

la perfumería

de Mercadona

SUMMER 2020

SKINCARE MATTERS

FOLLOW OUR BEAUTY
GUIDE AND LEARN
ALL ABOUT SKINCARE

ENHANCE YOUR HANDS

STEP-BY-STEP
MANICURE
GLAM NAILS

MAKE
Summer
YOURS

EVERYTHING TO
PROTECT YOU
FROM THE SUN



SPORT WATER
ACCION
960



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MAKE *Summer* YOURS

It's time to enjoy yourself, while staying respectful regarding your skin and the sun. Make summer yours by finding out about the products that will care for you and your little ones and the best way to apply them. Get yourself ready for a flattering tan and for keeping your hair healthy. We also give you a few basic tips to protect you from the sun.



✓ HOW MUCH PRODUCT SHOULD I APPLY?

✓ FOR THE LITTLE ONES...

✓ AFTER SUN

✓ BRONZE AGE

✓ BASIC TIPS FOR SUN PROTECTION

✓ HEALTHY HAIR IN THE SUN

Choosing the right sun screen for your skin is important and knowing how to apply it correctly is too.



Remember

Applying a smaller quantity of product may involve a significant reduction in protection.

HOW MUCH PRODUCT SHOULD I APPLY?

It will depend on the type of sun screen and the area to be protected. In the case of **sun cream**, it is advisable to apply a minimum of 2 fingerfuls of cream for each part of the body to be protected and a minimum of 1 fingerful of cream for the face area.

For **sprays**, 12 to 15 sprays on the body depending on the area to be protected, and a minimum of 6 for the face.

Aerosols are applied directly to the skin continuously until each area of the body has been covered.

Then rub it in with your hands until it has been completely absorbed. Do not spray directly onto your face, spray it on your hands and then rub it in, always avoiding the eye area.

Mercadona Perfumería sun protection products are formulated with different textures to adapt to the needs of all skin types.

TIPS FOR APPLICATION

- ✓ Apply 30 minutes before going out in the sun, using the right quantity and spreading evenly.
- ✓ Pay special attention to the nose, ears, shoulders, nape of the neck and top of the feet.
- ✓ Re-apply every 2 hours, especially in summer or when your skin's condition requires it, after bathing, sweating or getting dried with a towel.



Transparent Sun Screen Stick SPF 50+



Transparent Facial Sun Screen Gel SPF 50+



Anti-ageing Facial Sun Screen Fluid SPF 50+



Dry Touch Bronzing Oil SPF 30



Sun Screen Stick FPS 50+

FOR THE LITTLE ONES...

Children's skin is delicate and requires extra care. The most advisable products for them are those with very high protection factors, water-resistant, easy to apply and, above all, those that care for their skin. Always apply sun screen again after they have been in the water.



Children's Sun Screen Spray SPF 50+



Children's Sun Cream SPF 50+, for face and body, especially for sensitive and atopic skin

AFTER SUN

After spending the day in the sun it is important to use after sun, once you have showered, which will calm, moisturise and repair your skin, helping you to stay tanned for longer. Especially indicated due to it having extra benefits: relieves burning sensation and gives skin back its optimum hydration level, as well as regenerating damaged cells.

Tips

If you put your after sun in the fridge its power to refresh will become stronger when you apply it after a day in the sun.

After sun
Gel with
aloe vera



BRONZE AGE

There is nothing like a good skin tone to be more attractive and healthier. When correctly applied, self-tanning products can be the perfect solution for women who don't have time to sunbathe or those who take a long time to get a tan.

- ✓ Remember that self-tanning products do not contain any sun screen.
- ✓ Exfoliate the skin on your face and body before using self-tanning products and you will enhance their effect, giving you a brighter and longer-lasting tone.
- ✓ Wash your hands thoroughly after application and wait until the product has been fully absorbed before getting dressed.
- ✓ The first results are visible after 2 hours.
- ✓ Repeat the application to darken the tone.



Self-tanning
body milk

Autobronz tanning wipes



LOW PROTECTION

Only for skin that is already deeply tanned, **Sun Screen Spray SPF 6** low protection, easy to apply, leaves a pleasant coconut fragrance that transports us directly to our summer holidays.

