

la perfumería

de Mercadona

SPRING 2021

**BEAUTY FOR
YOUR SKIN**

DISCOVER THE
COMPLETE PLAN
TO REJUVENATE IT

**PARTNERS IN
WELLBEING**

NATURAL
PLANT-BASED
SUPPLEMENTS

Experience
SPRING

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Getting back to basics, to the start, connecting once more with the power of nature... This spring your gaze will speak for itself, it will say a lot about you, it will show your inner self and transform you, because this season your gaze will be your look.

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WELLBEING

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We're witnessing a boom in self-care in all its aspects. Healthy eating, daily physical exercise, a good night's sleep, walking in nature, disconnecting to reconnect and that boost that we give our bodies thanks to plant-based supplements.





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Polígono Industrial Fuente del Jarro
C/ Ciudad de Liria, 5. 46988 Paterna / Valencia
Published by: Ediciones ELCA
Printed by: Jiménez Godoy
Legal deposit: TO-0789-2008

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Cover



3 in 1 Foundation no. 01 light beige, Micro Eyeliner and eyeshadows 02, 04 and 06 from the Palette. Trio eyebrow pencil no. 01, Alas de Mariposa Mascara, all from the Oh my Look! collection. Lip gloss no. 09 and high gloss nail polish no. 50.

**The model
is wearing:**

Perfecting colour
cream 3 in 1
Foundation no. 01
light beige, Micro
Eyeliner and
eyeshadows from the
Palette 02, 08 and
01 in inner corner.
Trio eyebrow pencil
no. 01 and Alas de
Mariposa Mascara, all
from the Oh my Look!
collection. Multicolor
Blusher, Creamy
lipstick no. 05 and
high gloss nail polish
no. 54 alto brillo no. 54.

Experience SPRING

Getting back to basics, to the start,
connecting once more with the power of nature...
This spring your gaze will speak for itself, it will say a lot
about you, it will show your inner self and transform you,
because this season your gaze will be your look.

Discover **OH MY LOOK!**

The makeup collection that focuses on the face and the eyes. Get soft, perfect skin, frame your gaze by working on your eyebrows and eyelashes and highlighting your eyelids. This is this spring's standout collection. It will enchant you!

Perfecting colour cream
3 in 1 Foundation



No. 01 light beige



No. 02 medium beige

THREE IN ONE

Imagine a 3 in 1 makeup that you can use as a primer, concealer and foundation. The colour cream from the Oh my Look! collection perfects the face and its balsam texture is so pleasant to apply, giving your skin colour and softness.

TOP TIP

To get the best results we recommend applying it with a makeup brush or sponge.



KEEP THEM IN SHAPE

Before applying makeup to your eyebrows it is important to outline the shape that we want. Avoid plucking them too thinly so your face does not look unbalanced. The ideal thing is to use tweezers to pluck out any hairs outside the original shape in order to keep the shape as natural as possible.

Trio eyebrow pencil



no. 01 light

no. 02 dark

Remember

The Trio Pencil contains an eyebrow filler and liner, a highlighter for the arch and inner corner, as well as a brush for grooming them. A magic 3 in 1 for a complete eyebrow design.





To get this make-up look...

Perfecting colour cream 3 in 1 Foundation no. 01 light beige, Micro Eyeliner and eyeshadows 01 and 07 from the Palette. Trio eyebrow pencil no. 01 and Alas de Mariposa Mascara, all from the Oh my Look! collection. Multicolor Blusher, Creamy Lipstick no. 12 and high gloss nail polish no. 39.



A GAZE WITH AN IMPACT

Enhance eyelashes in any look with Alas de Mariposa volume effect mascara, adding volume and body from the root to the tips, lifting the eyelashes while at the same time combing and defining them and covering them in a panoramic effect.



Alas de Mariposa Mascara

Micro Eyeliner



BEAUTY LINE

If you are just starting off with eyeliner try making a few dots to serve as a guide and to mark out a straight line. Are you looking for a more intense effect? Draw a line as far as the inner corner of your eye. After drawing your line let it dry for a few seconds to avoid staining your eyelid.



TOP TIP

Always apply mascara from the root upwards, making a slight zigzag movement with your hand. If you want to enhance them even more you can opt for giving them a second coat. The trick? Don't wait too long so that the first coat does not dry before applying the second one.



SWEET INTENSITY

The Oh my Look! Palette contains matt, satin and pearl finish eyeshadows, as well as a tutorial for easily getting three different looks for an intense and attractive gaze.



Eyeshadow palette

LONG-LASTING COLOUR

Professional makeup artists apply concealer to the eyelids so that the pigmentation of the eyeshadow is more intense, lasts longer and is more even. For a perfect result, apply the darker eyeshadow to the mobile eyelid, the lighter one to the browbone and blend both shades with a brush.



