

ENGLISH



Sarah Grünewald
Ambassador, actor, TV
presenter, entrepreneur
& mother



DANISH SKIN AND HAIR CARE PRODUCT OVERVIEW

ECOOKINGTM
problem solved

THE RECIPE: HOW IT ALL STARTED

Everyone who has been through a personal crisis knows that it leaves its marks. That's what happened for me. Quite literally. My divorce had its effect on my skin. Suddenly it looked more tired and grey than ever before. And because I lost a lot of weight in a short time, my skin collapsed completely.

SMALL BEGINNINGS IN THE KITCHEN

At that time I already had years of experience in developing products for personal care, so I knew which ingredients could give my skin the boost it needed. I started to mix creams, oils, and serums in my kitchen, when I had put the children to bed. It was not long before my skin had improved. My family and friends could see it, too, and soon started to come with

little glass pots or jam jars, or whatever they could find to store my home-made skin care products in.

THE SKINCARE PRODUCTS STARTED AS PROBLEM SOLVERS

My first 'production' consisted of seven problem solvers that I had developed to deal with my own skin problems. They were Cleansing Milk, Skin Tonic, Multi Oil, Night Cream, Day Cream, Peeling Mask and Super Serum. Besides these, some time earlier I had made Multi Balm.

As my family and friends learnt about my skincare products, they started to ask for problem solvers that could help with specific skin problems that bothered them. For that reason there is

no single basic principle in the choice of ingredients. The first priority was, and still is, that each product should solve a specific skin problem, preferably yesterday!

THE KITCHEN WAS SOON TOO SMALL

Helping others with their skin problems was great therapy for me. And even though it was not my plan to sell the products, I soon began receiving enquiries from cosmetologists and shops who were interested in including these skincare items in their range. It meant that I needed - and wanted - to help even more people to deal with their skin problems. Things moved fast, and this was how Ecooking came about. The core values Ecooking is built on are

“Ecooking is first and foremost effective - then as natural and organic as possible.”

honesty, orderliness, and transparency. It means that all the product names tell you what they are, and you can always see on the labels what they contain. The names in particular are important, because I have had so many phone calls from my mother when she did not understand the designations on the skincare products she bought. That is why we call our day cream a Day Cream.

SKINCARE FOR EVERYONE

Everybody deserves the feeling of well-being that comes from healthy, well-groomed skin. Everybody deserves to be able to use nourishing skincare products, too, that work, and are made from good ingredients. That is what I believe in and work for.

Our mission at Ecooking is to make prod-

ucts that work, and then to make them as natural and organic as possible. We endeavour all the time to make products that your skin will love, while they take care of you and the environment.



Tina Sogaard,
founder & owner



MEET OUR AMBASSADORS



Sarah Grünewald
Ambassador, actor, TV
presenter, entrepreneur
& mother

SARAH GRÜNEWALD

Sarah was our first ambassador and has almost been part of the family since the beginning.

She is a power woman who, with her lovely charm, has shone in various film roles and - not least - as a TV host on the Danish version of Dancing with the Stars. In addition, Sarah is co-founder of the sports brand re do, which makes quality sportswear. Sarah is the mother of Luis.

SARAH'S SKINCARE ROUTINE

- Cleansing Gel in the morning and Cleansing Scrub at night
- Vitamin E Boost and Super Serum
- Day or Night cream
- Self Tanning Drops

SARAH'S FAVOURITE PRODUCT:

- Multi Oil

SARAH FROST

Sarah Frost has worked in the beauty industry for nine years and knows a lot about both makeup and skincare. She shares that knowledge on her own platform, where she also talks about body positivism and personal development - all in an honest and humorous way that inspires and makes it easy to relate. Sarah is the mother of Alfred.

SARAH'S SKINCARE ROUTINE

- Cleansing Gel Fragrance-free
- Daily Peel
- Vitamin A Serum 0.15%
- Day or Night Cream Fragrance-free

SARAH'S FAVOURITE PRODUCT:

- Multi Oil



Sarah Frost
Influencer with nine years
of experience in the beauty
industry & mother

KRISTINA SCHOU MADSEN

Kristina is a professional trail runner and has been since 2016. In those few years she has achieved the unattainable several times: She won the Jungle Ultra Marathon, a 230 km stage race, in 2016; she broke the world record on Kilimanjaro when she ran the 21 steep kilometers in just 6 hours and 52 minutes; she completed the World Marathon Challenge 2020, 7 marathons in 7 days on 7 continents, and then she won the extreme race Ice Ultra 2023 as the first woman ever. In addition, she has the company KriXrun, which i.a. designs running events.

KRISTINA'S SKINCARE ROUTINE:

- Cleansing Gel
- Day and Night Cream

KRISTINA'S FAVOURITE PRODUCT:

- Primer



Kristina Schou Madsen
Extreme runner with several world records
& business owner

RE-USE & RECYCLE

As far as possible, we use recycled materials to make our plastic packaging.

You can re-use your bottle for other products

Sort your rubbish – remember to take the pump off the plastic or glass bottle before you send the materials for recycling.

The labels are wood-based, and have an International Sustainability and Carbon Certification.



IDEAS FOR RE-USE

Our packaging is designed to make it easy to re-use. If you use our brown jars with tea-lights, for instance, they give a lovely play of light. The same jars are also good to keep jewellery or ear clips in, or other small items.

The jars from scented candles make fine lanterns, or holders for your makeup pens and brushes.

If you have been given a gift box, you can re-use the wooden box for oils in the kitchen, in the bathroom, as a bird feeder, or sow cress etc. in it.



DID YOU KNOW?

All our fragrance-free products wear the mark "fragrance-free" on the label. This mark can either have a coloured bar or no bar. If "fragrance-free" is written in a coloured bar, it means that the product is also available in a scented version. However, if the bar has no colour, you can only get the product in the fragrance-free version.

See the bar with and without colour here:

FRAGRANCE-FREE

FRAGRANCE-FREE

PERFUME AND LABELLING

Ecooking develops products with and without fragrances – in other words with perfume or fragrance-free.

The fragrances in our products come from essential oils and perfume extracts from flowers, herbs and fruits. These extracts are from nature and can therefore give you allergies, just as nature can give you allergies.

Many of our products are available both with fragrance and without, and a few of them only fragrance-free. That way you can choose the version you prefer.

DID YOU KNOW?

Our products are not tested on animals. According to EU legislation, it is illegal to test cosmetics on animals.

WHAT DO OUR CERTIFICATIONS MEAN?



The product is fragrance-free, and the ingredients have been tested to ensure the least possible risk of allergy.