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MAKE
Summer YOURS



We should protect ourselves from the sun 365 days a year

Ultraviolet radiation is always harmful, not only in summer. It is true that at this time of year the radiation is more intense, we wear less clothing and are usually out in the sun for more time.

There are no secrets, the key to having beautiful glowing skin free from age spots or wrinkles is to take care and protect yourself from the sun. The right sun screen, a safe amount of time in the sun, the amount of product to apply and the areas to take care of are the guidelines to follow so that you don't put your skin in danger.

✓ Choose the right SPF taking your skin phototype into account.



✓ Some medicines may cause photosensitivity reactions, consult your physician.



✓ Children should use specific protection.



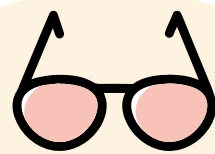
✓ After time in the sun, apply after sun to repair, calm and moisturise your skin.

✓ On the beach or at the pool, wear water resistant sun screen.



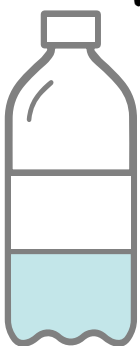
✓ Shower in warm or cold water to prevent your skin from drying out.

SUN PROTECTION TIPS



✓ Remember to drink water often.

✓ Protect yourself when practising sport or doing outdoor activities, or when you go for a walk or have a drink on a terrace.



✓ Protect yourself with the right kind of clothing and accessories too, wear light-coloured clothing, a hat, sarong and sunglasses.



✓ Limit sun exposure time and avoid being out between 12 noon and 4 p.m.



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MAKE
Summer YOURS

HEALTHY
HAIR
IN THE
SUN



Let's not forget to protect our hair as well. The sun's rays and the heat dry out our hair, weaken it and change its colour. In addition, the salt from the sea and chlorine from swimming pools also dry it out and damage it. So, take note and give your hair a good dose of sun protection this summer.



Remedy Argan Oil
No-rinse hair mask with argan and jojoba oil, shea butter, keratin and UV filter.
Purpose
 Gives hair back its soft, shiny appearance. Also conditions it and provides extra nourishment.
Application
 Preferably from mid-length to the ends, with the hair damp, although it can also be used on dry hair.

Be Radiant Serum

Contains natural camellia oil to bring out your hair's natural shine and give it a more attractive and healthier appearance.



Purpose
 Leaves your hair shiny, silky and conditioned, with a natural finish and movement, controls frizz, makes combing easier, contains a UV filter and acts as a heat protector.

Application
 The instructions for use can be adapted according to your needs. For conditioning, easy detangling and enhanced shine, it is best to apply it to damp hair with 2 to 4 squirts on your hand and spread from mid-length to the ends, avoiding the roots. No need to rinse off. To remove frizz, add softness and bring out shine, apply to dry hair, with 1 to 2 squirts on your hand and spreading it in the same way and without rinsing.

Repair & Nutrition Instant Conditioner
 Contains 8 repairing agents:



- ✓ Keratin and arginine, proteins that help to reinforce hair fibre.
- ✓ Nutrition plus and caviar, to make hair hydrated and nourished.
- ✓ Silk extract and amber, ingredients that make hair soft.
- ✓ Vitamin E, with anti-oxidant properties.
- ✓ Hyaluronic acid, with great moisturising capacity.
- ✓ And UV filter.

Purpose
 Repairs, nourishes and moisturises hair fibres, for shiny, strong and silky hair.
Application
 Instant conditioner for application to dry and/or damp hair.

Menstrual Cup

In 2 sizes

- M** For women under 25 who have not given birth by vaginal delivery.
- L** For women over 25 or those who have given birth by vaginal delivery.

Re-usable device that collects menstrual flow.

Instructions for use

Sterilise before using for the first time. How? Wash your hands, put enough water to cover the cup in a saucepan and bring to a boil. When it is boiling submerge the cup for 3-4 minutes.

Provides protection for up to 12 hours without having to constantly change it.