**To get this
make-up look...**

As primer, concealer and/or makeup, perfecting colour cream 3 in 1 Foundation no. 1 light beige, to outline the gaze, Micro Eyeliner and Eyeshadows 02, 04 and 06 from the Palette. Trio eyebrow pencil no. 01 and Alas de Mariposa Mascara, all from the Oh my Look! collection. Multicolor blusher, on the lips Gloss no. 09 and on the nails high gloss nail polish no. 50.



NEVER TOO MUCH

When it comes to applying foundation it is important not to spread too much product over your face, but to create a thin layer that evens the tone and covers any blemishes. The ideal thing is to blend the product on the cheeks, forehead, nose and chin, starting from the centre of the face and moving outwards.

The model is wearing:

Perfecting colour cream 3 in 1 Foundation no. 01 light beige, Micro Eyeliner and eyeshadows 01, 03 and 05 from the Palette. Trio eyebrow pencil no. 01, Alas de Mariposa Mascara, all from the Oh my Look! collection. Multicolor blusher, on the lips Gloss no. 09 and on the nails high gloss nail polish no. 50.





AGUA TERMAL & LAVANDA

Natural moisturising soap



Beauty *for your* SKIN

Discover the complete plan to rejuvenate it.
It's time to put a tight rein on the dreaded cellulite,
to give your skin deep moisturising treatment and
to protect it from the first rays of sunlight.

*Are you ready to join our
beauty challenge?*



Partners to combat CELLULITE



1 Taking advantage of the fact that the temperature in spring is warmer, apply **cold-effect Anticellulite Gel**. You will feel a pleasant refreshing sensation while its active ingredients get to work on your body. This will encourage the elimination of toxins and accumulated fat, while toning the skin. It is recommended for daily use combined with exercise and a low-fat, low-calorie diet.



REDUCING MASSAGE

The way of applying it is key. An upward circular massage enhances the effect of the active ingredients of the creams that you apply.

To encourage absorption and drainage, put both hands around your thigh, applying pressure from the knees. Close your fists and move them energetically in circles.



2 Reduction Anticellulite Cream prevents cellulite by improving orange peel skin. It contains centella asiatica and caffeine, active ingredients that help to improve skin elasticity and reduce volume. Apply morning and night using circular movements, paying special attention to the most difficult areas. Massage for at least 10 minutes for the best results.



REMEMBER

Two tips to consider:

- ✓ Keep at it, the true beauty secret for combating and winning the battle against the dreaded cellulite.
- ✓ And, the power of moisturising, especially when the good weather arrives. Drink around 2 litres of water a day. This habit helps to reduce cellulite by boosting circulation and eliminating toxins from the body.



Outstanding grade in MOISTURISING



1 Body oils nourish, soften and allow you to give your skin a pleasant massage that is toning and comforting at any time.

Creamy oils have become an attractive possibility for those who love beauty oils. An oily body cream which, when gently massaged in, becomes an oil and melts completely into the skin, making it softer and more nourished.

Choose your favourite **Fussion Cream&Oil** fragrance: **Oriental** or **White Flowers**.



2 **Repair Oil**, with its rich combination of musk rose hip, rose, marigold, camomile and lavender oils, prevents the appearance of stretch marks and softens existing ones. It can also be used to reduce the appearance of scars.

Find your moment and give yourself a circular massage with both hands, it will relax you and tone up your skin.