The product has been tested for skin irritation on a group of volunteers. Tests are conducted by a dermatologist at an independent test centre.



The product is produced without ingredients from animals, and no animals are used in its development and production.



The product does not contain perfume.

ECOOKING'S FAVOURITE INGREDIENTS

HYALURONIC ACID Boosts skin moisture and reduces fine lines and wrinkles.	VITAMIN C A powerful antioxidant that gives the skin a glow, evens the skin tone and boosts collagen production.	ALMOND OIL Moisturises the skin deep down and keeps it smooth and soft. Rich in vitamins.	ALGAE EXTRACT Strengthens the skin and creates balance, preventing redness.
VITAMIN E A powerful antioxidant, which protects against free radicals and moisturises the skin.	NIACINAMIDE Vitamin B3, which smoothens the skin and improves elasticity.	UVA & UVB PROTECTION UVA protection stops UVA rays from ageing the skin prematurely. UVB protection prevents sun burn and sun damage from UVB rays.	
ALOE VERA & CUCUMBER EXTRACT Forms a protective layer on skin. Good for irritated and dry skin.	CBD CBD is one of the signature ingredients in the 50+ series. Our CBD comes from citrus peel. It contains mineral salts and vitamins A, D, and E to rejuvenate and refresh the skin, plus essential fatty acids.		VITAMIN A Vitamin A strengthens the skin's elasticity, stimulates cell renewal, prevents early signs of ageing, and combats impurities.

CLEANSING MILK

AVAILABLE WITH OR WITHOUT FRAGRANCE



* Only the fragrance-free product is AllergyCertified.

GENTLE FACE CLEANSER - NORMAL TO SENSITIVE OR DRY SKIN

Cleansing Milk cares for your skin, cleanses and moisturises. Milk is gentler than gel, so we recommend using cleansing milk on dry or sensitive skin.

APPLICATION: Pump 2-3 times onto a damp cloth. Cleanse your face, neck and chest in the morning and/or evening. Rinse off with water, and then use skin tonic to ensure that your skin is completely free of make-up, dust and dirt. If you use serum, apply it before your favourite cream.



Available in
50 ml - 1.8 fl. oz.
200 ml - 7 fl. oz.

CLEANSING GEL

AVAILABLE WITH OR WITHOUT FRAGRANCE



* Only the fragrance-free product is AllergyCertified.

FACE CLEANSER - NORMAL TO OILY SKIN

Cleansing Gel removes dirt from the skin and cleanses deep down. So of course, you can use Cleansing Gel without using skin tonic afterwards.

APPLICATION: Lather up in your hands and cleanse your face, neck and chest morning and evening. Rinse with water. If you use serum, apply it before your favourite cream.

TIP: If you have dry skin, but like the foaming feel in your cleanser, you can mix a little Multi Oil in the gel.

DID YOU KNOW? You can use Cleansing Gel for your body, too.



Available in
50 ml - 1.8 fl. oz.
200 ml - 7 fl. oz.

CLEANSING SCRUB



GENTLE 2-IN-1 CLEANSER

Cleansing Scrub cleanses your skin deep down, and removes dead skin cells. It leaves your skin clean, soft, and smooth.

The natural pumice stone in the scrub gently exfoliates your skin. The quantity of pumice stone is carefully adjusted for daily use. Alternatively, use the Cleansing Scrub once or twice a week.

APPLICATION: Wet your face with water, and massage gently, avoiding the delicate skin round your eyes. Rinse with water. Apply a serum if you use one, and finish with day or night cream.



Available in
20 ml - 0.7 fl. oz.
125 ml - 4.2 fl. oz.

SKIN TONIC



AVAILABLE WITH OR WITHOUT FRAGRANCE

* Only the fragrance-free product is AllergyCertified

REFRESHING SKIN TONIC

Skin Tonic firms up your skin and gives it lots of moisture. You can also use it to freshen up on the go during the day.

APPLICATION: First, cleanse the skin. Spray skin tonic on a damp cloth and wash your face, or spray it into your hands and then pat it into the skin. Or you can spray Skin Tonic up in the air, so it floats down over your face.

TIP: For extra moisture during the day, pat Skin Tonic into the skin. You can also use it over makeup.



Available in
50 ml - 1.8 fl. oz.
200 ml - 7 fl. oz.

DERMA ROLLER

Especially good together with Super Serum, Acne Serum, Moisturizing Serum, Vitamin C Serum and Vitamin E Boost

REDUCES FINE LINES IN THE SKIN AND POSTPONES SIGNS OF AGEING

A Derma Roller is an effective tool if you want to reduce fine lines and delay signs of ageing. Treatment with the 540 micro-needles on the Derma Roll stimulates the skin, and helps to retain its resilience and elasticity.

HOW TO USE: Use the roller a few minutes at a time, once to three times a week. We recommend using the roller in the evening. Cleanse your skin before use. Treat one area at a time, e.g. your cheeks. Roll gently, with even pressure, vertically, horizontally and diagonally. Then apply your favourite serum and night cream.

N.B. Do not roll in the summer.

TIP: Use a serum after the Derma Roller. In fact the Derma Roller makes tiny holes in your skin, which make it easier for the serum to penetrate deep into the skin and do its work. So, when you use these two together, your serum is more effective.

GOOD TO KNOW: Your Derma Roller comes with an empty bottle. In it, you mix your own Derma Care consisting of water and rubbing alcohol in a 1:1 ratio. Clean your Derma Roller with Derma Care after use and never just before use, as you will then be rolling the mixture into the skin.



540 needles, 0.5 mm

SERUM

20 ML - 0.7 FL. OZ. FRAGRANCE-FREE



APPLICATION:

Pump the serum a couple of times and apply it after cleansing, before day or night cream. You can also mix it with your cream.



For everyone



Age 35+



For everyone



Impurities



For everyone

WHAT IS A SERUM?

A serum is a blend of highly concentrated active ingredients in a thin fluid that the skin can easily absorb.

VITAMIN E BOOST REPAIRS AND MOISTURISES

Vitamin E Boost with nourishing oils and many natural antioxidants gives your skin lots of moisture and protection.

The serum soothes the skin and aids regeneration. Contains shea oil and wheat-germ oil to moisturise deep down.

- Good for after-sun
- Good for tattooed skin

WHICH SERUM IS BEST FOR YOU?

*Serum works well with the Ecooking Derma Roller.
Apply after rolling and finish with night cream.*

SUPER SERUM REDUCES FINE LINES

Gives your skin a boost of moisture and reduces fine lines and wrinkles. The serum contains many effective substances, including hexapeptide-8, which is regarded as a natural miracle cure for skin over time.

Suitable for people aged 35+.