Fitting

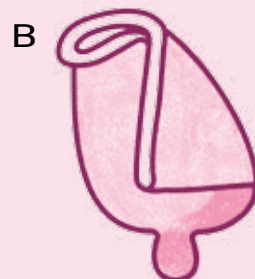
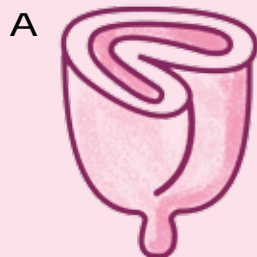
1 Wash your hands and get into a comfortable position.

2 Fold the cup over (this can be done in two ways):

A - Press the sides together and fold in the middle to form a U.

B - Place one finger on the upper edge of the cup and press inwards to form a triangle.

3 Insert it and once it is inside it will open up and adapt perfectly to your vaginal wall.



12h hours later...

4 To remove the cup press the base, pull it out and empty it.



5 Every time you empty it, it is advisable to rinse it with warm water and dry it with toilet paper. Wash with intimate hygiene or pH neutral soap.

7 You can use your menstrual cup at night and while practising any kind of sport.

6 Once your period has ended and before putting it away for next month, wash it with water and intimate hygiene soap and, for better sterilisation, boil it in water.





SKINCARE MATTERS

This summer, skincare has taken on a genuine leading role in our beauty routines. It's time to practise self care. The keys: choose products that are right for you and have a lot of attitude. Time for some pampering!

CLEAN NOTES

Now, more than ever, hygiene is playing a fundamental role. A daily shower is becoming more relevant, but we shouldn't overdo it so as not to damage the barrier function of our skin that protects us from external agents. When it comes to choosing shower gel we should take into consideration our skin type and its needs, the fragrance that we like and that makes us feel best...

Coconut shower gel will captivate you with its intense fragrance.

Fruit shower gel, with Mediterranean citrus fruit extracts, is gentle and careful with the skin, leaving it feeling moisturised and protected during your daily hygiene routine.



After a shower, it is essential to apply moisturising creams to counter the loss of water and lipids.

EXFOLIATION

In the summer our legs, neckline and arms are uncovered once again. It's time to take care of them so that they look perfect. A balanced diet, daily exercise to tone us up and drinking two litres of water are some of the tips that we already know. But, what about if we start to enjoy looking after our bodies? The beauty routine would become you time. Skin that is well looked after and moisturised stays younger, healthier and is better at preventing sagging. One of the keys to enviable skin is regular exfoliation, at least once a week.

- ✓ Removing dead cells from the epidermis is recommended, so that the skin is more receptive to absorbing any active ingredient applied to it.
- ✓ Body scrubs help to soften the skin; focus on the elbows, knees and ankles.
- ✓ Remember to moisturise often, a basic step for maintaining the skin's elasticity, smoothness and softness.



INFALLIBLE

Our **Gentle Exfoliating Shower Gel** with natural kiwi and apricot seeds acts by purifying and renewing the skin, helping to remove dead skin cells. It contains glycerine, which leaves the skin smooth after a shower.



Our **Facial Scrub** cleans, softens and helps to remove dead skin cells and other impurities that make the skin look dull. It contains natural apricot micro granules that have a gentle peeling effect, which intensifies the result of the creams applied afterwards.

100% HYDRATION

Dehydrated skin looks matt, uneven and dull, as well as flaking and highlighting problems such as sagging, stretch marks, build-up of grease, cellulite, etc. Moisturise your skin every day to make it look attractive, with the formula and the texture that you want but, above all, don't miss out this step.

- ✓ Get complete and immediate body hydration. The **Hydra & go lotion**, thanks to its spray format, is practical for applying to the body. It gives your skin a fresh and vibrant fragrance, perfect for the summer.
- ✓ Complete your daily beauty routine with a gentle circular massage with **Aqua Moisturising Gel Cream**, with its ultra light and rapidly absorbed texture. It contains natural green tea and grapefruit extracts that give the skin moisture and freshness.
- ✓ **Luminosidad body cream** moisturises and nourishes the skin, leaving it soft and smooth, with a radiant look. Perfect for all skin types. Its captivating fragrance is impregnated into the skin after it is applied by a gentle massage.



Top tip

Remember to exfoliate your skin before you apply the cream to achieve an even result and enviable pearly skin.



S.O.S. HEAVY LEGS?