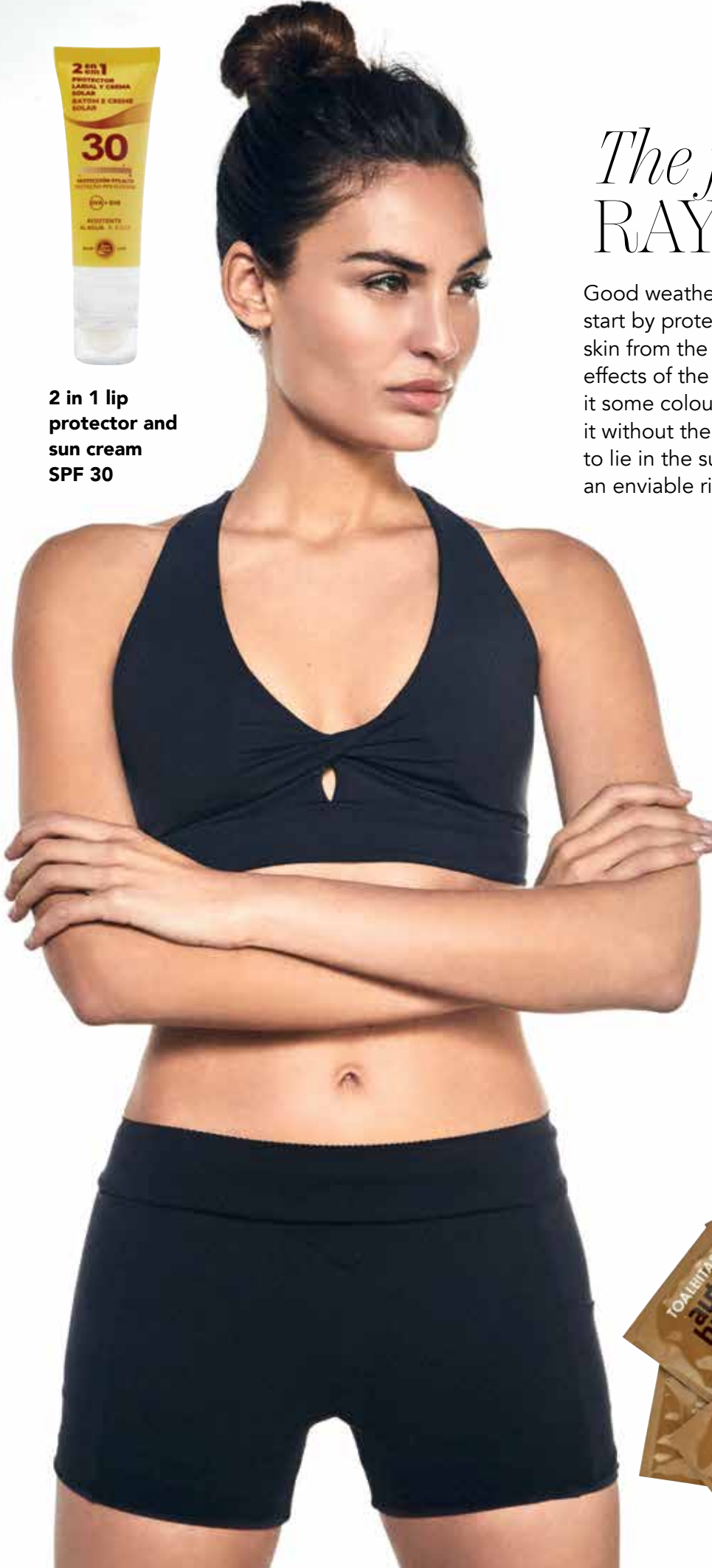
2 in 1 lip protector and sun cream SPF 30

The first RAYS

Good weather is here so start by protecting your skin from the harmful effects of the sun and give it some colour if you fancy it without the need to lie in the sun. Opt for an enviable risk-free tan.



Transparent Facial Sun Screen Gel SPF 50+



Self-tanning Body Milk



Instant Tanning Effect Body Gel



Autobronz Tanning Wipes



Change your

Imagine your face looking softer, smoother and more radiant.
Exfoliating is now a key step in your beauty routine.

Exfoliating and peeling help us to remove excess dead cells and impurities from the skin. The aim: A soft, supple and smooth face.

Over time the skin loses its capacity for renewal and regeneration. The result is skin with wrinkles, dull and lacking radiance.

We offer you different options: the first one (for men) and the second one (for women), both act on the surface layers of the skin, and the third one, an enzyme peel, which does so at deeper levels.

1 MEN CARE VITAL SCRUB

► What is it?

An exfoliating cleansing gel suitable for men's skin.

► How does it work?

It detoxifies, cleans the pores, reduces excess grease and removes impurities and dead skin cells.

► What's in it?