MOISTURIZING SERUM BOOSTS SKIN MOISTURE

Moisturizing Serum goes deep into the skin and is ideal for all skin types. Several ingredients, such as hyaluronic acid, are strong moisturisers.

DID YOU KNOW? Hyaluronic acid is found naturally in the skin. With age, it disappears gradually from the skin, but by adding hyaluronic acid with your serum, you can provide moisture and volume.

ACNE SERUM REDUCES IMPURITIES AND PORES

Acne Serum contains hawthorn, which helps address acne, blemishes, and enlarged pores by balancing the skin's bacterial flora and oil levels. As a result, the serum is beneficial for preventing and treating acne breakouts.

Use it either all over your face or as spot treatment for skin problems.

VITAMIN C SERUM GIVES YOUR SKIN A GLOW

Vitamin C Serum has a high content of vitamin C, to give your skin a fine glow. The serum also contains hyaluronic acid and sodium PCA, which boosts skin moisture. The result is fresher, more even skin.

GOOD TO KNOW: Filled with active ingredients that can make the skin tingle and may make it red for a short while. May be too active for sensitive skin.

VITAMIN A SERUM 0.15% AND 0.30%

WITH 0.15 OR 0.30% RETINOL/VITAMIN A



* Only Vitamin A Serum 0,15 %.

TWO VITAMIN A SERUMS: ONE FOR BEGINNERS AND ONE FOR EXPERIENCED USERS

If you haven't already introduced your skin to Vitamin A Serum, there are many reasons to do so.

Vitamin A is something of a multi-talent that stimulates cell renewal and increases collagen production, which trigger a lot of good things like smoothing the skin, minimising hyperpigmentation, fighting impurities, smoothing, reducing fine lines and enlarged pores.

The two serums contain 0.15% and 0.30% retinol/vitamin A respectively.

Vitamin A Serum 0.15% is for new users of vitamin A who have never or only a few times used skincare products with vitamin A.

Vitamin A Serum 0.30% is designed for those who are already using vitamin A in their skincare routine. According to EU's Scientific Committee on Consumer Safety a cosmetic product may contain a maximum of 0.30% retinol and therefore this serum is very effective.

APPLICATION: Use at night after cleansing and before cream. Twist the top of the capsule and apply the content. The capsule is made of biodegradable material and can be dissolved in water after use.



Vitamin A 0,15%
60 capsules
Total 20 ml - 0.7 fl. oz.



Vitamin A 0,30%
60 capsules
Total 20 ml - 0.7 fl. oz.

TINA'S TIP: You can also give your skin a moisturising treatment by using Vitamin A Serum 60 days both morning and night.

ESSENCE LOTION



HYDRATES AND PROTECTS THE SKIN

A moisturising mixture of hyaluronic acid, caffeine, and red algae extract that softens and protects the skin. Essence Lotion's light, almost watery consistency causes it to penetrate quickly and deeply into the skin, where it moisturises first and foremost.

Essence Lotion also makes your subsequent skincare products penetrate the skin better, increases collagen production and counteracts early signs of ageing.

APPLICATION: Use morning and/or night. Cleanse your skin and add 2-3 drops of Essence Lotion to a cloth or your fingertips. Apply to your face but avoid the eye area. Finish with applying serum and day or night cream.



Available in
20 ml - 0.7 fl. oz.
200 ml - 7 fl. oz.

DAILY PEEL 7%

MILD EXFOLIATION FOR DAILY USE



EXFOLIATES AND EVENS OUT THE SKIN

An exfoliating and moisturising fluid that you can use to remove dead skin cells daily. Due to its content of 7% glycolic acid, Daily Peel sloughs away dead skin cells stimulating the formation of new skin cells to minimise pores, even out the skin tone and give you a lovely glow. With natural hawthorn extract to fight impurities.

APPLICATION:

Use morning and/or night on cleansed skin. Apply with your fingers or add a few drops to a damp cleansing pad. Massage into skin using circular motions. Once Daily Peel is absorbed in skin, finish with serum and moisturiser. Remember sun protection and only use at night during summer.



SKINNHEITSFAVORITEN 2022
COSTUME
WINNER

Available in
10 ml - 0.4 fl. oz.
100 ml - 3.5 fl. oz.

FACIAL OIL



MOISTURE AND A HEALTHY GLOW

A nourishing mixture of vitamins and oils that pampers your skin with plenty of moisture and care, which gives you a radiant complexion. The oil consists of olive oil, rose-hip oil, jojoba oil, and vitamin F that boost skin cell turnover, firm the skin and provide skin with a moisture boost.

APPLICATION:

Use Facial Oil at night on cleansed skin. Apply to your entire face, and wait a few minutes for it to penetrate skin. Finish with a night cream to lock the moisture in your skin.

If you have very dry skin, you can also use Facial Oil in the morning.



Available in
10 ml - 0.4 fl. oz.
30 ml - 1 fl. oz.

NECK & CHEST



FIRMS UP, DELAYS AGEING AND HELPS TO PREVENT HYPERPIGMENTATION

Your neck and chest are one of the areas that age fastest. That is why we have developed Neck & Chest Cream to prevent and counteract ageing in this area. The cream has a 'blur effect', which instantly gives the skin a gentle lift. At the same time, the cream reduces fine lines and pigment spots over time. It is also good for 'tech neck', which is the result of looking down a lot at a phone – causing wrinkles on the neck.

APPLICATION: Cleanse the skin and apply the cream in the morning and at night too if needed. "Always apply the cream using upward strokes – the skin will start to sag all by itself, so no need to speed up the process," Tina Søgård.



50 ml - 1.8 fl. oz.

TINTED DAY CREAM



MEDIUM/DARK COLOUR VERSION COMING IN 2023

MOISTURISING DAY CREAM WITH COLOUR

Tinted Day Cream is a combination of a day cream and a foundation in a very light and transparent version. Therefore, a thin layer of Tinted Day Cream will add moisture and care to your skin, while it also evens out your skin tone and gives a natural result. Contains hyaluronic acid, Aloe vera and vitamin E.

Tinted Day Cream gets along with all skin types and is available in the colour light to medium.

APPLICATION: Use it in the morning. First cleanse the skin, then apply Tinted Day Cream to your face and/or neck. Remember to wash your hands after use.

Launches in
2023



30 ml - 1 fl. oz.

DAY CREAM

AVAILABLE WITH OR WITHOUT FRAGRANCE



* Only the fragrance-free product is AllergyCertified.

DAY CREAM TO MOISTURISE AND CARE FOR YOUR SKIN

Cleansing and moisturising are the most important steps in a good skincare routine. Day Cream gives long-term moisture with Hyadisine, and smooths the skin, while Trylagen boosts collagen and moisture in your skin. Suitable for all ages and skin types.

