



*Vet*

*om* Cosmetic line

Products with probiotic microorganisms

*Dear clients,*

*We always create something especially for You. And You have already been familiar with our products for healing and health support.*

*Today we present new products of a cosmetic line.*



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## *"VETOM" cosmetic clays*

Cosmetic clays of "Vetom" series can be used for face, body and hair. The choice of clay depends on the type of skin and the purposes of application. As cosmetic clays are effective and intensive means, so it is important to choose the correct clay for your skin type taking into consideration the skin's peculiarities, its sensitivity and moisture to avoid dehydration. After any cosmetic clay mask, it is recommended to use the cream that is suitable for your skin type.

The easiest way how to use of "Vetom" cosmetic clays is mixing the clay with water to reach a sour cream-like consistency, and then to apply it to the clean skin or hair. The time period for leaving a mask on the skin depends on the skin type: from 5 to 20 minutes, for the hair - 1 to 3 minutes.

*We are pleased to introduce "VETOM" cosmetic clays*

"Vetom" cosmetic clays are also used as a main ingredient in body wrap recipe for body care. *Laminaria*, *Spirulina*, herbs, and oils can be added into the clay. Body wraps with "Vetom" are effective to stimulate blood circulation, detoxicate, remove skin irregularities and increase skin tonicity.

They can be used as natural means for washing or cleansing (as a soft exfoliant) as well.

*to You*



# Basic guidelines

## **1. Do not let mask clay layer dry completely.**

The mask should not dry up and change its color to the original one (which dry clay has). Owing to the sorption properties the clay mask cleanses and purifies the skin, but if the mask dries completely, the clay will cause dehydration through soaking up free moisture. To prevent this effect, it is recommended to apply the mask evenly with a thick layer, avoiding the delicate eye and lip area. Leave the clay mask on the face for 8 to 15 minutes (but not more than 20 minutes). Duration depends on the type of clay and the skin. Before rinsing off, the mask should be damp, drying up is allowed only at the edges.

## **2. Always apply the mask after the cleansing of the face and body.**

Before applying a clay mask, make-up must be carefully removed. After it, put some lotion free of alcohol or herbal tea (chamomile, calendula) on your skin.

Before wrapping it is recommended to scrub the skin.

## **3. Do not use metal bowls.**

Metal reacts with the minerals contained in clay, so it is recommended for preparing masks to use a ceramic or glass bowl, measuring spoon and mask stick.

## **4. Do not use acidic ingredients.**

Lemon juice or apple vinegar are sometimes used for cosmetic masks. But these components can react chemically with clay. So it's better not to use or replace them by essential oils.

## **5. Create your perfect clay mask.**

Vetom cosmetic clays work efficiently by mixing them with water. However, by adding and combining the ingredients, it is possible to enhance the useful properties of the clay.

# Tips

## **• Replace water by herbal tea or infusion.**

The chamomile infusion has antiseptic and skin-lightening properties, calendula one enhances the regenerating properties of clay, sage tea has antibacterial action and positively effects on the oily skin.

<u>Add essential oils depending on your</u>		
<u>For any skin</u>	<u>For oily skin:</u>	<u>For dry</u>
<u>type: oils of</u> lavender, rose, neroli, cedar,	<u>oils of basil,</u> rosemary, lemon, mint, tea tree,	<u>skin: oil of</u> carrots, sandalwood, d,

2 - 3 drops of essential oils potentiate clay mask effects in any type of skin. You can use oils of almond, avocado, argan, jojoba, apricot kernel and others. Care should be taken when using citrus oils, as they are strong allergens.

## **6. Additional nutrients into cosmetic clays.**

"Vetom" clay masks cleanse and purify deeply, saturate with minerals, detoxificate, stimulate and restore normal microflora on the skin surface. At the same time "Vetom" masks nourish your skin. To enforce effects of the cosmetic clay masks is allowed with fresh squeezed aloe juice, honey, egg yolk, natural yoghurt, milk.

