



FREQUENTLY ASKED QUESTIONS

WHAT IS IT?

A full-body skincare system designed to cleanse, tone, and hydrate from head to toe, keeping skin supported between in-booth WellFit sessions.

IS IT FOR FACE OR BODY?

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

HOW IS THIS DIFFERENT FROM TRADITIONAL BODY CARE?

Most body care focuses on fragrance or surface moisture. This system focuses on skin function: cleansing, balancing pH, supporting the barrier, and maintaining hydration across the entire body.

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 BETWEEN SESSIONS?

Daily. Cleanse and tone AM and PM, with serum applied at least once 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 drive performance-level results. This preserves and extends those results between visits.

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 BENEFITS MOST FROM USING THIS BETWEEN SESSIONS?

Anyone investing in WellFit sessions who wants smoother texture, consistent skin quality, and better long-term results between visits.

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.