APPLICATION: Use it on your face, neck, and chest each morning, after cleansing your skin.

TIP: Use a serum before your day cream to work on a specific need, problem or wish.



Available in
15 ml - 0.6 fl. oz., 50 ml - 1.8 fl. oz.
100 ml - 3.5 fl. oz. (ecooking.com)

DAY CREAM SPF 20

FRAGRANCE-FREE AND WITH UVA AND UVB PROTECTION



SUN PROTECTIVE DAY CREAM WITH MOISTURISING HYALURONIC ACID AND VITAMIN E

With Day Cream SPF 20, you can both look after your skin in the sun and give the skin the moisture and care it needs every morning.

Day Cream SPF 20 contains several of our favourite ingredients, such as moisturising hyaluronic acid and protective vitamin E, as well as two chemical sun filters to protect your skin from the sun's UVA and UVB rays. The sun filters do not stain the clothes, so you can easily be thorough with the cream on your face, neck and chest.

APPLICATION: Apply to the face, neck and chest every morning after you have cleansed the skin. Use possibly a serum before day cream.



Reef-friendly
sun filters



Available in
15 ml - 0.6 fl. oz.
50 ml - 1.8 fl. oz.

NIGHT CREAM

AVAILABLE WITH OR WITHOUT FRAGRANCE



**Only the fragrance-free product is AllergyCertified.*

EFFECTIVE NIGHT CREAM - LOTS OF ACTIVE INGREDIENTS

Night Cream gives your skin lots of moisture, and an additional ingredient is Argireline, an alternative to Botox. Argireline relaxes the muscles, and thus reduces fine lines in the skin. Our Night Cream also contains a collagen booster.

APPLICATION: Spread night cream on your face, neck and chest every evening.

TIP: To provide extra targeted care, we recommend using a serum under your night cream.



Available in
15 ml - 0.6 fl. oz., 50 ml - 1.8 fl. oz.
100 ml - 3.5 fl. oz. (ecooking.com)

24 HOUR CREAM

AVAILABLE WITH OR WITHOUT FRAGRANCE



**Only the fragrance-free product is AllergyCertified.*

SUITABLE AS DAY AND/OR NIGHT CREAM

24 Hour Cream is suitable for all skin types. The cream is a blend of almond oil, vitamin E, and shea butter, which pampers your skin with long-lasting moisture and care. That means you only need to use it once a day, morning or evening. Supplied in a size and packaging that you can easily have in your sports bag.

APPLICATION: Cleanse the skin. Apply your favourite serum if you use one, and finish off with 24 Hour Cream.



50 ml - 1.8 fl. oz.

ANTI-REDNESS CREAM

FRAGRANCE-FREE



SOOTHING CREAM EFFECTIVELY REDUCES REDNESS AND IRRITATION. GOOD FOR SENSITIVE SKIN AND IMPURITIES.

This fragrance-free, allergy-friendly cream reduces redness, irritation and oily skin with a combination of active ingredients from fungi and grass among other things, which target those problems. Anti-Redness Cream removes excess grease from the skin, so it may dry the skin a little.

APPLICATION: First, cleanse the skin. Then use the cream as:

1. Day and/or night cream.
 2. Spot treatment on areas that are red, greasy or have impurities.
 3. A 28-day treatment to deal with redness.
- If you use the cream as a treatment, then for the best effect, do not use serum or other creams at the same time.



Available in
15 ml - 0.6 fl. oz.
50 ml - 1.8 fl. oz.

EYE CREAM

ALLERGYCERTIFIED



REDUCES DARK SHADOWS, FINE LINES AND BAGS UNDER THE EYES

Eye Cream is a combination of natural red seaweed extract, pumpkin seed extract and glucosyl hesperidin, which reduces dark circles, strengthens the skin, minimises fine lines and refreshes the skin around your eyes.

APPLICATION: Dab carefully with the applicator above and below your eyes, morning and evening.

TIP: Keep the cream in the fridge. The cold metal applicator calms puffy eyes.



20 ml - 0.7 fl. oz.



SARAH GRÜNEWALD'S & TINA'S SPA SUNDAY:

1. Cleanse your skin with a cleanser.
2. Apply either Peeling Mask or Clay Mask. Apply as described on page 22 or 23.
3. If you started with Peeling Mask, apply Clay Mask now and vice versa.
4. Finish with Moisturizing Mask. Apply as described on page 22.

Sarah uses the Clay Mask first, while Tina starts with the Peeling Mask. Whichever routine you prefer, this spa sunday guarantees you satisfied skin.

MOISTURIZING MASK

WITH AND WITHOUT FRAGRANCE



* Only the fragrance-free product is AllergyCertified

THE ULTIMATE MOISTURE BOOSTER

Moisturizing Mask is a moisture boost for your skin. Contains two kinds of hyaluronic acid: One with a low molecular weight which penetrates the skin to bind moisture and one with a high molecular weight that nourishes the surface layer of the skin.

APPLICATION: Use 1-2 times a week. Apply a thin layer to cleansed skin. Leave on for 10 minutes or overnight. Rinse off with water.

TIP: Good to use, e.g. after an Ecooking Peeling Mask.



Available in
15 ml - 0.6 fl. oz.
50 ml - 1.8 fl. oz.

PEELING MASK

ALSO AVAILABLE WITH SALICYLIC ACID AT [ECOOKING.COM](http://ecooking.com)



*Only the version without salicylic acid.

EFFECTIVE PEELING MASK

Peeling Mask removes dead skin cells and smoothens the skin with its content of lactic acid and glycolic acid among other ingredients. Particularly effective against fine lines, wrinkles, impurities, and hyperpigmentation.

APPLICATION: Use 1-2 times a week as needed. Apply an even layer to cleansed skin. Begin by allowing the mask to sit for 4-6 minutes, and increase gradually, until you finally leave it for 10-12 minutes at a time. Remove with lukewarm water, and cleanse the skin before applying cream. It is important that you moisturise the skin after using Peeling Mask.

N.B. DO NOT GO OUT IN THE SUN AFTER USE.

GOOD TO KNOW: As the mask is full of active ingredients, it may tingle or make the skin red - this is quite normal, and the redness will fade after 1-2 hours. For this reason we recommend that you use the mask in the evening, before bedtime. The mask still works, even if your skin does not become red.



Available in
15 ml - 0.6 fl. oz., 50 ml - 1.8 fl. oz.

