

A close-up photograph of a person's feet being massaged with a white cream. The feet are resting on a white, textured mat with a floral pattern. The background is softly blurred, showing a white towel and a wooden tray with a white object. The overall scene is clean, bright, and relaxing.



saicara
heavenly feet

MILD CARE FOR
BEAUTIFUL FEET




SaICaRa

heavenly feet



Our feet work amazingly hard every single day. And to make sure they look and feel gorgeous, they need special care. saicara pampers, refreshes, enlivens, calms and relaxes your feet with high-quality ingredients, valuable oils and vitamins. All year round.



For sandals in summer or cosy winter evenings – light, rich crèmes with delicate, fresh scents give your feet the gift of beauty and wellness for every day. With saicara, caring for your feet is a sensual experience.

heaven

06

CARE FOR ALMOST
EVERY DAY * **PAGE 06**

BALM * MASSAGE GEL * PEELING * BUTTER

08

SUPPORT FOR HARD-
WORKING FEET * **PAGE 08**

SOFT * REPAIR * ACTIVE

ALLANTOIN

Softens, promotes
the healing process
and soothes

ALOE VERA

Protects and tightens
skin, contains
vitamins, lipids
and proteins

ARNICA EXTRACT

Heals, regenerates
and relaxes tissue,
making it silky smooth

AVOCADO OIL

Mild, smoothes skin,
especially for dry,
flaky skin

BETAINE

Moisturises dry
and sensitive skin

BISABOLOL

Main active ingredient
in chamomile, soothing
and anti-inflammatory

**EVENING
PRIMROSE OIL**

Anti-inflammatory,
especially for irritated
skin

**HORSE CHESTNUT
EXTRACT**

Relieves feelings of tired-
ness, heaviness and tension,
itchiness and pain

10

FRESHNESS AND RELAXATION * **PAGE 10**

DEO * FIZZY GEL * BATH RELAX * BATH ENERGY

12

HELPERS FOR DELICATE SKIN * **PAGE 12**

SPONGE * SMOOTH

JOJOBA OIL

Protects, moisturises
and makes skin silky
smooth

MANGO EXTRACT

Moisturises and smoothes
skin, contains vitamins
and minerals

PAPAYA EXTRACT

Regenerates and
smoothes skin, contains
unsaturated fatty acids

PROVITAMIN B5

Improves skin's
elasticity, supports
the healing process

RED VINE LEAVES

Firms up connective
tissue, relieves pain
and pressure

SHEA BUTTER

Refreshing and mois-
turising, improves
healing process of
irritated and inflamed
skin

SILK PROTEINS

Thirst-quencher for
sensitive dry skin,
slight UV protection

UREA

Softens and reduces
itchiness, retains
smoothness

MINI-GLOSSARY OF SAICARA INGREDIENTS

PAGE 14

CARE FOR ALMOST
EVERY DAY





FOOT * BALS

WITH SHEA BUTTER

This light, moisturising foot balm with shea butter and aloe vera is easily absorbed. Allantoin, provitamin B5 and vitamin E provide your skin with nutrients, making your feet soft and smooth to the touch.

100 ml tube
Item number 7201003 * PU 12 units



FOOT * PEELING

WITH LEMON

This gentle exfoliating cream with natural exfoliation particles frees your feet and legs effectively but softly from dead skin. Milk and fruit acids, ricegerm oil and allantoin moisturise and soothe skin. Lemon extract is anti-inflammatory and antibacterial.

100 ml tube
Item number 7201005 * PU 12 units



FOOT * MASSAGE GEL

WITH PAPAYA EXTRACT

This pleasantly light gel vitalises and refreshes tired, worn-out feet after a long day, with papaya extract and red vine leaves. Betaine, provitamin B5 and chamomile soothe and moisturise your skin, without making it greasy.

100 ml tube
Item number 7201009 * PU 12 units



FOOT * BUTTER

WITH AVOCADO OIL

This delicately fragranced foot butter provides intensive care for your feet with avocado oil, jojoba oil and mango stone butter. Soothing, anti-inflammatory active ingredients and provitamin B5, vitamin E and allantoin make even the driest skin and rough feet smooth to the touch again. Mango extract stimulates, vitalises and provides the skin with valuable vitamins and minerals, giving even rough, tired skin smooth new vitality.

