



FAQ'S

I: ABOUT WELLFIT

WHAT IS WELLFIT?

WellFit is the first automated full-body skincare experience. It delivers science-backed skincare treatments to the entire body in minutes. It closes the gap in traditional skincare by supporting the 90% of skin that facial routines ignore: elbows, knees, feet, shoulders, back, and everywhere in between.

WHO IS WELLFIT FOR?

Everyone! WellFit is designed for all skin types. Whether you want firmer skin, deep hydration, or a beautiful tan, the system adjusts to your skincare and wellness goals.

WHAT MAKES WELLFIT DIFFERENT?

Unlike traditional skincare, WellFit provides head-to-toe application in minutes using a mist-spray system. All skincare treatments are non-irritating, non-sensitizing and made with natural ingredients that are always cruelty-free, paraben-free, 100% vegan, and non-comedogenic.

HOW LONG DOES A WELLFIT SESSION TAKE?

Sessions are completed in minutes. The automated system applies the treatment across your full body while audio guidance walks you through positioning. It is one of the fastest full-body skincare experiences available.

WHAT DOES A WELLFIT SESSION FEEL LIKE?

You step into a heated, open-air booth. Audio guidance tells you when and how to position so coverage is complete from every angle. The treatment is applied as a fine mist across your full body.

HOW OFTEN SHOULD I USE WELLFIT?

A minimum of three sessions per week delivers cumulative, visible results. Sessions can also be done daily — all WellFit treatments are formulated for high-frequency use without irritation. Consistency over time is what builds lasting results.

DO I NEED TO PREPARE BEFORE A SESSION?

For best results, arrive with clean, dry skin. If using a toner mitt before your session, allow your skin to dry fully before stepping in. Remove clothing to your comfort and all jewelry before stepping into the booth.

ARE WELLFIT TREATMENTS SAFE FOR ALL SKIN TYPES?

Yes. All WellFit treatments are cruelty-free, paraben-free, 100% vegan, non-comedogenic, non-irritating, non-sensitizing. goals.

WHEN WILL I SEE VISIBLE RESULTS?

Most people notice a difference within the first few sessions. Significant, cumulative improvements in hydration, firmness, and skin quality are typically reported after 6 sessions. The more consistent the routine, the stronger the outcome.

ARE WELLFIT TREATMENTS AND PRODUCTS MADE IN THE USA?

Yes. WellFit is formulated, engineered, and produced entirely in-house in Macedonia, Ohio. INNOVÉ Beauty & Wellness controls the full process from R&D through compounding, filling, packing, and distribution.

II: ESSENTIALS TREATMENTS

WHAT ARE THE WELLFIT ESSENTIALS TREATMENTS?

The Essentials line includes four treatments, each targeting a specific skin need:

Hydrate — Full-body hydration treatment. Powered by the Tri-Hydro Boost Complex™.

Lift — Full-body firming treatment. Powered by the C-Lift Peptide Complex™.

Balance — Full-body skin barrier and microbiome treatment. Powered by the Bio Glow Complex™.

Recover — Full-body post-activity recovery treatment. Powered by the Nitro+ Mineral Complex™.

HOW DO I CHOOSE THE RIGHT TREATMENT?

Match the treatment to what your skin needs most right now:

Feeling dry, tight, or dehydrated → Hydrate

Want to support firmness or smooth texture → Lift

Skin feels reactive, irritated, uneven, or dull → Balance

Coming from a workout, active day, or heat exposure → Recover

Treatments can be rotated throughout the week.

WHAT IS HYDRATE AND HOW DOES IT WORK?

A full-body hydration treatment that penetrates three layers of skin — surface, mid-layer, and deeper epidermal. Triluronic Acid uses three molecular weights of hyaluronic acid to deliver deep, lasting moisture across the entire body and help reduce transepidermal water loss (TEWL) for up to 24 hours.

WHAT IS LIFT AND HOW DOES IT WORK?

