



# FREQUENTLY ASKED QUESTIONS

## **WHAT IS IT?**

A full-body skincare system designed to cleanse, tone, and hydrate skin from head to toe, addressing the area's most routines overlook—legs, arms, chest, and beyond.

## **IS IT FOR FACE OR BODY?**

Both. Every product is formulated and tested for face + body use to eliminate fragmented routines and inconsistent results.

## **WHY FULL-BODY SKINCARE**

Most skincare routines stop at the neck. WellFit is designed to support skin across the entire body including areas commonly overlooked like legs, arms, and chest.

## **DO I NEED TO USE ALL PRODUCTS TOGETHER?**

The system performs best when used as designed: Cleanse → Tone → Serum. Each step prepares the skin for the next.

## **HOW OFTEN SHOULD I USE IT?**

For best results, use daily.

## **IS THIS SKINCARE "CLEAN"?**

Formulas are paraben-free, vegan, cruelty-free, and inspired by clean-beauty standards, prioritizing skin comfort and barrier support.

## **DOES THIS REPLACE IN-BOOTH WELLFIT SESSIONS?**

No. WellFit sessions deliver treatment-level results. This system supports daily skin care and helps maintain consistent skin quality across the entire body.

## **CAN I USE THIS IF I SPRAY TAN OR DO WELLNESS SERVICES?**

Yes. The cleanser is a safe prep step when used 24 hours before tanning, and the toner helps remove or correct fading color on hands, feet, elbows, and other areas.

## **WHO IS THIS FOR?**

Anyone looking to support smoother texture, balanced skin, and consistent full-body skin quality as part of their daily routine.

## **IS IT VEGAN + CRUELTY-FREE?**

Yes. All products are vegan, cruelty-free, and alcohol-free in the toner.

## FACE + BODY CLEANSER FAQS

### **WHAT DOES THE CLEANSER DO?**

It gently cleanses while lightly exfoliating, removing buildup and prepping skin for better absorption of toner and serum.

### **IS THE EXFOLIATION HARSH?**

No. Jojoba beads provide gentle, non-abrasive exfoliation suitable for daily face and body use.

### **HOW OFTEN SHOULD I USE IT?**

AM and PM for full-body results. Consistency matters more than intensity.

### **WHAT SKIN CONCERNS DOES IT SUPPORT?**

Texture refinement, pore clarity, tone, and hydration support through glycolic acid, aloe, green tea, calendula, and ginseng.

### **WILL IT DRY OUT MY SKIN?**

No. The formula balances exfoliation with humectants and emollients to cleanse without stripping.

## FACE + BODY SERUM FAQS

### **WHAT DOES THE SERUM DO?**

Locks in hydration, smooths texture, and supports the skin's protective barrier with fast-absorbing oils and antioxidants.

### **IS IT GREASY?**

No. The serum is lightweight and fast-absorbing, designed for full-body use without residue.

### **WHEN SHOULD I APPLY IT?**

After toner. PM use is essential for overnight barrier repair, though it can be used daily as needed.

### **WHAT INGREDIENTS DRIVE RESULTS?**

Jojoba oil for barrier support, sunflower oil for soothing hydration, vitamin E for antioxidant defense, and grapefruit oil for skin-brightening aroma.

### **WILL IT CLOG PORES?**

The formula is designed to hydrate while supporting the skin biome and minimizing the appearance of fine dry lines without heaviness.

## FACE + BODY TONER FAQS

### **WHY DO I NEED A TONER FOR MY BODY?**

Cleansing alone doesn't rebalance skin. The toner restores pH, hydrates, and supports the skin barrier across large surface areas that are usually neglected.

### **WHAT ARE THE KEY BENEFITS?**

Balances skin, supports barrier function, controls excess oil, and improves visible tone using niacinamide, witch hazel, rosewater, and botanical extracts.

### **HOW DO I USE THE TONER?**

Apply after cleansing to face and body, massaging into skin. Use AM and PM. Can also assist with makeup removal.

### **WHEN SHOULD I USE THE TONER MITT?**

Before workouts, after workouts, before spray tans or sunbed sessions, during travel, post-sauna, pre-red light or cryotherapy, or anytime skin needs a reset.

### **DOES THE TONER CONTAIN ALCOHOL?**

The witch hazel is alcohol-free. The formula is designed to tone without stripping.