*To ensure your skin is getting  
maximum benefits.*

## Compositi on:

- Blue clay powder : silicon, calcium, phosphorus, iron, magnesium and zinc.
- Corn-steep extract fermented by bacteria *Bacillus amyloliquefaciens* strains VKPM B-10642 (DSM 24614) and VKPM B-10643 (DSM 24615).

## Vetom 2.57 Blue cosmetic clay

Blue clay contains useful minerals that help to maintain a youthful skin appearance and supply vitamins, organic acids, and antioxidants to the skin. It nourishes the skin, lightens pigmented and post acne spots, improves the skin elasticity.

The blue clay lifts the withering skin, cleanses pores, renews the epidermis, stimulates blood circulation and improves metabolic processes. These effects result in complexion improvement. Besides, the blue clay has a lymphatic drainage effect. It smoothes the skin, reduces the appearance of broken capillaries, and stimulates the collagen formation.

Applying it as body applications provides the minimizing of discomfort after exercise stress on the musculoskeletal system.

***Skin type:*** normal, oily, combination.

## Ideas for use

### Detoxifying face mask

**Ingredients:**



**Vetom 2.57:** 1 sachet

**Charcoal (activated carbon):** 1 tablet

**Water:** as much as necessary for achieving a thick cream-like consistency.

**Directions:** Crush a tablet of activated carbon. Mix thoroughly all ingredients to make a uniform mass. Apply onto the face and leave for 12-15 minutes. Rinse it off with warm water before applying a cream suitable for your skin type. Repeat it 1–2 times a month.

### Face mask for oily and combination skin, prone to pore-clogging and dark spot appearance

**Ingredients:**



**Vetom 2.57 :** 1 sachet

**Lavender oil:** 2 drops

**Water:** as much as necessary for achieving a thick cream-like consistency.

**Directions:** Mix thoroughly all ingredients in a bowl to achieve a uniform mass. Apply all over the face evenly and leave for 10– 15 minutes. Rinse it off with warm water before applying a cream suitable for your skin type. Repeat it 2–3 times a week.

## Ideas for use

### Nourishing face mask

Ingredients:



**Vetom 2.57:** 1 sachet

**Pulp of aloe:** 1 tablespoon

**Water:** as much as necessary for achieving a thick cream-like consistency.

**Directions:** Mix all ingredients thoroughly to make a uniform mass. Apply to the face skin, leave for 12-15 minutes. Rinse it off with warm water and apply a cream suitable for your skin type. Repeat it 1–2 times a week.

### Cleansing mask

Ingredients:



**Vetom 2.57:** 1 sachet

**Egg white:** 1 pc.

**Tea tree oil:** 2 drops

**Corn or oat meal:** 1 tablespoon

**Water:** as much as necessary for achieving a thick cream-like consistency.

**Directions:** Put all the ingredients into a bowl and grind them thoroughly to make a uniform mass. Leave the mask for 10 minutes. Rinse it off with warm water before applying a cream suitable for your skin type. Repeat it once a week.

## Ideas for use

### Body wrap

Ingredients:



**Vetom 2.57:** 7-10 sachets

**Laminaria powder:** 1 glass

**Water:** as much as necessary for achieving a thick cream-like consistency.

**Directions:** Grind all ingredients thoroughly to make a uniform mass. Apply to the body skin, wrap the body areas with a food film and cover yourself with a blanket to keep warm. Leave it for 30-45 minutes. Wash off with warm water or take a contrast shower. Repeat it when necessary.

### Refreshing bath

Ingredients:



**Vetom 2.57:** 7-10 sachet

**Sea salt:** 1 glass

**Essential oil:** 5-7 drops of any oil to tincture a desired aroma.

**Directions:** Add the ingredients into a bath water of a comfort temperature, and mix until dissolved. Take a bath within 20 minutes. Then take a contrast shower.

