

Skin Care (external)

Pleo Sanuvis Remedies

Skin moisturizer

Pleo Sanuvis Drops / Pleo Sanuvis Ointment

- Use as repair creams – balances sebum levels in oily skin.
- Great for moisturizing dry skin.
- Great moisturizer for normal/combo skin.



Natural Skin Cleansers

Pleo Sanuvis Drops + plain Greek yogurt.

- Protein from yogurt stimulates collagen, Pleo Sanuvis balances pH.
- 1-3 tsp Pleo Sanuvis drops+ 1tbsp plain Greek yogurt.

Directions: Just apply yogurt to cover your face with your fingertips using a circular motion and hold a warm washcloth over your yogurt-covered face for a few minutes to open the pores. Then gently wash away using warm water.

Pleo Sanuvis Drops + Olive Oil Face Cleanser for dry skin.

- Antioxidants and good fats help reduce free radicals and can relieve irritated and sunburn skin.
- ½ cup Olive Oil (can also try Macadamia, Almond, Wheat Germ or Avocado oils)
- ¼ cup of Pleo Sanuvis drops
- ¼ cup of water



PURAMED

BODY | MIND

Directions: Just apply enough oil to cover your face with your fingertips using a circular motion and hold a warm washcloth over your oil-covered face for a few minutes to open the pores. Then gently wash away using warm water. This will work to lighten dark spots, down regulate bacteria and make your skin smooth and clear.

If skin/face is prone to breakouts – replace Olive Oil with Hemp or Safflower or Rosehip Oils.

If skin is very oily – replace Olive Oil with Safflower and Grapeseed oil (they can help to regulate your natural oil production)

Pleo Sanuvis as a Toner

Put [Pleo Sanuvis](#) drops in a small spray bottle, spray lightly on the face. Make sure to keep eyes closed, let air dry.

Pleo Sanuvis as a Moisturizer

Follow toner with moisturizer of [Pleo Sanuvis ointment](#). Use a pea size (combination to oil skin) and smooth all over the skin/face really working it in. Can use a little more if skin is very dry.

Luvos Mineral Earth Product

[Luvos](#) naturally binds acid, toxins and bacteria.

Highly alkaline 100% pure natural mineral earth from glacial deposits mined in Germany.

Contains minerals and trace elements: silica, calcium, potassium, magnesium, sodium, phosphorus, copper, manganese, nickel, selenium, zinc.

How does it work?

Ultrafine powder – porous sponge to bind onto toxins both internally and externally.

In Germany:

1 over the counter topical acne treatment



WWW.PURAMED.CA
104A -174 MILL STREET
MILTON, ONTARIO
INFO@PURAMED.CA

Luvos Powder

- Absorb impurities, increases blood flow, oxygen and nutrient supply to skin.
- Uses for: acne, burns, edema, ulcers, wounds, herpes, lymphatic inflammation, eczema, rosacea, psoriasis, dermatitis.

Dosage: mix 7 tsp of powder with 3-4 tsp of water to make a thick paste. Apply to affected area and leave to dry for 30 min, then rinse off with warm water.

Skin Protocols - Combating Acne Breakouts:

1. [Luvos Powder](#) as a face mask or topical treatment.
2. Metabolic clearing formula
3. Consider – liver ([A-Hepatica](#)), kidney ([Solidago](#) or [Bucco](#)), circulation ([Lappa](#)) detoxification

Protocol: follow daily for 3-6 weeks or symptoms resolve

Remember WATER is an essential part of detoxing and hydrating the skin to clear and remove impurities.