In the summer we especially note the feeling of tiredness and heaviness in the legs. This problem affects a lot of women, especially during the hottest times of the year. Take note of what you should do to avoid or minimise this and show off your lighter legs.

1. Join the trend for infusions and teas: they help to cleanse, eliminate liquids and burn fat. It will make you feel lighter.
2. Use cold-effect creams such as the **Refreshing menthol foot and leg spray**, a great ally when the heat is on and you need some extra freshness to relieve, calm and revitalise. On applying it, massage gently with upward strokes.



BEAUTY STEPS

Achieving energy, brightness and a good appearance for your face begins with a careful cleansing ritual. An essential purification and relaxation step that we should repeat every night and every morning. The formula of our **Water-based cleansing gel** is enriched with calming active ingredients and vitamin C, providing skin with the care it needs to leave it looking clean and clear, ready for applying moisturising cream.



ANTI-AGEING

Not only do we want to combat wrinkles, or try to prevent them, the aim is to nourish the skin with components that care for and look after its health.

The Prevent Age Skin Proteoglycan Ampoules intensive anti-ageing treatment combines the powerful effects of a professional cosmetic treatment and those of a serum, giving the face elasticity and hydration. Its formula contains:

- ✓ Proteoglycans, an anti-ageing active ingredient which research has shown to stimulate cell renewal and promote the production of hyaluronic acid, improving skin texture and reducing wrinkles.
- ✓ Collagen, which increases skin hydration and elasticity.
- ✓ And a plant-based compound, which enhances the natural factor of skin hydration.

Application is simple: use 3 or 4 drops, and apply day and/or night massaging onto a clean and dry face until completely absorbed. Use the rest of the ampoule within the following 48 hours.



Then apply **Sisbela Cosmetics Restructuring Revitalising Anti-Ageing Face Cream** which conditions the skin, enhances its effects and intensifies its regenerative power. Firmness, nutrition and radiance on the face, neck and neckline, thanks to the face cream and **Sisbela Cosmetics Firming and Nourishing Neck and Neckline Cream**. Concentrate on these areas which is where the passage of time is most reflected.



♥ YOUR TOILETRY BAG



A PLUS

Do you know what hyaluronic acid can do for your skin?

Concentrated Hyaluronic Acid Booster acts as a professional intensive treatment to perform at home.

Its formula provides the most demanding skin and the skin most in need of hydration with a fresh, radiant and rested appearance. PhytoCellTec™ is another of the active ingredients of this booster, based on apple stem cells, it reduces wrinkles through regular use. Heavy hyaluronic acid molecules hydrate the upper layers of the skin, capture moisture and contribute to a smoother and softer appearance. Aloe vera provides hydration and panthenol encourages the skin's regeneration process. It is applied to clean skin before the usual face cream.