200 ml jar
Item number 7201004 * PU 12 units





SUPPORT FOR HARD-
WORKING FEET



FOOT * **SOFT**

WITH VITAMIN E

This light, non-greasy hard skin reducing cream cares for your feet with allantoin, provitamin B5 and vitamin E. Urea provides long-lasting moisture for your skin. Used regularly, the cream feelably and gently reduces rough skin, slowing the new formation of rough skin. For simply soft feet all over.

100 ml **tube**

Item number 7201006 * PU 12 units



FOOT * **ACTIVE**

BLISTER PLASTER

The saicara **Blister Plaster** is a hydrocolloid dressing for improving the healing of wounds. The hydrocolloid mass liquifies on contact with the fluids from the wound and forms a moist gel to create favourable conditions for the healing process and protect the newly formed skin.

Item number 7201012

PU 6 units with 5 blisters



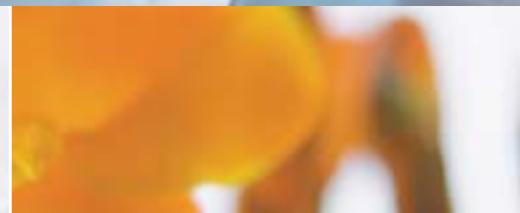
FOOT * **REPAIR**

WITH EVENING PRIMROSE OIL

This fast-absorbing repair cream moisturises and regenerates hard-worked, rough and sensitive skin with **evening primrose oil**, coneflower and horse chestnut extracts. Relieves pressure points and itching. Allantoin, provitamin B5 and urea provide additional protection from drying and help hard, cracked skin regain its smoothness.

100 ml **tube**

Item number 7201010 * PU 12 units



FRESHNESS AND RELAXATION





FOOT * **DEODORANT**

WITH 24 H-EFFECT

This cooling, fragrant deodorant revitalises your feet and inhibits the growth of bacteria and fungus. The 24-hour effect gives you lasting security and a clean, fresh feeling.

150 ml aerosol-spray

Item number 7201001 * PU 12 units



FOOT * **FIZZY GEL**

WITH COOLING EFFECT

This fast-absorbing, crackling ice foam gel cools and refreshes hot, tired and itchy feet. Special raw ingredients provide additional fungus prevention. The skin's natural raw material sodium PCA gives the skin moisture, boosting smoothness and elasticity. Binds odours and makes your feet feel like new.

150 ml aerosol-foam

Item number 7201002 * PU 12 units



FOOT * **BATH ENERGY**

WITH OLIVE OIL

This delicately fragranced footbath with naturally mineralising salts refreshes and enlivens your feet. Extracts of red vine leaves and horse chestnuts vitalise, renew energy and strengthen blood vessels. Rich, natural olive oil adds intensive moisturising properties. A new lease of life for tired feet.

500 g bottle

Item number 7201007 * PU 6 units



FOOT * **BATH RELAX**

WITH LIQUID SILK

This liquid foot bath is a great treat for your feet, helping them relax and unwind after a long day. Arnica extract and betaine have an anti-inflammatory and moisturising effect. Shea oil and **silk proteins** provide a wonderful treat for your skin. Slightly deodorising.

200 ml bottle

Item number 7201008 * PU 12 units





HELPERS FOR
DELICATE SKIN



FOOT * **SPONGE**

SYNTHETIC PUMICE SPONGE

This synthetic pumice sponge cleans and exfoliates feet, hands and elbows, effortlessly removing calluses and hard skin. Also removes nicotine, ink, oil and paint stains in conjunction with water. Use wet after a footbath or in the shower. After drying feet, apply saicara foot care products.

Item number **7201011** * PU 6 units



FOOT * **SMOOTH**

DOUBLE-SIDED HARD SKIN FILE

Double-sided hard skin file with one rough and one fine surface for mild, skin-kind foot care. Use the rough side first, then the fine side, applying slight pressure. Rinse feet afterwards with water as required, and apply saicara foot care products.

Item number **7201013** * PU 6 units

a } MINI-GLOSSARY OF saicara * INGREDIENTS

ALLANTOIN

Allantoin is a trusted, multi-active ingredient used in skin and haircare products for its favourable toxicological and dermatological properties. Allantoin is ascribed with the following effects:

- Can have a longer-lasting **softening effect** on rough skin
- **Smooths the skin's surface** and repairs flaky skin conditions
- **Promotes healing**, increases skin's ability to retain moisture
- Has an **anti-irritative** (soothing) effect



AVOCADO OIL

This very **mild, smoothing oil** is rich in active ingredients and vitamins. It is fast-absorbing and penetrates the skin, especially dry and flaky skin.