## Compositi

on:

- Black clay powder : magnesium, potassium, calcium, quartz, silica, iron, nitrogen.
- Corn-steep extract fermented by bacteria *Bacillus amyloliquefaciens* strains VKPM B-10642 (DSM 24614) and VKPM B-10643 (DSM 24615).

## Vetom 2.58 *Black cosmetic clay*

Due to its composition, Vetom 2.58 saturates the skin with minerals and absorbs toxins. It improves epidermis regeneration, promotes more active skin renewal. Due to its more oily texture than other types of clay, the black clay effectively dissolves sebaceous plugs, releases clogged pores and prevents the black spot formation in regular use. "Vetom 2.58" black cosmetic clay narrows the pores and makes the skin smoother.

It also neutralizes redness and eliminates itching. The black clay normalizes the water balance, tonifies the fading skin and restores its elasticity.

If the skin is oil or combination, the clay will promote the normal sebaceous glands activity, provide the skin a matte and lightening effects.

*Skin type:* all skin types.

## Cleansing face mask

Ingredients:



**Vetom 2.58:** ½ sachet

**Chamomile** (*Matricaria chamomilla*) **herbal tea:** as much as necessary for achieving a thick cream-like consistency.

**Directions:** Mix chamomile flowers (2 tablespoons) in hot (boiling) water (100 ml) and let it infuse for 15 to 20 minutes in a dark place.

Mix thoroughly all ingredients in a bowl to achieve a uniform mass. Apply all over the face evenly and leave for 10– 12 minutes. Rinse it off with warm water before applying a moisture cream suitable for your skin type. Repeat it 2–3 times a week.

## Tonic mask

Ingredients:



**Vetom 2.58:** ½ sachet

**Egg white:** 1 pc.

**Peppermint oil:** 2 drops

**Full-cream milk:** as much as necessary for achieving a cream-like consistency.

**Directions:** Mix thoroughly all ingredients to make a uniform mass. Apply to the face skin, leave for 15-20 minutes. Rinse it off with warm water before applying a moisture cream suitable for your skin type. Repeat it 1–2 times a week.



## Ideas for use

### Face mask to narrow

#### pores

Ingredients:



**Vetom 2.58:** ½ sachet

**Marigold (Calendula): herbal tea:** as much as necessary for achieving a thick cream-like consistency.

**Directions:** Mix calendula flowers (2 tablespoons) in hot (boiling) water (100 ml) and let it infuse for 15 to 20 minutes in a dark place. Then mix thoroughly all ingredients in a bowl to achieve a uniform mass. Apply all over the face evenly and leave for 10– 12 minutes. Rinse it off with warm water before applying a cream suitable for your skin type. Repeat it 1–2 times a week.

### Moisturizing

#### mask

Ingredients:



**Vetom 2.58:** 1 sachet

**10% sour cream:** as much as necessary for achieving a thick cream-like consistency.

**Directions:** Put all the ingredients into a bowl and mix them thoroughly to make a uniform mass. Leave a mask on the face for 15-20 minutes. Rinse it off with warm water before applying a cream suitable for your skin type. Repeat it 1–2 times a week.

### Anti-aging face

#### mask

Ingredients:



**Vetom 2.58:** ½ sachet

**Vetom 2.63:** ½ sachet

**Honey:** 1 teaspoon

**Full-cream milk:** as much as necessary for achieving a thick cream-like consistency.

## Ideas for use

**Directions:** Mix thoroughly all ingredients in a bowl to achieve a uniform mass. Apply all over the face evenly and leave for 15– 20 minutes. Rinse it off with warm water before applying the cream suitable for your skin type. Repeat it 1–2 times a week.

### Relaxing

#### bath

Ingredients:



**Vetom 2.58:** 7-10 sachets

**Sea salt:** 1 glass

**Essential oil:** 5-7 drops of any oil to tincture a desired aroma.

**Directions:** Add the ingredients into a bath water of a comfort temperature , and mix until dissolved. Take a bath within 15-20 minutes. Then take a warm shower.