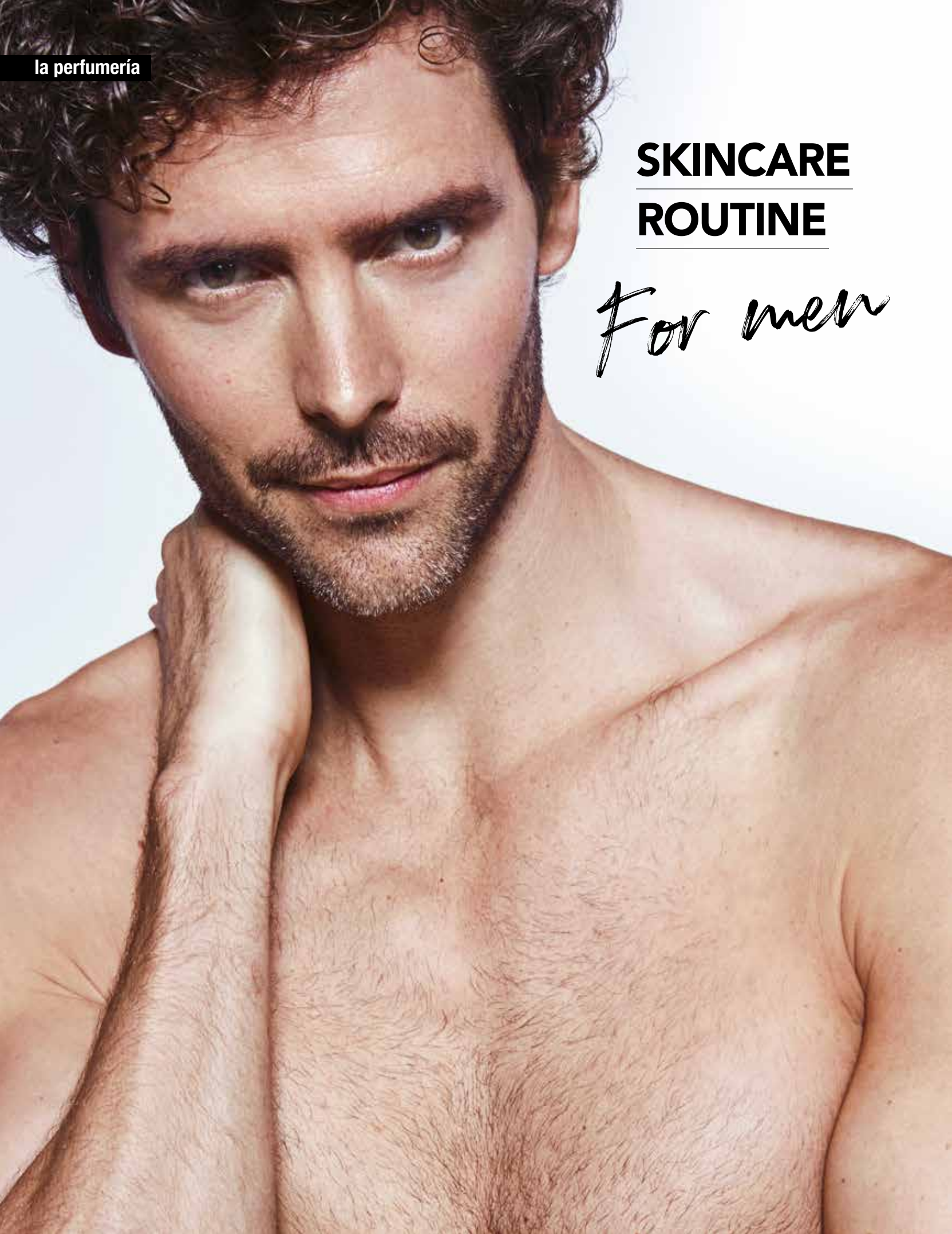
NEW BEAUTY HABITS

The skin suffers and becomes dry throughout the day due to climate changes and pollution, so it is important to revitalise it with **Agua de Avena** facial mist, instant freshness and well-being.

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SKINCARE
ROUTINE

For men



It is also important for men to follow the steps of a daily skin care routine: first cleaning, exfoliation once or twice a week and, of course, moisturising. They are all essential to avoid deep wrinkles, age spots and skin blemishes, tightness and redness... Try our selection of cosmetics for men and head into summer looking good.



✓ **Face Wash Gel 9.60** removes everyday dirt and excess oil, refreshing and revitalising the skin, leaving it ready for shaving or applying your usual moisturising treatment.



✓ **Men Care Vital Facial Scrub** helps to stimulate natural regeneration of the skin. Its use is recommended two to three times a week, preferably before shaving. Its gel texture with micro-encapsulated active carbon and its exfoliating volcanic rock particles contribute to the elimination of impurities and dead skin cells, purifying and detoxifying the skin.

Remember

Always apply your moisturiser to your neck, which is usually the great forgotten area.



✓ And the **Anti-Ageing Anti-Wrinkle Cream 9.60**, provides moisture and intensive nutrition, restoring the skin's firmness and natural elasticity. Rich in rose hip oil and vitamins E and F, it stimulates cell activity, helping to regenerate the skin. It also contains protective filters to prevent premature skin ageing.

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ENHANCE YOUR HANDS

Pampered nails and hands say a lot about a person, they are our calling card and we should therefore pay attention to every detail of them.

If you have a good grasp of the basic rules, giving yourself a manicure at home can be an easy thing to do and give you excellent results.