CLAY MASK

WITHOUT FRAGRANCE



CLEANSING, REFRESHING MASK THAT MINIMISES PORES, REDUCING IRREGULARITIES, IMPURITIES AND OILY SKIN

The Clay Mask contains a combination of iris extract, zinc salt, and vitamin A, which together cleanse and refresh the skin. The active ingredients also help to minimise pores and reduce irregularities in the skin. The ingredients treat and prevent impurities and your skin becomes less oily, too.

TIP: The mask can also be used on your neck, chest, and back.

APPLICATION:

Use 1-3 times a week according to requirements and skin type. Cleanse the skin and spread the mask evenly. Allow it to sit until it dries, or you cannot talk any more. Remove with lukewarm water and finish with night cream.



100 ml - 3.5 fl. oz.

FACE SCRUB

WITHOUT FRAGRANCE



MILD SCRUB FOR THE FACE

This scrub consists of shea butter, organic oils, and vitamin E and it is especially good for dry and sensitive skin. Removes dead skin cells and leaves your skin silky soft. Can be used on all skin types.

APPLICATION:

Use twice a week as needed. You can use Face Scrub in the following ways:

1. As a scrub.
Massage the scrub gently into the skin, and afterwards remove it with a cleanser.

2. As a moisturising treatment.
Apply and leave on for 10 min. Rinse off with a cleanser.

3. As a moisturising mask.
Use the scrub at night. Rinse off with water and leave the moisturising layer on the skin overnight. Then you can skip your night cream.



100 ml - 3.5 fl. oz.



BRUSH

PENSEL

Hypoallergenic brush that you can use to apply your Peeling Mask, Clay Mask or other facial masks to the face.

GOOD TO KNOW

Wash the brush in lukewarm water mixed with a little fragrance-free soap. Hold the brush downwards and massage the bristles into the water. Rinse with clean water and finally squeeze the water out of the brush before laying it to dry flat on a towel.



MULTI BALM

THE MULTI-TALENT IN THE FAMILY



EXTREMELY MOISTURISING, OILY BALM FOR DRY SKIN

Everyone should have a Multi Balm! Once you have met this member of our family, it is hard to do without it. This rich balm can really help on the driest areas, like elbows, hands and heels. You can also use it on cracked lips and cuticles.

APPLICATION: Apply a thin layer in the evening in the area than needs moisture. Let the balm soak in and work overnight.

Contains among other things:

- Delisens (soothes stinging and itching)
- Xpertmoist (extreme moisturiser)



Available in
15 ml - 0.6 fl. oz., 30 ml - 1 fl. oz.
75 ml - 2.6 fl. oz.

LIP BALM



NURTURES AND ADDS A GLOSS

Lip Balm pampers your lips with moisturising vitamin E and argan oil, softens, and adds gloss. The vitamins and oils are good for lips, especially cracked lips.

APPLICATION: Spread on the lips as required.

DID YOU KNOW? This product is one of the few family members that is not vegan, as it contains beeswax.

Variants available:

- Mint (with a faint mint flavour)
- Pomegranate (mild flavour and colour)



15 ml - 0.6 fl. oz.

LIP SCRUB



FRAGRANCE-FREE

PEELING SUGAR SCRUB FOR THE LIPS - NURTURES, SOFTENS AND PROTECTS

Lip Scrub contains vitamin E and apricot kernel oil, which repair and care for dry, cracked lips. Lip Scrub also contains organic cane sugar, to exfoliate and smoothen your lips.

APPLICATION: Use it once or twice a week, as required. Rub carefully onto the lips and leave it a moment. Remove with water.

Contains among other things:

- Organic apricot kernel oil
- Organic shea butter



30 ml - 1 fl. oz.

STARTER KIT

AVAILABLE WITH OR WITHOUT PERFUME



* Only the fragrance-free products are AllergyCertified.

NB: Multi Balm is not AllergyCertified.

** Except for Multi Balm, which contains beeswax.

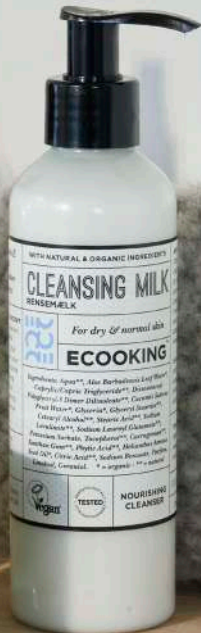
STARTER KIT WITH EVERYTHING YOU NEED ON THE GO

50 ml - 1.8 fl. oz. Cleansing Gel
10 ml - 0.4 fl. oz. Daily Peel 7%
10 ml - 0.4 fl. oz. Moisturizing Serum
15 ml - 0.6 fl. oz. Day Cream
15 ml - 0.6 fl. oz. Night Cream
15 ml - 0.6 fl. oz. Multi Balm

The Starter Kit has everything you need for your skin care routine morning and night. The kit is supplied in a case that meets international air transport rules.

The kit is available either with perfume or fragrance-free, so it suits all skin types.





SKINCARE ROUTINE FOR DRY SKIN

DAILY ROUTINE

Morning and night

Step 1: Cleanse the skin with Cleansing Milk. If you wear makeup, use Skin Tonic after cleansing.

Step 2: Apply Moisturizing Serum in the morning and Facial Oil at night.

Step 3: Apply Day Cream in the morning and Night Cream at night.

SCRUB NIGHT

2-3 times a week

Step 1: Exfoliate the skin with Face Scrub.

Step 2: Apply Moisturizing Serum.

Step 3: Apply Night Cream.

SPA NIGHT

1-2 times a week

Step 1: Cleanse the skin with Cleansing Milk.

Step 2: Apply Peeling Mask in an even layer. Leave on for 4-6 minutes and increase gradually until you can leave it on for 10-12 minutes. Remove with lukewarm water. The mask might prickle and make the skin red - this is completely normal and goes away after a little while.

Step 3: Apply Moisturizing Mask. Leave on overnight, so the mask has plenty of time to work.

DID YOU KNOW?

You can always contact us at ecooking@info.com, if you need help or tips for your skincare routine.

**SEE APPLICATION ON THE
PRODUCT PAGES OF THE
BOOKLET**

SKINCARE ROUTINE FOR OILY SKIN

DAILY ROUTINE

Morning and night

Step 1: Cleanse the skin with Cleansing Gel.

Step 2: Apply Daily Peel.

Step 3: Apply Vitamin C Serum.

Step 4: Use 24 Hour Cream or Anti-Redness Cream, which absorbs excess oil from skin.

SPA NIGHT

1-3 times a week

Step 1: Cleanse the skin with Cleansing Gel.

Step 2: Apply Clay Mask.
Leave until it dries and remove with lukewarm water.