### Body wrap against skin irregularity

Ingredients:



**Vetom 2.58:** 7-10 sachets

**Natural ground coffee:** 1 cup

**Olive oil:** 1 table spoon

**Water:** as much as necessary for achieving a thick cream-like consistency.

**Directions:** Brew coffee. Mix the coffee (with coffee grounds) with other ingredients. Before applying the mask, take a shower. Apply the mask to the desired body parts, then wrap the body areas with a food film and cover yourself with a blanket to keep warm. Leave for 20-30 minutes. Then take a contrast shower.

## Composition:

- Green clay powder:
- iron and magnesium oxides, calcium, phosphorus, zinc, silicon, potassium, copper, cobalt, molybdenum, selenium.
- Corn-steep extract fermented by bacteria *Bacillus amyloliquefaciens* strains VKPM B-10642 (DSM 24614) and VKPM B-10643

## Vetom 2.59 *Green cosmetic clay*

Being rich in microelements "Vetom 2.59" nourishes, moistens and keeps the skin fresh. It has a toning effect on the skin, improves the skin elasticity and leaves it firm and taut.

The clay removes toxins, cleanses the skin, stimulates blood circulation, removes excess sebum. It also helps exfoliate dead skin cells, and narrows the pores. It has an antibacterial action and beneficial effect on the irritated and inflamed skin, soothing and eliminating redness and irritation.

***Skin type:*** normal, combination and oily skin, the skin with acne and black spots.

## Cleansing face mask

Ingredients:



**Vetom 2.59:** 1 sachet

**Tea tree oil:** 2 drops

**Rosemary oil:** 2 drops

**Water:** as much as necessary for achieving a thick cream-like consistency.

**Directions:** Mix thoroughly all ingredients to achieve a uniform mass. Apply all over the face and leave for 10 minutes. Rinse it off with warm water before applying the cream suitable for your skin type. Repeat it 1–2 times a week.

## Tonic mask

Ingredients:



**Vetom 2.59:** 1 sachet

**Eucalyptus oil:** 1 drop

**Tea tree oil:** 1 drop

**Bay leaf tincture:** as much as necessary for achieving a cream-like consistency.

**Directions:** Before preparing the mask, infuse bay leaf: put 1 bay leaf into 100 ml of boiling water, and keep it within 15-20 minutes in a dark place.

Then mix thoroughly all ingredients in a bowl to achieve a uniform mass. Apply all over the face evenly and leave for 10 minutes. Rinse it off with warm water before applying the cream suitable for your skin type. Apply the mask once a week.



## Ideas for use

### Face mask to narrow pores and enhance the complexion

Ingredients:



**Vetom 2.59:** 1 sachet

**Rosemary oil:** 2 drops

**Rose water:** as much as necessary for achieving a cream-like consistency.

**Directions:** Mix thoroughly all ingredients in a bowl to achieve a uniform mass. Apply all over the face evenly and leave for 10 minutes. Rinse it off with warm water before applying the cream suitable for your skin type. Repeat it 1–2 times a week.

### Delicate face scrub

Ingredients:



**Vetom 2.59:** 1 teaspoon

**Water:** as much as necessary for achieving a thick paste consistency.

**Directions:** Put the powder of Vetom 2.59 onto your palm, add a small amount of water to achieve a thick paste consistency. Apply it to your face and make a gently massage, paying attention to the problem area. Rinse it off with warm water and apply the cream suitable for your skin type. Recommended to use once a week.

## Ideas for use

### Detoxifying bath

Ingredients:



**Vetom 2.59:** 5 sachets

**Patchouli oil:** 10 drops

**Sea salt:** 2 table spoons

**Directions:** Add the ingredients into a bath water of a comfort temperature, and mix until dissolved. Take a bath within 20 minutes. Then take a contrast shower.

### Body wrap

Ingredients:



**Vetom 2.59:** 5-7 sachets

**Milled oat-flakes:** 1 cup

**Wheat germ oil:** 1 teaspoon

**Directions:** Mill the oat-flakes with a grinder or mortar, then fill them with warm water, and keep it within 15-20 minutes in a warm place.