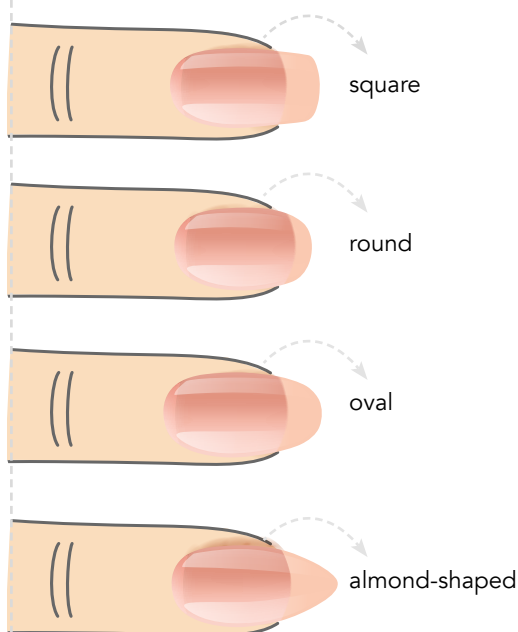
1

FILE

Choose the nail file that suits you best. To prevent nails from breaking or chipping, it is advisable to file from the sides to the centre continuously, with gentle movements and always in the same direction.

Do you know what type of nails suit you best?

- ✓ Square nails are for long fingers because they make them look shorter.
- ✓ Round nails slim the fingers down and are less likely to break.
- ✓ Oval or almond-shaped nails, which is the shape currently in fashion, completely slim the fingers down. Your nails need to be slightly long to get them this shape.



Nail clippers



Metal nail file



2 BUFF

The next step is to buff the surface of your nails with a gentle nail buffer to make it porous and allow the layers of nail varnish to adhere better.



Nail buffer

3 TREAT CUTICLES

Apply cuticle remover to soften them. Soak them for ten minutes using the effervescent tablets and then wash your hands with soap and water. Treating cuticles is one of the basic steps of a manicure.



Cuticle remover gel



Manicure effervescent tablets



Orange sticks

We recommend pushing the cuticles back using an orange stick rather than cutting them, and only cutting those that overhang too far.

4

PROTECT AND STRENGTHEN

Once the nails have been buffed and prepared, it is advisable to degrease them with alcohol or pure acetone, cleaning them and removing any residue that might be left on them. Doing this will make your nail polish stay in place longer. We then apply **9 in 1 Base Coat**, which will act by protecting the natural nails and help nail enamel to stay in place longer.



9 in 1 Vitamin-rich and Smoothing Base Coat



Hardener



Quick drying Gloss Gel



Drying drops



5

PAINT

If you like, you can add colour to your nails by applying two thin coats to deepen the shade. Finish off with **Quick drying Gloss Gel** to seal them.

Perfect application of nail varnish is completed in just three brush strokes: the first one in the centre of the nail from the cuticle upwards and the other two on the sides. Remember that the less you touch your nail with the brush, the better the result you achieve will be.



6

NOURISH AND MOISTURISE

Finally, for a perfect manicure, nourish your nails and cuticles every day with vitamin oil. This will give them more elasticity, making them less brittle. One of the possible causes of nail breakage is lack of hydration. We will also moisturise our hands with the cream best suited to our needs. **Aloe Vera** hand cream moisturises and calms all skin types and **Anti-spot cream** prevents them thanks to its SPF20.



Vitamin Oil

HAND CREAMS

Aloe Vera



Anti-spot



REMEMBER

Always maintain proper hand hygiene, either with soap and water or with hand sanitizer. Then apply moisturising hand cream to protect your skin and prevent dehydration.



Summer Glitter collection, 5 bright shades of nail polish and two-phase watermelon-scented oil.



MERMAID Effect

Like an explosion of colour in deep blue, radiant coral, vibrant and powdered pink... This summer's manicure is overflowing with shine and colour. Get the 'mermaid effect' look and show off your nails.