Step 3: Apply Vitamin E Boost, which moisturises and protects skin.

TIP: If you are 35+ years old, you can use Super Serum instead of Vitamin C Serum.

**SEE APPLICATION ON THE
PRODUCT PAGES OF THE
BOOKLET**

GOOD TO KNOW

Our skincare routines are for inspiration, but you can, of course, easily mix and match our products with your favourites from other brands.

DID YOU KNOW?

You can follow us on Facebook and Instagram, where we continuously share tips and tricks for skincare, makeup and much more.



“I think my skin changed after I turned 50. That is why I chose to make a series specially for ‘not quite new’ skin – everything in the 50+ series is formulated to suit both women and men who are past 50. And it is just bursting with active ingredients that make a difference!”

Tina Søgaard,
founder & owner

DID YOU KNOW?

Wake Up Cream contains a SPF 50 sun filter that protects the skin against the sun's harmful UVA and UVB rays.



Protection
against the
sun's rays



Protection
against
skin ageing
caused by
sun

50+ STARTER KIT

BEGINNER OR TRAVEL SET



*Multi Balm is not Allergy Certified.
** Except for Multi Balm, which contains beeswax.

SKINCARE ROUTINE MORNING AND EVENING

Use the 50+ Starter Kit to get off to a good beginning with the 50+ series. The kit is easy to pack for travelling.

STEP 1

Cleanse your face with Cleansing Foam. Massage the foam into your face. To finish, wash the foam off with water.

STEP 2

Apply 50+ Serum on your face, neck and chest.

STEP 3

Apply Face Oil. Remember neck and chest.

STEP 4

Finish your skincare routine with Wake Up Cream in the morning – mix a few drops of oil or serum in your Wake Up Cream, and it spreads more easily – and use Goodnight Cream in the evening.

STEP 5

Apply Multi Balm on your lips.

SPA EVENING

Use Peeling Mask once or twice a week on cleansed skin. Leave it for 4-6 minutes. Increase gradually until you can leave it for 10-12 minutes. Remove the mask with luke-warm water, then cleanse with Cleansing Foam before applying Goodnight Cream. NB: It may prickle or tingle and make your skin red.



Wake Up Cream and Goodnight Cream are supplied in tubes

The Starter Kit contains everything you need for your skincare routine morning and night, plus a mask for a spa night.

CLEANSING FOAM

FOR MATURE SKIN



CLEANSES YOUR SKIN IN DEPTH

Cleansing Foam is vegan, gentle, and full of active ingredients to care for skin and give a mild wash.

One of the basic ingredients in the 50+ series is plant stem cells from wild olive trees, which rejuvenate and firm up the skin, and of course, we have been generous with them in our Cleansing Foam.

APPLICATION: Use Cleansing Foam on your skin morning and/or evening. Wet the skin, and massage 1-2 pumps of foam into the skin with circular movements on your face and neck. Rinse with lukewarm water.



Available in
50 ml - 1.8 fl. oz.
200 ml - 7 fl.oz.



50+ SERUM

WITH TWO TYPES OF HYALURONIC ACID



INDULGENCE WITH ACTIVE INGREDIENTS

50+ Serum gives you smoother, plumper-looking skin. Contains stem cells, CBD and two types of hyaluronic acid. The stem cells and CBD repair and rejuvenate the skin, while hyaluronic acids provide moisture and nourishment on the surface and deep down.

APPLICATION: Suitable both morning and night. Apply serum after you have cleansed your skin, and before Wake Up or Goodnight Cream. Naturally, you can use 50+ Serum with any other day or night cream instead.

GOOD TO KNOW: A serum consists of highly concentrated active ingredients. The active ingredients in 50+ Serum moisturise, repair and rejuvenate the skin.



Available in
10 ml - 0.4 fl. oz.
30 ml - 1 fl. oz.

FACE OIL

A FINE GLOW FOR YOUR SKIN



GIVES YOUR SKIN A GORGEOUS GLOW

Face Oil ensures that your skin is well cared for and glowing. Contains CBD, vitamin E, and oils to soften and care for your skin, strengthen, and refresh it.

APPLICATION: Apply after cleansing and before cream, or mix a couple of drops in your cream.

TINA'S TIP: Use Face Oil as a treatment in the evening. First cleanse the skin, then spread two or three drops of oil on your face. Leave it for several hours, so it has time to penetrate. Before you go to bed, finish off with a serum and night cream.



Available in
10 ml - 0.4 fl. oz.
30 ml - 1 fl. oz.

WAKE UP CREAM

DAY CREAM WITH SPF 50



BEST START TO THE DAY FOR SKIN

Wake Up Cream reduces pores and wrinkles and fine lines in your skin.

The hyaluronic acid, niacinamide, CBD, and stem cells in the cream increase collagen production, while the ingredients refresh, firm up, and moisturise the skin.

With SPF 50 to protect you from the sun's UVA and UVB radiation, which can age and damage the skin.

APPLICATION: Spread over your face each morning after you have cleansed the skin.

TIP: Add a drop of serum, face oil or essence lotion to the Wake Up Cream to make it easier to distribute.



Available in
15 ml - 0.6 fl. oz.
50 ml - 1.8 fl. oz.

GOODNIGHT CREAM

NIGHT CREAM WITH CBD AND STEM CELLS



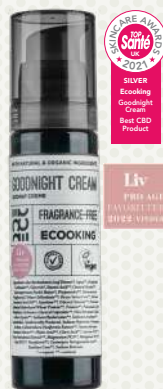
THE ULTIMATIVE BEAUTY SLEEP FOR YOUR SKIN

Goodnight Cream leaves your skin fresh, smooth, and soft. The cream contains hyaluronic acid and electrolytes to add moisture and bind it. CBD and stem cells in Goodnight Cream firm up and strengthen your skin.

APPLICATION: Apply Goodnight Cream on your face every night after cleansing.

TIP: If you are not 50+, you can use the cream as a mask once or twice a week.

GOOD TO KNOW: The airless tube means you sometimes need to take off the lid and press air out to let cream out.



Available in
15 ml - 0.6 fl. oz.
50 ml - 1.8 fl. oz.

SIGNATURE INGREDIENTS IN THE 50+ SERIES

CBD

The CBD in our 50+ series comes from citrus peel. It contains mineral salts and vitamins A, D and E and essential fatty acids to renew and refresh the skin.

STEM CELLS

The stem cells in this series are plant stem cells from wild olive trees. Our skin's "batteries" become flat over time, but the stem cells recharge them. In this way they rejuvenate and firm up the skin.

NIACINAMIDE

Vitamin B3, which smoothes the skin and improves elasticity.