Mix thoroughly all ingredients in a bowl to achieve a uniform mass. And apply onto desirable body parts. Leave for 30-40 minutes. Rinse it off with warm water. Repeat when necessary.

# Compositi on:

- Red clay powder : high content of cooper and iron oxides, aluminum, magnesium, calcium, silicon, potassium, vitamins, and mineral salts.
- Corn-steep extract fermented by bacteria *Bacillus amyloliquefaciens* strains VKPM B-10642 (DSM 24614) and VKPM B-10643 (DSM 24615).

## Vetom 2.60 *Red cosmetic clay*

This clay is rich in iron oxide and copper, and also has a low content of aluminum. It is traditionally used as a natural antiseptic, and possesses an anti-inflammatory effect on the skin. The clay helps relieve discomfort caused by injury, bruises, and reduces some edema. Like other types of clay, it stimulates blood circulation. Due to its high absorption properties, it cleanses the skin and hair from contaminants, surpluses of sebum, while saturating the epidermis with useful elements. Vetom 2.60 reduces skin dryness, increases its elasticity and smoothes the skin relief. It makes hair elastic, gives it volume. Improves the skin texture and reduces skin and slows peeling. It can be used instead of soap for daily cleansing of the face and body.

***Skin type:*** normal, combination, dry, and skin with capillaries near the surface.

## Ideas for use

### Softening mask

Ingredients:



**Vetom 2.60:** 1 sachet

**Avocado pulp:** 1 teaspoon

**Natural yogurt:** as much as necessary for achieving a thick cream-like consistency.

**Directions:** Mash the avocado pulp, and add other ingredients into a bowl and grind them thoroughly to make a uniform mass. Leave a mask on the face for 10 minutes. Rinse it off with warm water before applying the cream suitable for your skin type. Repeat it once a week.

### Soothing mask

Ingredients:



**Vetom 2.60:** 1 sachet

**Jojoba oil:** 1 drop

**Chamomile oil:** 1 drop

**Rose oil:** 1 drop

**Rose water:** as much as necessary for achieving a cream-like consistency.

**Directions:** Put all of the ingredients into a bowl and mix them thoroughly to make a uniform mass. Leave a mask on the face for 12-15 minutes. Rinse it off with warm water before applying the cream suitable for your skin type. Repeat it once a week.

## Ideas for use

### Face and body scrub

#### Ingredients:



**Vetom 2.60:** 1 sachet

**Milled oat-flakes:** 1 tablespoon

**Almond oil:** 2-4 drops

**Water:** as much as necessary for achieving a cream-like consistency.

**Directions:** Mill oat-flakes with a grinder or mortar. Then mix thoroughly all ingredients in a bowl to achieve a uniform mass. Apply the mixture to your face and/or the body, and massage gently.

Finish by splashing your face with warm water and apply a cream suitable for your skin type.

Repeat it 1-2 times a week, depending on the skin type.

### Hair mask

#### Ingredients:



**Vetom 2.60:** 1 - 3 sachets (depending on the length of the hair)

**Argan oil and wheat germ oil:** in the ratio of 1:1, to achieve a cream-like consistency.

## Ideas for use

**Directions:** Mix thoroughly all ingredients to make a uniform mass. Apply to the hair along the full length, but not the hair roots.

Leave for 1-2 minutes. Rinse the mixture out of your hair with warm water. Apply 1-2 times a week.

Do not apply to color-treated and bleached hair. Do not let the mask dry.

### Stimulating bath

#### Ingredients:



**Vetom 2.60:** 5 sachets

**Sea salt:** 1 glass

**Essential oil:** 5-7 drops of any oil to tincture a desired aroma.

**Directions:** Add the ingredients into a bath water of a comfort temperature, and mix until dissolved. Take a bath within 20 minutes. Then take a contrast shower.