A full-body firming treatment. The C-Lift Peptide Complex™ is formulated with advanced peptides that help smooth skin texture, reduce the appearance of fine lines, and support the skin's barrier function. The complex works at the structural level, signaling the skin to build and maintain its own firmness from within.

WHAT IS BALANCE AND HOW DOES IT WORK?

A full-body microbiome treatment formulated with pre- and postbiotic actives that help strengthen the skin's natural barrier, support the skin's defense system, and soothe irritation. Niacinamide supports sebum regulation and helps promote a more even skin tone.

WHAT IS RECOVER AND HOW DOES IT WORK?

A full-body post-activity treatment formulated to replenish electrolytes and essential amino acids lost through sweat. Supports the skin's barrier function, helps calm inflammation, and delivers an immediate cooling sensation upon application.

III: WELLFIT PRODUCTS

WHAT IS THE WELLFIT AT HOME PRODUCT LINE?

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

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.

IS WELLFIT PRODUCT FOR FACE, BODY, OR BOTH?

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

DO I NEED TO USE ALL THE 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 LINE 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.

IV: AT HOME PRODUCTS: CLEANSER

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?

Daily 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.

V: AT HOME PRODUCTS: TONER

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.

DOES IT COME IN ANOTHER FORM?

Yes, we also have a full-body toner mitt that's great for on-the-go! Use it 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.

VI: AT HOME PRODUCTS: SERUM

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.

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.

WHEN SHOULD I APPLY IT?

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

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.

VII: SERVICE & PAIRING

CAN I USE WELLFIT WITH MY SPRAY TAN?

Yes. Use a toner mitt to prep a clean canvas for a smoother, longer-lasting tan. After your tan, Hydrate helps restore moisture and supports longer-lasting results.

HOW OFTEN SHOULD I SPRAY TAN VS. USE WELLFIT?

Spray tanning is typically recommended once per week. WellFit treatments can be used daily or a minimum of three times per week, including between spray tan sessions.

HOW DOES WELLFIT PAIR WITH A WORKOUT OR FITNESS ROUTINE?

Recover was built for active clients. After any workout, sweat depletes the electrolytes and amino acids the skin needs. Use a toner mitt to wipe down if needed, then step into a WellFit Recover in-booth session.

HOW DOES WELLFIT PAIR WITH CRYOTHERAPY?

Use Recover after cryotherapy. Cold exposure can constrict and dry the skin. Recover replenishes electrolytes and amino acids and supports smoother, more conditioned skin.

HOW DOES WELLFIT PAIR WITH RED-LIGHT THERAPY?

WellFit can be used before or after red-light therapy. Follow a red-light session with Hydrate to replenish moisture and support the skin barrier post-exposure.

HOW DOES WELLFIT PAIR WITH SAUNA OR STEAM?

Use Balance after sauna or steam. Heat depletes moisture and can leave skin reactive. Balance restores the barrier and supports skin comfort after heat exposure.

HOW DOES WELLFIT PAIR WITH POOL OR HOT TUB USE?

Use a toner mitt to remove chlorine residue first. Follow with Hydrate to restore moisture after chlorine. Recover is also effective after saltwater exposure.

VIII: CLEAN BEAUTY

HOW DOES WELLFIT DEFINE CLEAN BEAUTY?

WellFit operates under an 'inspired by clean beauty' standard: streamlined formulas with intentional ingredients only, no unnecessary irritants, and full in-house control over how every product is made.

All WellFit treatments and products are:

paraben-free

cruelty-free

100% vegan

non-comedogenic

sulfate-free

no animal testing at any stage.

ARE WELLFIT PRODUCTS VEGAN AND CRUELTY-FREE?

Yes. All WellFit treatments and products are 100% vegan and cruelty-free. No animal-derived ingredients. No animal testing at any stage.

WHAT DOES NON-COMEDOGENIC MEAN?

Non-comedogenic means the formula is designed not to clog pores. All WellFit treatments and products carry this standard, making them appropriate for daily use on all skin types including acne-prone and sensitive skin.