ELECTROLYTES

Regenerate the skin barrier and keep skin moisturised.

HYALURONIC ACID

Provides the skin with a moisture boost and reduces fine lines and wrinkles. Hyaluronic acid also occurs naturally in the skin, but the levels of hyaluronic acid decrease with age.





BODY SCRUB



EXFOLIATES, MOISTURISES AND NURTURES SKIN

Body Scrub contains salt and moisturising oils to exfoliate your skin and boost moisture. Using a scrub removes dead cells, which can otherwise 'suck up' your creams, so that they do not penetrate the skin and work properly.

HOW TO USE: Use it once or twice a week, when you take a bath. Wet your skin and gently massage the scrub in with circular movements. Then rinse with lukewarm water.



350 gr.

INTIMATE WASH

MILD CLEANSING AGENTS



MILD, GENTLE SOAP

Intimate Wash has mild active ingredients and the low pH value – 4 – cleanses without irritating and drying the skin. The viscous consistency makes it easy to use.

Intimate Wash contains lactic acid and inulin, which promote the growth of beneficial bacteria and restore the natural pH value.

APPLICATION: Use Intimate Wash to wash the intimate area externally as required. Do not wash too often, as it may upset the natural balance.



125 ml - 4.2 fl. oz.

SHOWER GEL



CLEANSING, SOFTENING BODY SOAP

Shower Gel is an effective soap that cleanses without drying the skin. The soap has a fresh scent of orange, lavender and rose.

APPLICATION: Use the soap in the bath. Massage it in, foam up with water, and rinse off. Use as much as you need, but a little goes a long way. You can use it sparingly, to save both the environment and your economy.

TIP: Mix Shower Gel with a little Ecooking Multi Oil – to cleanse and moisturise at the same time.



Available in
300 ml - 10.56 fl. oz.
500 ml - 17.6 fl. oz. (ecooking.com)

SHAMPOO & CONDITIONER



Protects hair and hair colour against the sun's harmful UVA radiation

VEGAN AND DERMATOLOGICALLY TESTED HAIR CARE.

It is good for your hair to be cherished with active ingredients too. We have combined the effective ingredients from skin care in a series of shampoos and conditioners for different hair types and needs. The whole series includes colour complex and 24-hour for your hair protection against UVA and pollution.

REPAIR SHAMPOO

For normal to dry hair. Cleans, repairs and nurtures the hair strands. Contains a moisture complex that gives your hair lots of moisture, and lasts up to 72 hours. Scented with flowers and green leaves.

REPAIR CONDITIONER

For normal to dry hair. Moisturises and nurtures hair. Repair Conditioner and Repair Shampoo both contain a moisture complex to provide long-term moisture for your hair. Its conditioning effect makes hair stronger and softer. Scented with flowers and green leaves.

VOLUME SHAMPOO

For normal and fine hair. Volume Shampoo makes the hair strands thicker for more luxuriant hair. Niacinamide increases elasticity and collagen production, so your hair becomes stronger, and looks neater. Scented with flowers, green leaves and a twist of citrus.

TIP: Use Volume Shampoo together with Repair Conditioner if you want volume, with extra moisturising care for the tips.

VOLUME CONDITIONER

For normal and fine hair. Like Volume Shampoo, this conditioner makes your hair more luxuriant. The conditioning effect softens and strengthens hair. Scented with flowers, green leaves and a twist of citrus.

MULTI SHAMPOO

For a dry and irritated scalp. Cools and calms the skin. It contains hydrolysed wheat protein to increase collagen production and improve hair growth. Scented with flowers, green leaves and a twist of mint.

TIP: Wash your hair in two stages. Use Multi Shampoo first, to cleanse your hair deep down and remove styling products. Then use Volume Shampoo or Repair Shampoo, according to whether you want more volume or extra care.



250 ml - 8.8 fl. oz.

HAIR MASK

REPAIRS DAMAGED HAIR



Protects hair and hair colour against the sun's harmful UVA rays

MOISTURISING AND EFFECTIVE

Hair Mask moisturises, repairs, and smoothens damaged hair in just two minutes. It works as both a mask and conditioner, nurturing your hair in depth, and then closing the strands like a normal conditioner.

With natural extract of red algae, which forms a layer on the surface of the hair strands, protecting them from UVA rays and pollution.

APPLICATION: Use as required. Spread through towel-dried hair, primarily on long hair and tips. Leave the mask for at least two minutes. Finally, rinse thoroughly.



250 ml - 8.8 fl. oz.

HEAT PROTECTION

WITH UPSIDE-DOWN SPRAY



PROTECTION WHEN STYLING WITH HEAT

Use heat protection on your hair when you blow-dry, curl or smooth it. Full of moisturising ingredients such as beetroot extract, corn starch and Trehalose, to take care of your hair with lots of moisture in the heat of styling.

APPLICATION: Shake before use. Spray on wet hair as the last styling product. Hold the spray about 20 cm from your hair. Distribute evenly, but avoid the scalp. You can also use Heat Protection on dry hair, if you are smoothing or curling your hair.

GOOD TO KNOW: Protects hair from pollution and UVA rays.



200 ml - 7 fl. oz.

VOLUME SPRAY

WITH UPSIDE-DOWN SPRAY



LONG LASTING VOLUME

Volume Spray helps to lift your hair and give it volume. It contains natural foxtail amaranth, which penetrates into the hair and increases the diameter of the strands. At the same time, the ingredients make your hair shine and smooth the strands, so it looks healthier.

Volume Spray is suitable for all types and lengths of hair, and the spray has a lovely scent of flowers, green leaves and a twist of citrus.

APPLICATION: You can use Volume Spray on both wet and dry hair. Spray on the scalp to give your hair lift and volume. Spread all through your hair for more volume.



200 ml - 7 fl. oz.

SEAWATER FOR HAIR

WITH UPSIDE-DOWN SPRAY



FOR A WAVY BEACH LOOK

Seawater For Hair gives a beach look, with a matt surface and gorgeous waves. It contains natural sea salt, organic Roman chamomile and provitamin B5.

Sea salt nourishes your hair and adds volume: Roman chamomile protects it against free radicals, and provitamin B5 gives moisture.

APPLICATION: You can use Seawater For Hair on either wet or dry hair. Spread evenly, then squeeze your hair. Blow dry your hair or let it air dry. Then style as you want.



200 ml - 7 fl. oz.

HAIR OIL

REPAIRS DRY TIPS



PROTECTS, MOISTURISES AND NURTURES

Hair Oil has a high concentration of oils and vitamins, so it moisturises every strand deep down. Among other things, the oil consists of coconut oil and argan oil, with fatty acids and vitamin E to soften dry, split tips and give the hair a sheen.