## Composition:

- Yellow clay powder : number of chemical compounds, valuable mineral salts, microelements, including potassium, silicon, iron, manganese, sodium, zinc, chromium.
- Corn-steep extract fermented by bacteria *Bacillus amyloliquefaciens* strains VKPM B-10642 (DSM 24614) and VKPM B-10643

## Vetom 2.61 *Yellow cosmetic clay*

The yellow clay has a soft texture, rich in titanium, potassium and silicon. These elements stimulate the formation of collagen. Yellow clay protects the skin from the free radical formation.

The clay as a face scrub is a gentle cleanser and exfoliant stimulating blood circulation, making the skin fresh and glowing. It cleans clogged pores, removes dead cells of the epidermis and improves the texture of the skin.

The clay has a refreshing effect on the tired and dull skin. Applications with yellow clay help to reduce the effects of weariness after exercise loads.

"Vetom 2.61" gently whitens the skin and moisturizes it, leaving behind the feeling of dry skin even without any moisturizing cream.

***Skin type:*** combination, oily and aging.

## Softening mask

Ingredients:



***Vetom 2.61:*** 1 sachet

***Egg yolk:*** 1 pc.

***Peppermint oil:*** 2 drops.

***Full-cream milk:*** as much as necessary for achieving a thick cream-like consistency.

**Directions:** Put all of the ingredients into a bowl and mix thoroughly to make a uniform mass. Apply the mask to the face and leave it for 10 minutes. Rinse it off with warm water before applying a cream suitable for your skin type. Repeat it once a week.

## Balancing mask

Ingredient:



***Vetom 2.61:*** 1 sachet

***Pulp of aloe:*** 2 tablespoons

***Jojoba oil:*** 2 drops

**Directions:** Mix thoroughly all of the ingredients to make a uniform mass. Apply the mask to the face skin. Leave it on the face for 10 minutes. Rinse it off with warm water before applying a cream suitable for your skin type. Repeat it 1-2 times a week.

## Ideas for use

### Anti-aging face mask

Ingredients:



**Vetom 2.61:** 1sachet

**Vitamin A:** 5 drops

**Vitamin E:** 5 drops

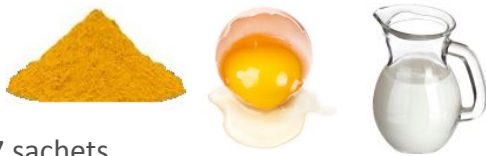
**Full-cream milk:** as much as necessary for achieving a thick cream-like consistency.

**Directions:** Mix thoroughly all ingredients in a bowl to achieve a uniform mass. Apply all over the face evenly and leave for 10 minutes. Rinse it off with warm water before applying a moisture cream suitable for your skin type.

The mask should not be used more than once a week.

### Body wrap against an uneven skin texture

Ingredients:



**Vetom 2.61:** 5-7 sachets

**Egg yolk:** 3pc.

**Full-cream milk:** as much as necessary for achieving a thick cream-like consistency.

**Directions:** Pour some milk into a bowl, add egg yolks and mix thoroughly to achieve a uniform mass. Apply onto desirable body parts and wrap with a cotton cloth. Leave for 25-30 minutes. Rinse it off with warm water. Repeat 2-3 times a week.

## Ideas for use

### Soothing bath

Ingredients:



**Vetom 2.61:** 10 sachets

**Lavender oil:** 10 drops

**Directions:** Add the ingredients into a bath water of a comfort temperature, and mix until dissolved. Take a bath within 15minutes. After taking the bath there is no need to rinse your body with water.

### Fortifying hair mask.

Ingredients:



**Vetom 2.61:** 1 -3 sachets (depending on the length of the hair)

**Castor oil:** 1 tablespoon

**Aloe juice:** 3 tablespoons

**Burdock oil:** 1 tablespoon

**Cognac:** 50 ml

**Water:** as much as necessary for achieving a cream-like consistency.

**Directions:** Mix thoroughly the clay and water into a bowl to make a uniform mass. Then add oils, aloe juice and cognac. Apply to the hair along the full length, cover the hair with a towel and cap. Leave for 25-30 minutes. Rinse off with warm water. Repeat when necessary.