ALOE VERA



Aloe vera looks rather like a cactus, but is actually a member of the **lilaceous** family. It is one of the oldest known medicinal plants, growing in regions with hot, dry summers and mild winters such as Africa, Central and South America and the Canary Islands.

More than 160 active ingredients have been found in the plant to date. Aloe vera gel is made up of 96 percent water. Its **medicinal effect** comes from the interplay of its nutrients, vitamins and minerals. For instance, aloe vera contains vitamins A, C, D and E, traces of vitamin B 12, lipids and proteins.

The plant also contains the enzyme bradykinase, which can be helpful in reducing skin inflammations and pain. Aloe vera gel also contains salicylic acid, the main ingredient of aspirin, explaining its **pain-relieving effect**. Saccharides strengthen the immune system and help the body detoxify itself. The active ingredient acemannan, a sugar, is assumed to enhance the cell membranes' resistance against bacteria and viruses.

Aloe vera improves the **skin's circulation, protecting and tightening skin.**

Many people also use it on minor injuries, burns, sunburn and dermatitis.

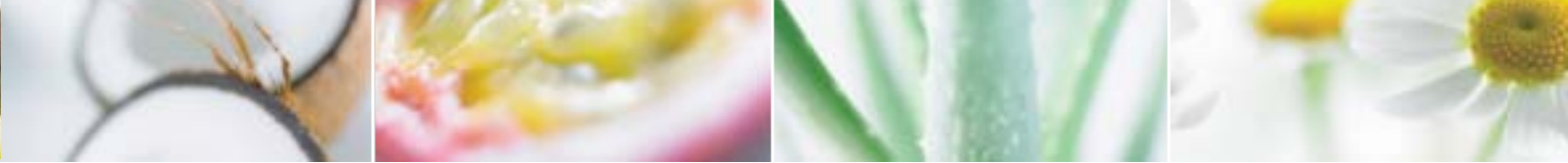
ARNIKA EXTRACT

Arnica extract has a **healing, anti-inflammatory, de-blocking effect, and activates the lymphatic and blood vessels.**

It regenerates and relaxes tissue, making it silky smooth. Care products containing arnica are also attributed with anti-microbial (anti-bacterial and anti-fungal) and analgesic qualities. They are therefore used externally for injuries such as bruises.

Arnica extract contains ingredients such as flavonoids, thymol and fatty acids. Thymol (also contained in thyme) is a very important active ingredient, as it can balance out the negative effect of free radicals.





BISABOLOL

Bisabolol is an active ingredient contained in **chamomile essential oil**. It has a soothing, anti-inflammatory effect, and is used in skincare cosmetics and for healing inflammations and injuries in the mouth and throat.



BETAINE

Betaine is harvested from fatty acids from coconut and palm kernel oil, and from sugar beet and beetroot. It has a conditioning effect, soothes irritations, moisturises and **helps dry, sensitive skin** and hair.



COCONUT OIL

Coconut oil has been used for many thousands of years, for cooking, skincare and even **natural medicine**.

The coconut tree is known in Asia as the "tree of life". It provides raw materials for all aspects of everyday life.

Scientists have proved that approx. 50 % of the fatty acids in coconut consist of lauric acid. The human body transforms this natural acid into monolaurin. Also contained in breast milk, this fights fat-based viruses, bacteria and fungi. Coconut oil also has **intensive skin-moisturising properties**, gently repairing dry, taut skin.

CONEFLOWER EXTRACT

Coneflower extract in skincare products is **very soothing, successfully repairing sensitive skin** in the long term. Coneflower extract also protects the basic substance of connective tissue, rich in collagens and elastins, from physiologically incorrect structures, helping keep skin fresh, young and smooth.



EVENING PRIMROSE OIL

The most important element of the evening primrose – triple-unsaturated gamma linolenic acid – is found in the oil of the seeds. This oil is very important for the **human metabolism**. Due to its high level of gamma linolenic acid, evening primrose oil can relieve many different health problems, such as skin diseases, arthritis, asthma, allergies or digestion problems. Evening primrose products have shown particularly positive effects in treating skin diseases like dermatitis. It is assumed that flaky, reddened, itchy skin is due to a lack of gamma linolenic acid, which has been confirmed by scientific testing. Evening primrose oil has an anti-inflammatory effect in cosmetic products.