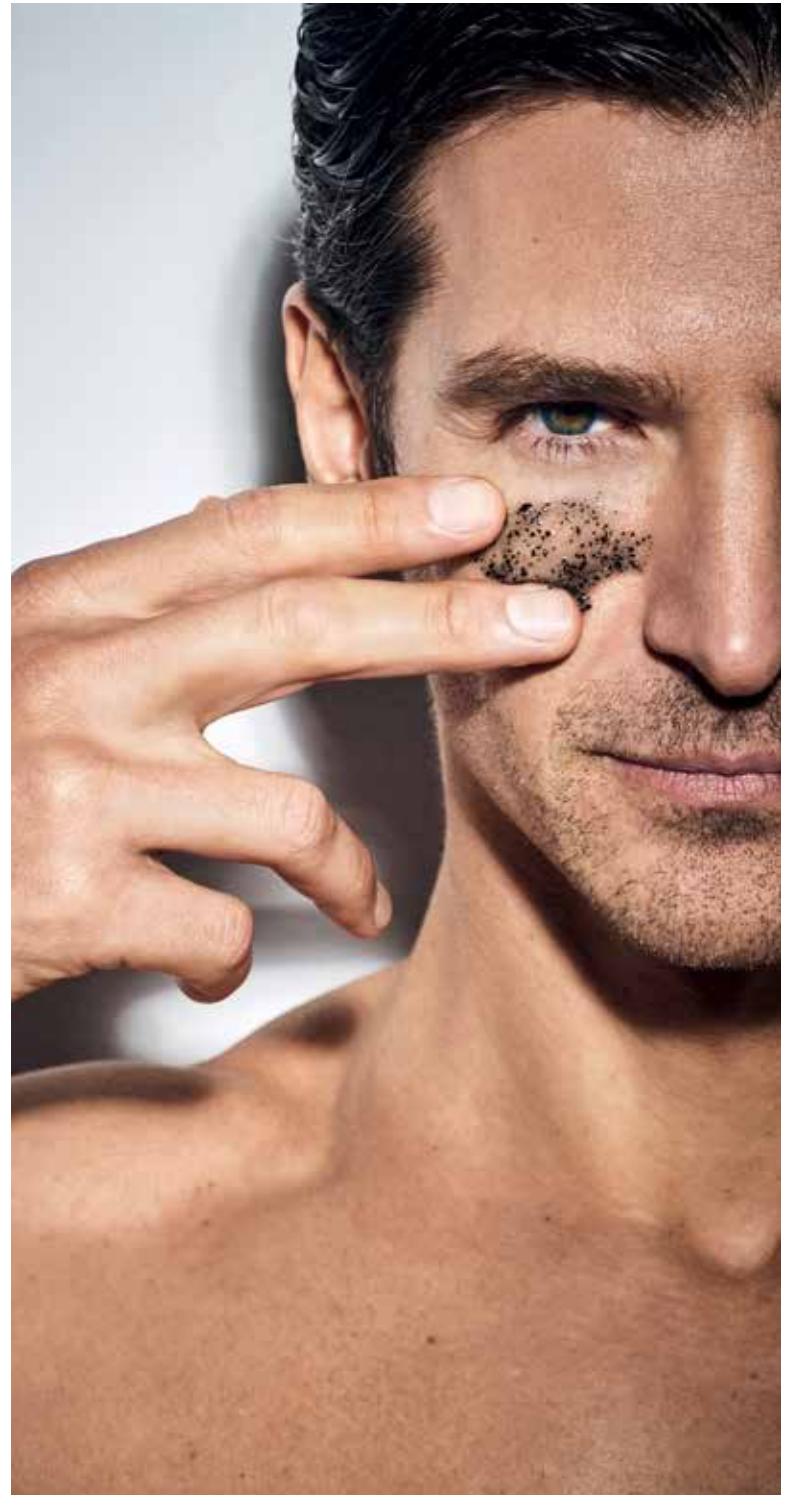
It is formulated with active carbon and microspheres of volcanic rock.

FOR
ALL SKIN
TYPES



INSTRUCTIONS FOR USE

Use once or twice a week preferably before shaving, apply a small amount to damp skin and massage gently.



skin

FOR
ALL SKIN
TYPES



2 BUBBLE MASK & SCRUB BUBBLY SCRUB

► What is it?

A cleansing mask and facial exfoliator that helps to remove traces of grease, dirt, dead skin cells and impurities from the surface of the skin.

► How does it work?

Mechanical exfoliation due to the rubbing of the granules (mineral perlite) of the mask against the skin. Leaves the skin smooth, even and more radiant.

► What's in it?

Oxygen Carrier Complex capable of carrying oxygen to the skin and mineral perlite, hydrated volcanic glass from Turkey.

INSTRUCTIONS FOR USE

Apply with circular movements. Its oxygenating micro-bubbles will make your skin tingle while a layer of foam is formed. Once it has disappeared, remove with warm water.

FOR
ALL SKIN
TYPES



3 ENZYME PEEL

► What is it?

An enzyme peel that restores skin moisture and the lipid layer, and protects it from environmental hazards with its antioxidant action.

► How does it work?