## Composition:

- Pink clay powder : mixture of kaolin and red clay.
- Corn-steep extract fermented by bacteria *Bacillus amyloliquefaciens* strains VKPM B-10642 (DSM 24614) and VKPM B-10643 (DSM 24615).

## Vetom 2.62 Pink cosmetic clay

Owing to its perfect sorption capacity, the pink clay removes skin contaminants, toxins, at the same time it combats the dry skin and irritation. "Vetom 2.62" stimulates the blood circulation, gently exfoliates the skin. It restores the damaged skin, improves complexion, nourishes, and improves skin tone and elasticity. The clay cleans clogged pores, sorbs excess skin sebum without leaving the skin dry.

Besides this clay fortifies the hair follicles, eliminates dandruff. "Vetom 2.62" is a natural morning or night cleaner.

***Skin type:*** normal and sensitive.

## Ideas for use Cleansing face mask for sensitive skin Ingredients:



***Vetom 2.62:*** 1 sachet

***Avocado oil:*** 1 drop

***Chamomile oil:*** 1 drop

***Water:*** as much as necessary for achieving a thick cream-like consistency.

**Directions:** Mix thoroughly all ingredients in a bowl to achieve a uniform mass. Apply all over the face evenly and leave for 10– 12 minutes. Rinse it off with warm water before applying a moisture cream suitable for your skin type. Repeat it 1–2 times a week.

## Cleansing face mask for normal skin Ingredients:



***Vetom 2.62:*** 1 sachet

***Tea tree oil:*** 2 drops

***Egg white:*** 1 -2 pcs.

**Directions:** Whip up whites until a thick foamy, then add other ingredients in a bowl and mix thoroughly all ingredients to achieve a uniform mass. Apply all over the face and leave for 12-15 minutes. Rinse it off with warm water before applying a moisture cream suitable for your skin type. Repeat it 1–2 times a week.



## Ideas for use

### Nourishing face mask

Ingredients:



**Vetom 2.62:** 1 sachet

**Raisin-seed oil:** 2 drops

**Honey:** 1 tablespoon

**Full-cream milk:** as much as necessary for achieving a thick cream-like consistency.

**Directions:** Mix all ingredients thoroughly to make a uniform mass. Apply to the face skin, leave for 10-12 minutes. Rinse it off with warm water and apply a cream suitable for your skin type. Repeat it 1–2 times a week.

### Nourishing face mask for dehydrated skin

Ingredients:



**Vetom 2.62:** 1 sachet

**Olive oil:** 1 teaspoon

**Full-cream milk:** as much as necessary for achieving a thick cream-like consistency.

**Directions:** Put all the ingredients into a bowl and mix them thoroughly to make a uniform mass. Apply onto the face, leave for 10 minutes. Rinse it off with warm water before applying a cream suitable for your skin type. Repeat it once a week.

## Ideas for use

### Anti-aging face mask

Ingredients:



**Vetom 2.62:** 1sachet

**Raisin-seed oil:** 2 drops

**Water:** as much as necessary for achieving a thick cream-like consistency.

**Directions:** Mix thoroughly all ingredients in a bowl to achieve a uniform mass. Apply all over the face evenly and leave for 10-15 minutes. Rinse it off with warm water before applying a moisture cream suitable for your skin type. The mask is applied 2-3 times a week.

### Antioxidant face mask

Ingredients:



**Vetom 2.62:**1 sachet

**Honey:** 1 tablespoon

**Water:** as much as necessary for achieving a thick cream-like consistency.

**Directions:** Mix all ingredients thoroughly to make a uniform mass. Apply to the face skin, leave for 10 minutes. Rinse it off with warm water and apply a cream suitable for your skin type. Repeat it 1–2 times a week.