HORSE CHESTNUT EXTRACT

Horse chestnut extract reduces harmful blood capillary permeability by inhibiting enzymes that break down the proteoglycans (molecules that provide elasticity) contained in the vein walls and thus damage the vessel walls (this process is called “lysing” and the enzymes are referred to as “lysosomal enzymes”). Horse chestnut extract is particularly used for **treating tiredness, feelings of heaviness and tension, itchiness, pain and swellings in the legs.**



JOJOBA OIL

Jojoba oil is actually a wax rather than an oil. It hardens at cool temperatures and becomes liquid again at warm temperatures. It does not become rancid, and can therefore be kept for almost unlimited periods.

Due to these unique qualities, it is one of the best basic ingredients for cosmetic products. At the same time, jojoba oil is an **excellent moisturising oil** due to the fatty acids it contains, **protecting skin** and making it **silky smooth**, as well as helping it retain moisture.

It is fast-absorbing and suitable for every skin type. This high-quality oil contains high levels of vitamin E, minerals and natural nutrients, with a natural sun protection factor of three to four.



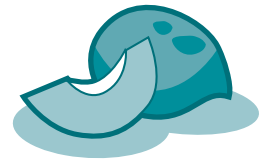
LEMON OIL

Lemon oil has anti-inflammatory, anti-pyretic, styptic and antibacterial qualities, and strengthens the body’s defences. It also soothes and relaxes and stops itchiness caused by eczema or skin rashes such as chicken pox. Lemon oil also stimulates the lymphatic system, strengthens the veins, refreshes and provides new vitality.

MANGO EXTRACT

Mango is rich in **vitamin E, C** and the **B vitamins** and minerals. It is one of the fruits with the highest provitamin A content. Its bright orange colour is a clue that mango is also rich in the colorant carotene, which is needed to create vitamin A in the human body. Vitamin A (retinol) is not only important for our sight, it also supports our immune system, boosts sex hormone production and prevents breast and prostate cancer. These valuable ingredients and mild taste make mango very popular in the baby-food industry.

Mango extract **stimulates, enlivens** and **provides the skin** with valuable minerals, and can give even rough, worn-out skin a new lease of life.





OLIVE OIL



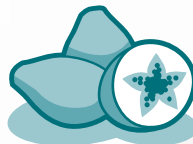
The pale yellow oil of the tiny Mediterranean fruits is absolutely wonderful for our skin. Even the ancient Greeks used olive oil for **cleaning and protecting skin from dryness**, before it became established as a cooking oil.

Recent scientific studies have proved that this oil is ideal for our skin, as the simple unsaturated fatty acids are very similar to our skin's own fats. That means olive oil is well absorbed and combines well with the body's own protective skin coating.

It also sinks into the deeper skin layers, binding moisture. That's why it is just as suitable for cleaning and caring for delicate baby skin as for mature, sensitive skin, also preventing wrinkles. Olive oil has a **disinfectant effect, helping tiny wounds heal**.

PAPAYA EXTRACT

Papaya contains a high level of antioxidants and bio-flavonoids, also found in green tea, pulses and soya products, which play a role in **preventing cancer**. Papaya also contains various minerals such as potassium, magnesium and calcium. Along with figs, papaya is the most alkaline fruit known to man. Papaya is rich in various protein-splitting enzymes. These enzymes and other elements of papaya are extremely important for the cell metabolism, and are contained in many medicines and drugs. The Indians of South and Central America not only use papaya as a foodstuff, but also for **healing wounds and treating inflammations and skin problems**. Papaya oil contains important unsaturated fatty acids for the skin, and is popular in beauty products for its regenerative and **smoothing effect**.



PROVITAMIN B5

Panthenol enhances the **skin's moisture retention** and improves elasticity. It supports the growth of new skin cells, helping skin regenerate, and also **reduces itchiness and inflammation**. Clinical studies have also confirmed that panthenol supports the skin's own **healing process**.



