

# Skin to Mind™ Collection

The Neu Era of Skincare

skin to  
mind™  
by amare®

## Skincare Built On Neuroscience

Made With Mental Wellness In Mind



Skin to Mind™ is our revolutionary approach to skincare formulated to work through the skin-mind connection, to target visible stress signals and support bliss signals at the cutaneous level. We combine breakthrough biotech ingredients, somatic cues and NeuroScent Science with proven skincare superpowers for results you can see on your skin and feel within.

## Why You Need It

Traditional skincare doesn't account for how stress affects skin's barrier and microbiome, which can accelerate visible signs of aging and show up as dullness, dryness, discoloration, fine lines (also known as "Stress Face").

## The Science

Your skin isn't just a passive surface—it's a powerful pathway that communicates with the mind. Skin responds to—and reflects—the world around us and within us. When skin is overwhelmed, it creates a feedback loop that can drain your glow and your confidence.

**Skin to Mind bridges the gap between skincare and neuroscience to meet the visible signs of stress and speak to your senses.**

## Key Benefits

- Targets visible signs of stress that accelerate signs of aging
- Builds skin resilience for visible longevity
- Reduces appearance of fine lines
- Promotes visibly healthy, youthful-looking skin



## How It Works

Skin to Mind merges science and self-care in a ritual for mental well-being. Built on both neuroscience and dermatology, our products are supported by research to produce better outcomes. The combination of biotech ingredients, somatic cues, and NeuroScent Science with scientifically studied anti-aging superpowers helps skin adapt, recover, and thrive with resilience and visible longevity, all while helping to promote a sense of calm and well-being.\*

## Rigorous Clinical Testing

**100%**

Showed Immediate Improvement in radiance after using OptiMIST™\*

\*Based on expert grading evaluation on 36 panelists after 1 application of OptiMIST.

In just 4 weeks

**100%**

showed improvement in the look of fine lines\*

\*Based on expert grading evaluation on 36 panelists after use of NeuDay and NeuNight for 4 weeks.

**94%**

Felt an uplift in mood after applying NeuDay™ and NeuNight™ Serum.\*

\*Based on consumer testing on 36 panelists after use of NeuDay and NeuNight for 4 weeks

**94%**

of users said OptiMIST is like a “reset” moment for both skin + mind\*

\*Based on consumer testing on 36 participants after 1 application of OptiMIST.

# Features

- Breakthrough neurotech meets anti-aging superpowers for results you can see on your skin and feel within
- Proprietary HuG Cell™: Our custom cell technology for greater skin resilience. A Rhodiola Plant Cell with L-Theanine inside to reduce visible signs of stress and help skin bounce back (found in NeuNight and NeuDay)
- Exclusive SeaMist Ferment: The power of marine microbes to support recovery from visible stress while enhancing hydration and radiance
- NeuroScent Science: Scientifically studied, functional scents that support feelings of well-being
- Proven skincare superpowers in all formulas: including Bakuchiol, Vitamin C, Hyaluronic Acid, Peptides, and Niacinimide





# Morning Ritual

## Awaken with Optimism

- With eyes closed, apply 5-8 sprays of OptiMIST™ Awaken + Glow Facial Mist to a clean face, neck and chest.
- Feel the delicate, cool, tiny droplets on your skin.
- Breathe deeply as you massage into face, neck + chest
- Follow with 2-4 pumps of NeuDay™ Brighten + Revitalize Serum.
- Gently massage the serum into face and neck, spending a little extra time on the temples and jawline where tension and stress can be held.
- Inhale deeply and exhale slowly. Let your shoulders soften.
- When the serum is completely absorbed, apply moisturizer and sunscreen.
- It's a "neu" day. Make it a good one.

# Mid-Day Ritual

## Reset, Recenter, and Refresh Skin + Spirit

- Apply 5-8 sprays of OptiMIST as needed, throughout the day.
- Spray to skin when feeling a 3pm slump, to refresh and set makeup, or to take skin from looking dull, dry, stressed out to glowing, radiant, and blissed out.

# PM Ritual

## Unwind Into Calm

- After gently cleansing, apply 5-8 sprays of OptiMIST™ Awaken + Glow Facial Mist to a clean face, neck and chest.
- Feel the gentle mist on your skin and take three deep breaths to help shift you into relaxation mode.
- Follow with 2-4 pumps of NeuNight™ Restore + Renew Serum.
- Gently massage into face, neck and chest, using your palms to gently press the serum into your skin until completely absorbed.
- Inhale deeply, noting the blissful scent, and a feeling of calm your senses, and comfort your skin.
- Follow with moisturizer or facial oil as needed.
- This is a "neu" night—your time to relax, unwind and get ready for moisture renewal.