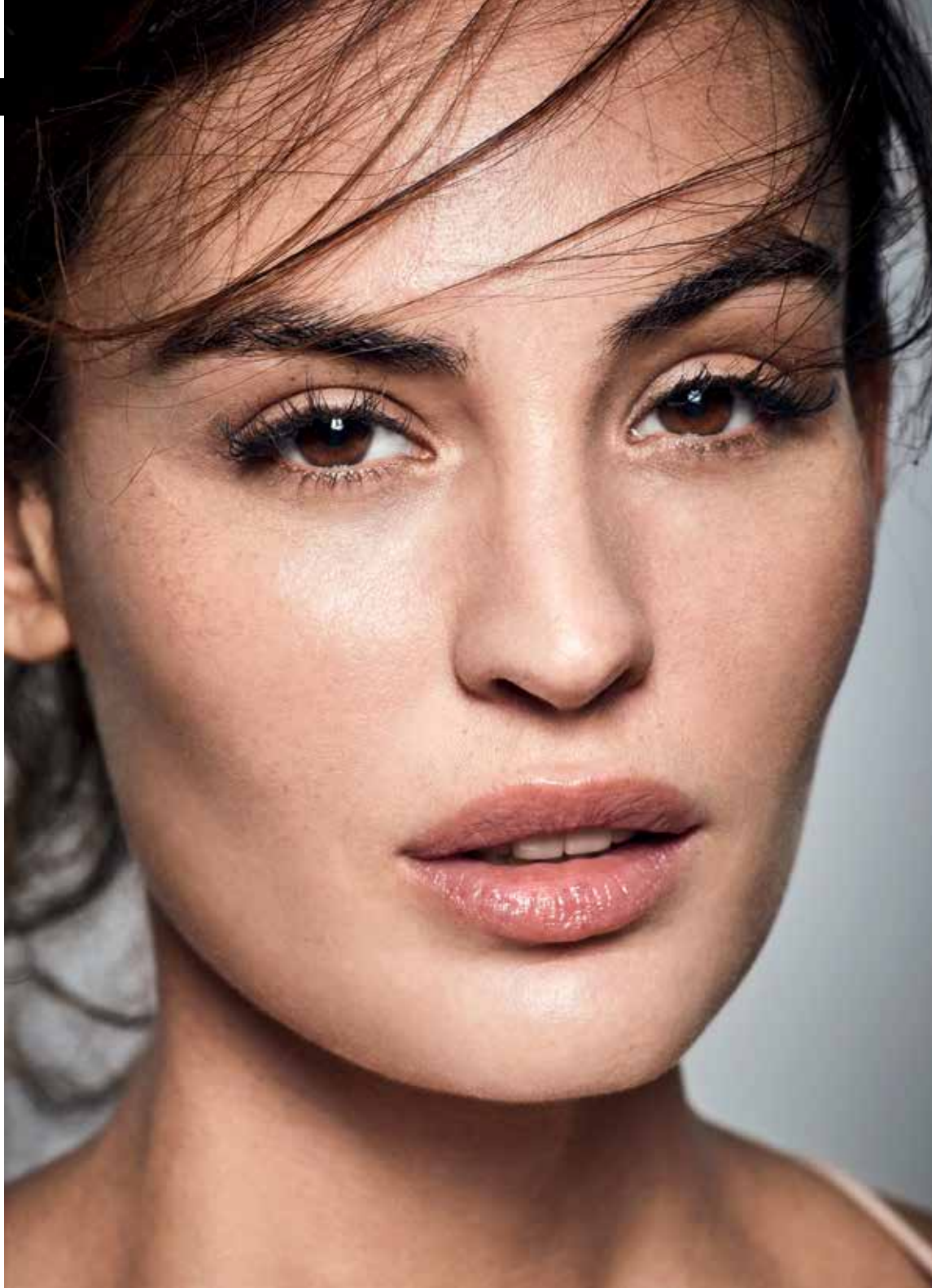
It provides gentle but effective exfoliation through enzyme action supported by the effect of fruit alpha-hydroxy acid (AHA). It purifies the pores, giving a clearer complexion. Its creamy texture does not contain any granules, it transforms into a lotion on contact with water.

► What's in it?

It is enriched with green and red marine algae extracts, as well as high quality botanical ingredients.

INSTRUCTIONS FOR USE

Apply once a week to clean damp skin, massaging gently and avoiding the eye area. Leave to take effect for 5 minutes and rinse off with warm water. If you have sensitive skin, apply and rinse off right away.



STOP Age spots

If your beauty objective is to have great looking skin free from any age spots, here are the rules and the treatment to help to prevent them or get rid of them.

Combating age spots is a hard battle that requires time, patience and using the right products.

The methods are basic: reducing skin pigmentation, evening out the skin tone and preventing any more spots from appearing.



The **Clarifying Cream** can be applied all over the face, neck and neckline; or directly to a spot located on any part of the face and the body.



The **Anti-Manchas Deliplus** range acts by:

Preventing Protective Cream SPF 50+.

Its filters and active ingredients form a barrier against UVB-UVA rays, IR radiation and blue light avoiding the appearance of new age spots. Rule number one in the prevention and treatment of age spots is to use very high sun protection every day (not just in the summer), even if your age spots are not caused by the sun.

Treating Clarifying Cream and Depigmenting Serum.

They contain active ingredients that clarify the skin and treat moderate age spots, even the most intense ones. They both smooth out age spots, adding radiance and evening out the skin tone.

Strategies for mitigating and preventing age spots

- 1 → To prevent them: Use Protective Cream SPF 50+ every morning.
- 2 → To treat moderate age spots: During the day apply Protective Cream SPF 50+, and at night, Clarifying Cream or Depigmenting Serum and your usual night cream.
- 3 → To treat the most intense age spots: During the day apply Depigmenting Serum + Protective Cream SPF 50+. And at night, Depigmenting Serum + Clarifying Cream.





A perfect SHAVE

Male grooming
par excellence.

Before you start, get together
all the items you need for your
shaving routine and take note
of these tips.

The first thing to consider is the tools that you are going to use; each of them has its own technique and creates different finishes. Below are some razors, reusable and disposable, together with their main characteristics.