RED VINE LEAVES

Red vine leaves contain active ingredients called flavonoids, which help firm up connective tissue. Flavonoids can be taken internally or applied directly via the skin, with very good results. The active ingredients reduce swellings in feet and legs and relieve pain, actively supporting the regeneration process. In connection with a cream basis, the product smoothes the surface of the skin, while the vine leaves sink into the skin to the vein level, relieving pain and pressure and contracting widened vessels. Clinical studies have confirmed the positive effect of red vine leaves.



RICEGERM OIL

Ricegerm oil helps to maintain the skin's hydrolipid film, strengthening the skin's natural protective barrier.

SALICYLIC ACID

Salicylic acid occurs naturally in essential oils and as a hormone in the leaves, petals and roots of various plants.


Salicylic acid is used to make colorants and fragrances as well as acetylsalicylic acid, famous as the painkiller and anti-inflammatory drug **Aspirin**.

Salicylic acid **dissolves dead skin cells** and can also be used – in the correct doses – on **corns and warts**. It also kills bacteria.

SILK PROTEINS

Silk contains proteins known as silk fibroins, which are similar in structure to human skin. That makes them extremely compatible with our skin, and they also penetrate into layers of the skin that other ingredients cannot reach. Silk molecules act like miniscule sponges that can store up to 300 times their own weight in moisture, making them the ideal **thirst-quenchers for dry, sensitive skin**. Silk also contains ingredients that protect against UV rays and give skin a beautiful glow. Silk proteins are also used in shampoos and conditioners to smooth hair, providing intensive shine and better resistance. Silk has also found its way into make-up products. Liquid silk solutions in foundations, powders, lipsticks and eye shadows make them easy to apply, giving a delicate feeling and making products resistant to colours and heat. Soluble silk forms multiple thin layers, protecting skin and hair from drying out.

SHEA BUTTER



Shea butter contains fatty acids, plant sterols and terpene alcohols, which **refresh and regenerate the skin**, giving it a fine, silky sheen that lasts all day. These ingredients are the main factor behind shea butter's **skin-caring and healing qualities**, making it ideal for use in high-quality skin creams. Shea butter is the best cosmetic ingredient for **moisturising skin** – and keeping it moist over long periods. It not only prevents drying, but also **protects skin from wrinkles, sun allergies and inflammation**.

This unusual effect is due to the fact that the fatty acid esters in shea butter, unlike in all other plant-based oils, are not saponifiable. That means they are not broken down in the skin into glycerine and fatty acids.





The plant phyto-hormones contained in shea butter (stigmasterol), similar to the body's own repair hormones, enhance the healing process in rough, inflamed skin and improve elasticity. Shea butter also enhances the skin's circulation to absorb more oxygen, helping the skin, the body's largest detoxification organ, to excrete toxins and unwanted poisons more efficiently.

Sun-protection cream with shea butter contains a natural sun filter consisting of cinnamic acid ester and the mineral titanium dioxide, which can protect skin from ultraviolet A and B rays, preventing sunburn. Shea butter has been used as **natural sun protection** in Africa for centuries.

SODIUM PCA

Pyrrolidone carboxylic acid is made out of amino acids, a product of the skin cells' metabolism, and is a key natural moisturising factor for skin and hair.

UREA PURA

Urea (carbamide) is one of the most important end products of the human protein metabolism – almost all bodily fluids contain urea.

Urea is one of the key natural moisturising factors (NMF). **Storing moisture in the skin's outermost layer** is one of the most important effects of urea when applied externally, such as in skincare products. This clinically relevant effect and the resulting improvement in the skin have been proved by reproducible, biophysical methods in recent years. Urea has a keratolytic or keratoplastic effect (removing dead skin cells and softens the skin's keratin) and reduces itchiness. Its structure traps water in the skin, keeping it **smooth and silky**.

VITAMIN E

Vitamin E is an important antioxidant. The vitamin coats the cell membrane, protecting cells from free radicals and oxygen radicals created in the metabolic process or absorbed from the environment, which can cause disease and possibly cancer.

Vitamin E plays a special role in the fat metabolism. Depot fats, membrane fats and fatty proteins can be metabolised by "lipid peroxidation". Vitamin E prevents this process, along with other antioxidants. Vitamin E also plays a role in protein metabolism, protects cells, **supports the immune system** and prevents blood platelets from clumping. Vitamin E in cream is absorbed into the upper skin layer and the cell membrane. The vitamin E contained in the cream is activated in the skin itself.



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