4. Facial Balance 2

Care of the eye zone 1 – 2 × per day according to age and wrinkle development: Intensive Care

Peeling 2 × per week ☼ or ☾ after cleansing: Face + Body Scrub

Intuitive Facial Care

Once you have the experience of the recommended programs, you can also safely combine these products in any way that feels right for you. The experience of how your skin feels, your awareness of its ever-changing requirements, and guided by your own intuition, will produce a new experience for your senses.

An Example

The sequence of product use: Cleansing Balm – Balance Fluid – Intensive Care (used in this case for the entire face) can easily be combined with a few drops of Skin Elixir to generate a feeling of harmony and to calm troubled sensitive skin during times of stress.

We shall reveal a few further tips about fascinating combinations on the next page.

Mature, stressed skin

Characteristic features

- skin strained through weather, age and sun
- wrinkle development

Morning ☼

1. Cleansing Balm
2. Energy Gel
3. Skin Elixir
4. Facial Balance 1

Evening ☾

1. Cleansing Balm
2. Intensive Restorance Facial Mask
3. Skin Elixir
4. Facial Balance 2

Care of the eye zone 1–2× per day according to age and wrinkle development: Intensive Care

Peeling 2× per week ☼ or ☾ after cleansing: Face + Body Scrub

Oily skin

Characteristic features

- skin that easily becomes shiny tending towards impurities
- skin that is never taught

Morning ☼

1. Cleansing Balm
2. Intensive Restorance Facial Mask
3. Energy Gel
4. Facial Balance 3

Evening ☾

1. Cleansing Balm
2. Skin Elixir
3. Facial Balance 3

Care of the eye zone 1–2× per day according to age and wrinkle development: Intensive Care

Peeling 1× per week ☼ or ☾ after cleansing: Face + Body Scrub



Problem Skin / Impurities

Characteristic features

- spots – blemishes
- red patches
- patchy red zones – particularly in the T-Zone (nose and forehead)
- stress and overreaction

Morning ☼

1. Cleansing Balm
2. Intensive Restorance Facial Mask
3. Energy Gel
4. Facial Balance 1

Evening ☾

1. Cleansing Balm
2. Intensive Restorance Facial Mask
3. Skin Elixir
4. Facial Balance 1

Care of the eye zone 1–2 × per day according to age and wrinkle development: Intensive Care

Peeling 2 × per week ☼ or ☾ after cleansing: Face + Body Scrub

Whitening / Anti-Aging-application

Characteristic features

- age spots
- pigment spots
- skin discoloration
- indefinable skin

Morning ☼

1. Cleansing Balm
2. Skin Elixir
3. Whitening Essential Cream
4. Facial Balance 1

Evening ☾

1. Cleansing Balm
2. Intensive Restorance Facial Mask
3. Skin Elixir
4. Whitening Essential Cream

Possible Complimentary Treatment

Facial Balance Cream according to skin type

Application Several Times Daily to Age and Pigment Spots

Anti Spot

Peeling 2 × per week ☼ or ☾ after cleansing: Face + Body Scrub

Intuitive Combinations

Life Resonance products can be liberally mixed. The selected products intended for combined use are best mixed on the palm of your hands and after a thorough mix you have achieved a brand new creation!

Our Insider Tips

- Energy Gel combined with a few drops of Skin Elixir: For all who find Energy Gel alone to be too strongly invigorating, or alternatively, those wishing an excellent introduction to the entire Life Resonance range.
- Energy Gel plus a few drops of Invigorating Massage Oil: For extremely dry skin, and ideally suited to men suffering skin irritation after shaving.
- Facial Balance 3 plus Energy Gel: As an ultra-light cream during hot weather.