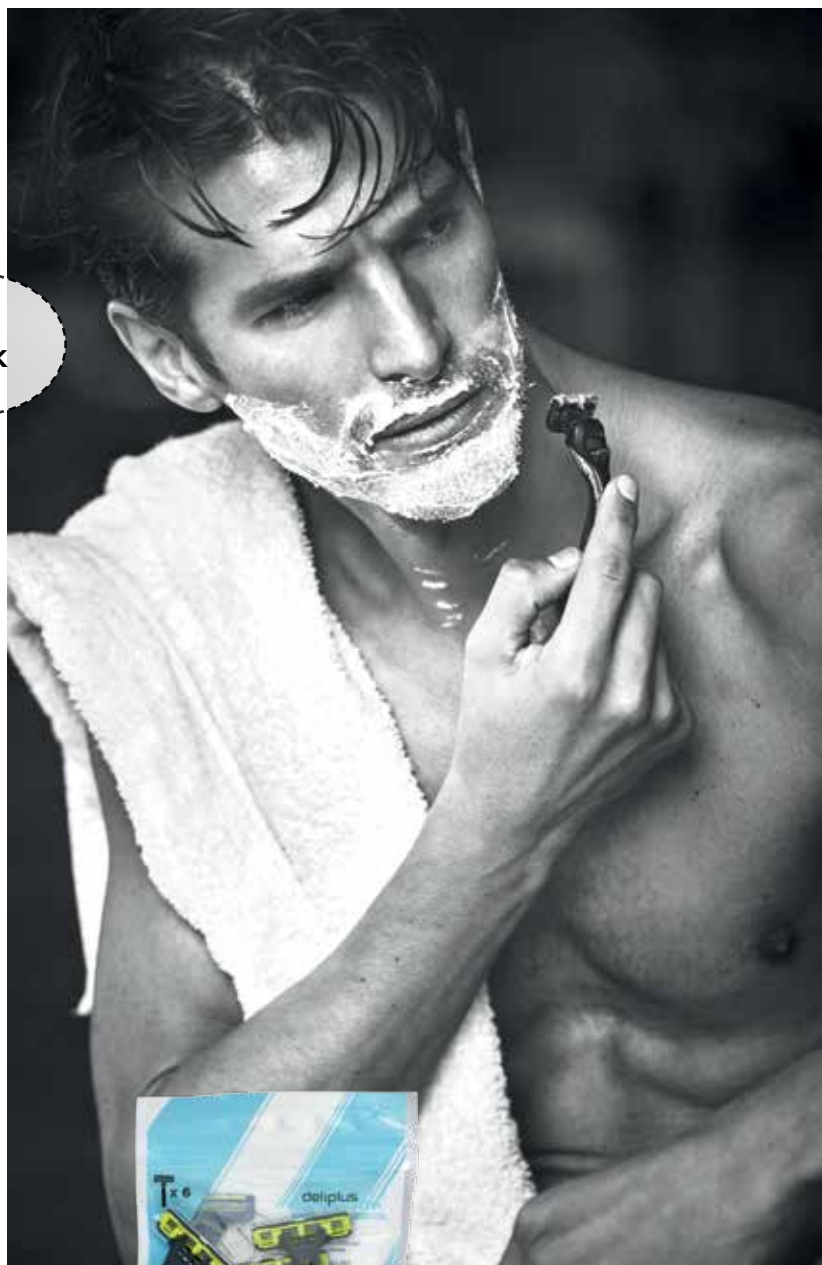
DISPOSABLE RAZORS



4
PACK

Active 3 and Active 2

- ✓ 3 and 2 blades respectively
- ✓ Pivoting head that adapts to the contours of the skin for a better shave
- ✓ Lubricating strip with aloe vera and vitamin E for the blade to slide over the skin more easily
- ✓ Open flow blades (greater separation between the blades for improved cleaning and to prevent hair from blocking them)
- ✓ Non-slip rubber handle
- ✓ (Active 3) Rubber blade guard bar that helps to raise the hair for a better finish
- ✓ (Active 2) wide guard bar



6
PACK



10
PACK

Fix 2

- ✓ 2 blades
- ✓ Fixed head
- ✓ Lubricating strip with aloe vera and vitamin E for the blade to slide over the skin more easily
- ✓ Wide guard bar
- ✓ Open flow blades (greater separation between the blades for improved cleaning and to prevent hair from blocking them)