## Ideas for use

### Body wrap against an uneven skin texture

Ingredients:



**Vetom 2.62:** 7-10 sachets

**Natural ground coffee:** 1 cup

**Olive oil:** 1 tablespoon

**Water:** as much as necessary for achieving a thick cream-like consistency.

**Directions:** Brew coffee. Add olive oil and Vetom 2.62 into coffee (with coffee grounds). Before applying the mask, take a shower. Apply the mixture onto desirable body parts, then wrap the body areas with a food film and cover yourself with a blanket to keep warm. Leave for 30-60 minutes. After wrapping take a contrast shower.

### Detox body wrap

Ingredients:



**Vetom 2.62:** 7-10 sachets

**Sea salt:** 2 tablespoons

**Laminaria powder:** 1 glass

**Olive oil:** 1 tablespoon

**Lemon oil:** 5 drops

**Rosemary oil:** 5 drops

## Ideas for use

**Water:** as much as necessary for achieving a thick cream-like consistency.

**Directions:** Mix thoroughly all ingredients to make a uniform mass. Before applying the mask, take a shower and make peeling with a rough loofah or ground coffee. Apply the mixture onto desirable body parts, then wrap the body areas with a food film and cover yourself with a blanket to keep warm. Leave for 40-60 minutes. After wrapping take a contrast shower.



## Composition:

- White clay powder : kaolinite (89-92%), quartz (5-7%), microcline up to 4% silicon, also contains aluminum, manganese, zinc, calcium, silica and other useful substances.
- Corn-steep extract fermented by bacteria *Bacillus amyloliquefaciens* strains VKPM B-10642 (DSM 24614) and VKPM

## Vetom 2.63 *White cosmetic clay*

The white clay is the most universal among all kinds of cosmetic clay, and it is often recommended into recipes of clay masks or body wraps. Due to its soft absorbent properties, the white clay is suitable even for sensitive skin.

It has antibacterial and exfoliating properties, purifies contaminated pores from sebum, dead cells and black spots.

It has a salutary effect on irritated skin. It soothes sensitive skin, eliminates redness and itching. Due to the natural antiseptic properties of the white clay and the properties of the bacterial strains included into clay composition, "Vetom 2.63" allows getting rid of skin rashes and inflammatory elements.

***Skin type:*** dry, oily, normal, combination.

## Cleansing face mask

Ingredients:



**Vetom 2.63:** 1 sachet

**Tea tree oil:** 2 drops

**Pulp of aloe or pure aloe gel:** 2 table-spoons.

**Directions:** Mix thoroughly all ingredients in a bowl to achieve a uniform mass. Apply all over the face evenly and leave for 8– 10 minutes.

Rinse it off with warm water before applying a moisture cream suitable for your skin type. Repeat it 2–3 times a week.

## Hair shampoo

Ingredients:



**Vetom 2.63:** 1 - 3 sachets (depending on the length of the hair)

**Olive oil:** 1 teaspoon

**Rose water:** as much as necessary for achieving a cream-like consistency.

**Directions:** Mix thoroughly all ingredients to make a uniform mass. Apply to the scalp and hair, leave for 2 minutes. Rinse it off with warm water, and then with tepid water. Apply as often as necessary.

## Ideas for use

### Delicate face and body scrub

Ingredients:



**Vetom 2.63:** 1 sachet  
**Cane (brown) sugar:** 1 teaspoon  
**Almond oil:** 1 tablespoon.

**Directions:** Grind all ingredients thoroughly to make a uniform mass. Apply to damp face or/and body skin and massage gently. Rinse it off with warm water. Apply as often as necessary.

### Natural toothpaste

Ingredients:



**Vetom 2.63:** 1 teaspoon  
**Coconut oil:** 1 teaspoon  
**Peppermint oil:** 3 drops.

**Directions:** Put all the ingredients into a bowl and mix them thoroughly to make a uniform mass. Use it as a toothpaste in the morning and evening.



*Be perfect!*