Body Care

Body Care	Product	Effects
Showering	Hair + Body Shampoo	Promotes mild and thorough cleansing from head to foot. Vitalizes and generates a delightfully clean head and body feeling.
Integral Body Care	Luxury Body Balm	Nourishes and provides the multiple layers of the skin with essential vitamins. Sustains energy reserves.
	Balance Fluid	Calms irritated skin and soothes reddened skin. Stabilizes and vitalizes on a bodily and sensual basis.
	Relaxing Body Oil	Eases skin and tissue tension. Strengthens and supports. Contains multiple care properties.
Hair and Scalp Care	Hair + Body Shampoo	Suitable for all types of hair. Invigorates the scalp through increased microcirculation. Helps reduce hair and scalp problems.
	Hair Mask	Suitable for wet or dry hair. Provides protective care against negative environmental factors. Donates the hair a wonderful silky glance.
	Skin Elixir	Calms itching and general irritation of the scalp.
Body Peeling	Face + Body Scrub	Liberates the skin from excessive sebum and dry flaky skin particles. Donates a soft and smooth touch to the skin.



Intensive Body Care	Product	Effects
Purifying / Suppleness / Vitality	Face + Body Scrub	Activates and encourages blood circulation.
	Detox Body Mask	Cleanses and desintoxicates. Promotes suppleness and provides optimal care. Refreshes and invigorates body and soul.
	Balance Fluid	Calms irritated skin and provides optimal care for reddened skin. Harmonizes energy flows.
Dry skin	Morning: Luxury Body Balm plus Invigorating Massage Oil	Protective care and regeneration. (Mix equal quantities on the palm of your hands.)
	Evening: Luxury Body Balm	Nourishes and moisturizes.
Irritated, nervous skin	According to necessity 1–2 x per week: Face + Body Scrub	Liberates from dry and flaky skin particles.
	Skin Elixir	Calms the skin and supports the regeneration of problem skin.
Problem skin	Balance Fluid	Calms and provides optimal protection and care.
	Hair + Body Shampoo	Mild cleansing.
	Face + Body Scrub	Desintoxicates and refreshes.
	Detox Body Mask	Enhances suppleness and regeneration.
	Balance Fluid	Provides antibacterial properties and care.

All-round Energy Gel

Refreshes immediately and reorganizes the energy flows. Provides renewed energy to tired skin and lethargic tissue. Encourages lymph activity.

Recommended in many cases for:

- blockages and oedema
- swollen ankles
- tired, heavy legs
- general tension and blockages
- nervous tension and stress
- tiredness, weakness
- sunburn: provides a cooling effect
- kick for sports and fitness
- long journeys
- prolonged activity before computer screens
- insect bites

Life Resonance Professional Method Beauty + Energy



Light and color therapy with polarized light and mouth-blown bio-activated color filters. Special color eyeglasses optimize energy dynamics.

Energy Care in Face and Body Treatment – the unique something
Life Resonance beautician conveys something very special. Intensively trained in professional methods and with an experienced fine feeling for energetic processes, she miraculously dissolves skin problems, relieves tension and eases the stress of everyday life. Life Resonance beauticians are dedicatedly committed toward desires for regenerative skin care, optimal appearance, energy-packed radiance and a reinvigorated feeling in life!

The sensitive energy massage with brushes and music is a soul booster of a very special kind - and balsam for the senses.

Deep relaxation, harmony and the gradual increase of energy reserves create an intense experience generated through gentle and regenerative face or complete body treatment.

With a soft and delicate skin feeling and a body embraced by feelings of joy, suddenly the day commences in a very different way...



Life Resonance treatment programs

- Energy balance
- Energy massage with brushes for face and body
- Care programs:
 - In-depth basis care
 - Treatment of problem skin
 - Effective anti-aging concepts
- Relax programs
- Vitalizing body care
- Special scar-relief program

Precious contents require careful packaging

Just like the precious contents, the Life Resonance packagings correspond to the highest Swiss standards.



The contents are hygienically protected in the bottles and a perfect dose can be dispensed with a light pressure on the pump.



Each product box contains an information leaflet that provides an overview of the Life Resonance product range, and the use and effects of each product is described in detail.