REFILLS



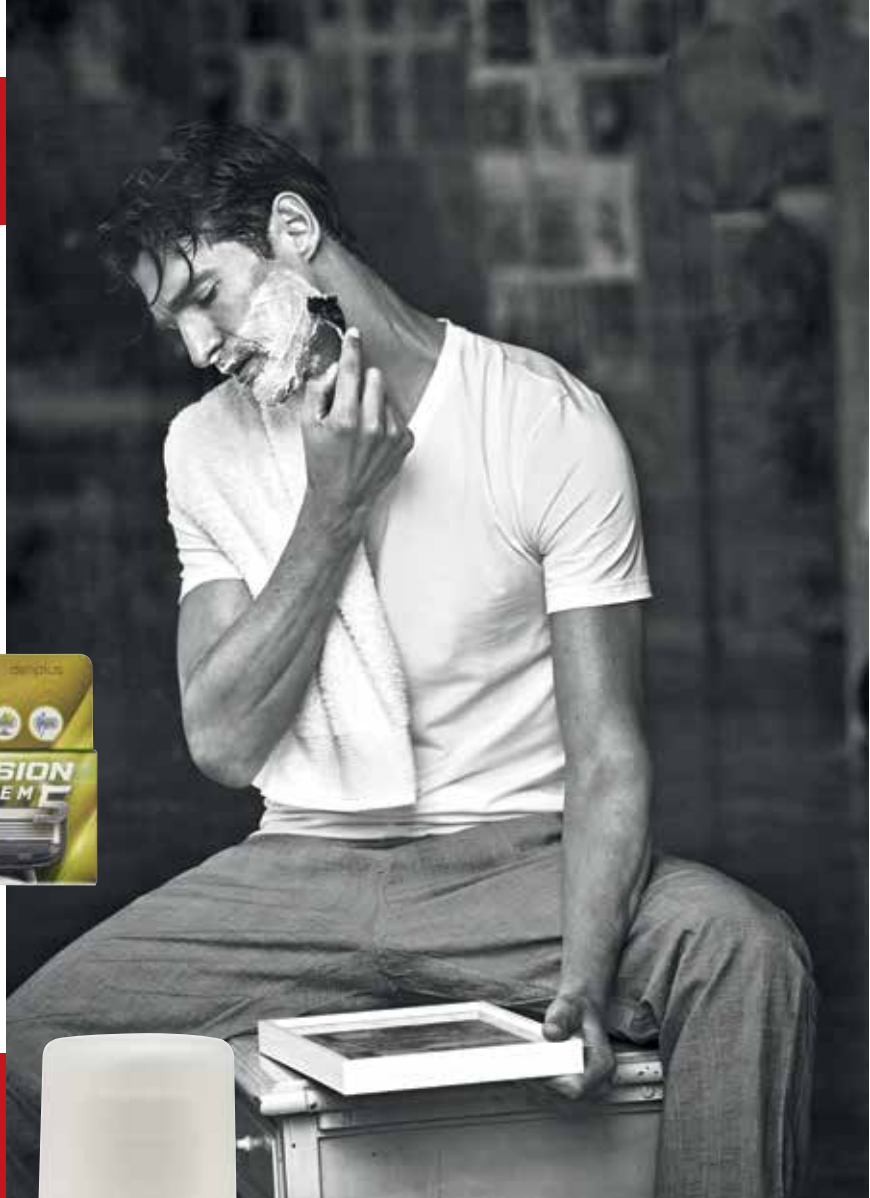
Double-edge

Barber style blades. Chrome coating, shaving is noticed from the first cut. A comfortable shave thanks to the shape of the edge.

REUSABLE RAZORS

Precision System 5

- ✓ 5 blades
- ✓ Pivoting head
- ✓ Lubricating strip with aloe vera and vitamin E for the blade to slide over the skin more easily
- ✓ Interchangeable refill
- ✓ Open flow blades (greater separation between the blades for improved cleaning and to prevent hair from blocking them)
- ✓ Precision blade at the rear for difficult areas such as sideburns or beneath the nose
- ✓ Rear blade guard bar
- ✓ Non-slip ergonomically designed handle



SHAVING ACCESSORIES

BEFORE...

Shaving gel

Specially formulated to facilitate sliding of the blade, giving a smooth shave that cares for the skin. Contains aloe vera, which soothes and calms, and allantoin, which acts as an anti-irritant agent.

Two sizes: 200 and 75ml.

INSTRUCTIONS FOR USE

Wet the skin with warm water and apply the gel with a gentle massage until a rich lather is produced. After shaving, rinse off the rest of the foam with water.



AFTER...

After shave balm

With ecological camomile extract and vitamin E, apply after shaving to soften and moisturise skin.



SHAVING TIPS

- ✓ Wet the skin completely before shaving to soften the hair and open the pores.
- ✓ Do not bang the razor against the washbasin as this can damage the edge. The ideal thing is to hold it under the tap and for it to get clean with the pressure of the water, thus avoiding the hair removed causing an obstruction between the blades.
- ✓ If you shave every day, or every other day, the most advisable is a 5-blade razor. If you shave every three days or more, the ideal razor is one with 3 blades or less.



MY MOMENT

fragrance

A delicate touch on your skin



la perfumería

SHINNY rainbow

This spring, make a change from the classic manicure and go for pastel tones with glitter finish. Mauve, pink, yellow and blue. The *Shinny* collection is here to seduce you. Are you ready?



MAUVE
with glitter
Nail polish no. 973





AS BLUE as the sky
Nail polish no. 972



WARM
yellow
Nail polish no. 970



CHARMING
pink
Nail polish no. 971



HAIR ACCESSORIES

Add some colour to your hair and choose from these headbands and hair ties to wear the look that you like best this spring. You won't be able to live without them!