Fragrance BAR

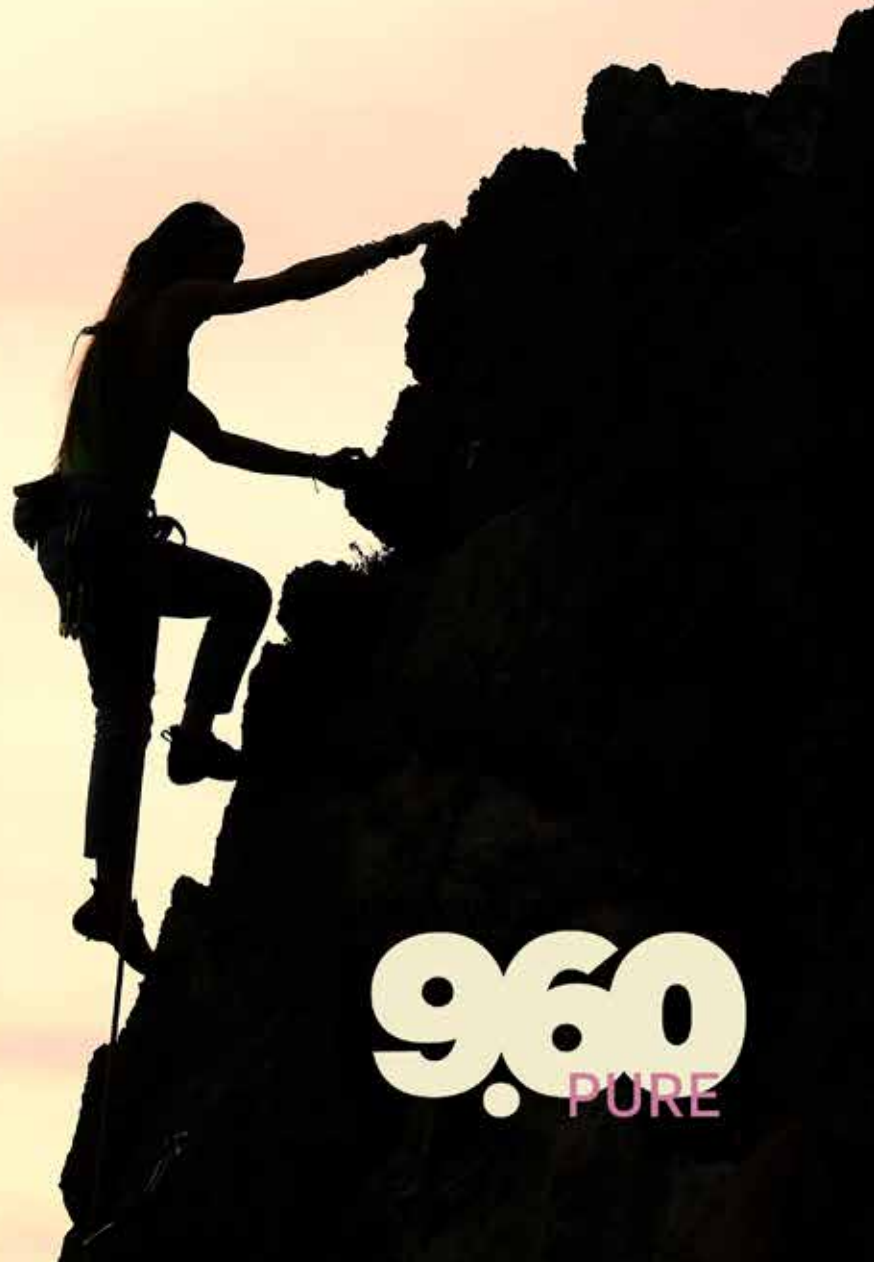
Having a signature fragrance adds personality. If you still don't know what yours is, try creating a fragrance bar at home. Try them depending on how you feel or want to feel every day, they will transport you to the most feelgood summer of your life.



Our sense of smell is connected to the brain, in the area where memories are generated. Certain smells make us connect with the past. We discover fragrances for you to make you feel unique.

Monogotas, a selection of unique and delicious notes that allows us to choose a different fragrance every day, depending on how you feel. Blackberry is energising, vanilla helps to calm the mind, coconut brings peace and harmony, and finally, apple stimulates and makes you feel positive.





9.60
PURE



SOPLO

SOPLO
EAU DE TOILETTE

SOPLO
BODY MILK

SOPLO
EAU DE TOILETTE

SOPLO
BODY MILK

SOPLO

A delicate caress on your skin