Food supplements

We're witnessing a boom in self-care in all its aspects. Healthy eating, daily physical exercise, a good night's sleep, walking in nature, disconnecting to reconnect and that boost that we give our bodies thanks to plant-based supplements.





Colesterol

FOR CHOLESTEROL LEVEL

Helps to maintain a normal cholesterol level.

Ingredients

- ✓ **Berberis aristata** and **red yeast rice** contribute to regulating the level of cholesterol in the blood.
- ✓ **Olive leaf extract**, acts as an antioxidant.
- ✓ **Milk thistle**, known for being the perfect partner for caring for the liver, the organ responsible for cleaning and regulating fat levels in the blood.

INSTRUCTIONS FOR USE

One capsule per day (at night), as long as you are not taking other medication to combat cholesterol (check with your doctor).

Menopausia

IMPROVES SYMPTOMS OF MENOPAUSE

For women who are going through menopause and experiencing hot flushes and difficulty in concentrating and/or getting to sleep.

Ingredients

- ✓ **Sage**, contributes to wellbeing during menopause, helping to reduce night sweats.
- ✓ **Vitamin B6**, helps to regulate hormone activity.
- ✓ **Soy isoflavones**, commonly used for hormonal balance in this stage of women's lives.
- ✓ **Lemon balm**, a plant that contributes to normal regulation of the nervous system.

INSTRUCTIONS FOR USE

Take 2 capsules a day regularly (one with breakfast and one with dinner).





QUEMAGRASAS FAT BURNING SUPPLEMENT

The perfect diet supplement, helping in the weight-loss process.

Ingredients

- ✓ **Coleus barbatus**, contributes to regulating fat metabolism and promotes the creation of muscle mass, both factors that help to control body weight.
- ✓ **IGOB 131**, African mango extract, which acts in synergy with the rest of the ingredients contributing to weight control.

INSTRUCTIONS FOR USE

Take one capsule with lunch and another with dinner. To increase the effects of this food supplement, it is essential to maintain a balanced diet and to burn more energy than the calories we take in (through physical exercise).

KAPTOGRAS AVOID FAT ABSORPTION

To control our weight it is important to be able to balance days when we eat a lot with those when we eat light meals. This is recommended to avoid the absorption of fat and carbohydrates before a heavy meal.

Ingredients

- ✓ **Norwegian Kelp and Mushroom**, help to control absorption of the calories that we take in with our meals.
- ✓ **Grape seeds**, contribute to maintaining body weight in weight-loss diets.

INSTRUCTIONS FOR USE

Swallow one capsule half an hour before a heavy meal or as a supplement to speed up weight loss while dieting. Can be taken while dieting along with the **Quemagrasas**.





SACIANTE
REDUCES APPETITE

Perfect for those who always feel hungry and feel like snacking.

Ingredients

- ✓ **Carob extract**, makes you feel full thus contributing to weight loss.
- ✓ **Glucomannan**, fibre that swells up when it comes into contact with water, generating an effect of feeling full.
- ✓ **Chromium**, helps to maintain blood glucose levels.

INSTRUCTIONS FOR USE

Take 1 stick dissolved in a large glass of water and drink another glass to ensure that the contents reach the stomach, half an hour before the main meal.



This will be your **mantra**: Sleep well, eat a balanced diet and get physical exercise. Create a healthy environment for yourself, as you know *mens sana in corpore sano*.



JALEA REAL ROYAL JELLY

(From 14 years)

Substance with great nutritional properties that helps to combat tiredness and fatigue. No added sugar.

Ingredients

- ✓ **Propolis**, like royal jelly, this is a substance produced by bees that has antiseptic properties.
- ✓ **Vitamin C**, contributes to correct immune system function.

INSTRUCTIONS FOR USE

Take 1 stick a day, preferably with breakfast. For people with a tendency to suffer from acid reflux, we recommend taking it after breakfast, never on an empty stomach.



SOL

PREPARE YOUR SKIN FOR THE SUN

Get your skin ready for the sun, helping to prevent signs of ageing such as wrinkles, dryness and age spots.

Ingredients

- ✓ **Lutein and Omega 3**, act as antioxidants.
- ✓ **Beta-carotene**, stimulates production of Vitamin A, essential for healthy skin.
- ✓ **Copper**, contributes to more even pigmentation.
- ✓ **Vitamin C**, contributes to the formation of collagen, essential for skin function.
- ✓ **Vitamin E**, helps to protect cells from oxidative damage.

INSTRUCTIONS FOR USE

Take one 1 capsule every morning. To achieve the desired effects, start to take 3 months before sun exposure and continue during it. Not a substitute for sun protection creams.

OH MY
LOOK!
deliplus
COLOR





Eau de parfum

BLUE SHINE
FOR HER

Eau de parfum

BLUE SHINE
FOR HER

Eau de parfum

BLUE SHINE
FOR HER

SUBMERGE YOURSELF IN THE ESSENCE OF THE MEDITERRANEAN