HOW TO USE:

You can use Hair Oil on wet or dry hair. Drip 1-2 drops of oil into the palm of your hand, and then spread the oil on the tips of your hair. Do not rinse out.

NB: We recommend using Hair Oil after straightening your hair.



75 ml - 2.6 fl. oz.

DID YOU KNOW? Our hair series also contains many active ingredients that can make a difference to your hair.

DRY SHAMPOO



REFRESHES AND ADDS VOLUME

Dry Shampoo removes the shiny look and makes your hair look clean at once. It contains natural rice starch, which absorbs excess fat without drying out the hair.

APPLICATION: Shake before use. Apply to dry and greasy hair. Hold it about 20 cm from your hair. Spray one area at a time, directly onto the hair roots, until you have covered the greasy areas. Massage the shampoo in with your fingers.

GOOD TO KNOW: If you have red hair or dark hair, hold the spray slightly further from your hair.



Available in
75 ml - 2.6 fl. oz., 250 ml - 8.8 fl. oz.

HAIR SPRAY



KEEPS YOUR HAIR IN PLACE

Hair Spray should keep hair in place without making it too stiff. Our Hair Spray has a medium hold, to keep your hair in place, but still allow it to move.

Hair Spray increases the volume in your hair, nurturing it at the same time with moisturising provitamin B5.

TIP: When you are ready to remove the hair spray, you can easily wash or brush it out.

APPLICATION: Apply to dry and greasy hair. Hold the spray about 20 centimetres from your hair to spread the varnish evenly.



Available in
75 ml - 2.6 fl. oz., 250 ml - 8.8 fl. oz.

TIPS & TRICKS FOR LOVELY HAIR

WASH YOUR HAIR IN COLD WATER

Cold water closes the strands of hair, so the moisture in hair products remains in the hair.

DAMAGED HAIR

If your hair is dry and damaged, mix a little Multi Oil with your shampoo and wash your hair. Repeat without oil, and perhaps finish with conditioner or a hair mask.



GIVE IT A DOUBLE WASH

Wash your hair twice, lathering up with water – massage and rinse.

COOLING EFFECT

Massage Multi Shampoo into your scalp and leave it for a while, so it can cool and calm your scalp.

CONDITIONER FIRST

If your hair is damaged, put a little conditioner on the tips first, and leave it while you lather your hair with shampoo. This is gentler for your hair.

DRINK WATER

Hair cells need water from inside, so hair can grow long and healthy.

FINE HAIR

If you have fine hair, use conditioner on the tips.

TIP FOR LOVELY CURLS

For the most definitive curls, make sure your hair is soaking wet before spreading your styling products through it. Spend time squeezing the products deep into your hair. Finally, dry your hair with a diffuser.

HAIR OIL IN WET HAIR

Apply your hair oil to wet hair. It helps the oil penetrate deeper.

COMB FROM BOTTOM UP

When you comb your hair, start with the ends, then the lengths and finish from top to bottom. In this way, you avoid breaking your hair.

SQUEEZE WATER OUT OF YOUR HAIR

When you dry your hair with a towel, squeeze the water out instead of rubbing with the towel. Wet hair is extra sensitive, and breaks easily, so by squeezing the water out, you take care of the delicate strands.

MULTI OIL

AVAILABLE WITH OR WITHOUT FRAGRANCE



** Only the fragrance-free product is AllergyCertified.*

MULTI OIL FOR EVERYONE

This is the universal cure in the Ecooking family, which is good for many things. You can use it as body oil, makeup remover, shaving oil, serum, cuticle oil or a hair treatment – or mix it in your body lotion for extra moisture.

APPLICATION: Always wet your skin or hair before applying Multi Oil, because water helps the oil to penetrate better.

For shaving: moisten the skin with lukewarm water, and apply the oil where you are going to shave. Leave the oil to soften the hairs (1-5 min.) Then shave as usual with a razor, and finally rub oil into the skin. That way you avoid ingrown hairs, barber's itch and dry shins.

TIP: Try mixing the oil with coffee grounds, salt, or sugar to make a scrub for your body, hands, and feet.



FRAGRANCE-FREE

100 ml - 3.5 fl. oz., 300 ml - 10.56 fl. oz.

500 ml - 17.6 fl. oz.

WITH SCENT OF ORANGE, LAVENDER AND ROSE

100 ml - 3.5 fl. oz., 300 ml - 10.56 fl. oz.

500 ml - 17.6 fl. oz.

BODY BUTTER



RICH AND MOISTURISING BODY CREAM

Body butter is a rich, vegan cream filled with moisturising oils and softening cocoa butter. The cream also contains niacinamide, vitamin E and hyaluronic acid, which moisturise, improve the skin's elasticity and smooth it. Although the cream has a thick consistency, it is not greasy. Body Butter 03 is with a lovely scent of jasmine, grapefruit and orange flower.



250 ml - 8.8 fl. oz.

APPLICATION: Apply Body Butter right after you have showered, while your skin is still damp, then it penetrates faster.

BODY LOTION

AVAILABLE WITH OR WITHOUT FRAGRANCE



* Only the fragrance-free product is Allergy Certified.

MOISTURISES AND SMOOTHENS

With Body Lotion we are taking the philosophy and ingredients from our skin care to the rest of your body, so it also gets good care with visible results.

Body Lotion contains the favourites: hyaluronic acid and niacinamide, which moisturise, work on fine lines, and give a smoother skin. It leaves your skin with a fine glow. Available either scented with jasmine, grapefruit and orange blossom or fragrance-free.

APPLICATION: Rub all over daily after your bath. Has a light consistency and is quickly absorbed into skin.



Available in
300 ml - 10.5 fl. oz.
500 ml - 17.6 fl. oz. (ecooking.com)



OVERNIGHT FOOT CREAM



CREATED TO WORK WHILE YOU SLEEP

Overnight Foot Cream gives you soft feet without going to a lot of trouble, thanks to its blend of carbamide, lactic acid and eucalyptus.

Carbamide, which makes up 15% of the cream, is an intense moisturiser. Lactic acid exfoliates and prevents hard skin. Eucalyptus cools the skin, increases circulation, and gives a fresh scent.

TIP: Scrub your feet with a mixture of oil and salt, and then apply Overnight Foot Cream. You can also rub the cream thoroughly into your feet and sleep with cotton socks on for an optimal result.



Available in
15 ml - 0.6 fl. oz.
100 ml - 3.5 fl. oz.

WET WIPES



**Only the fragrance-free product is AllergyCertified.*

EXTRA SOFT WET WIPES - COOLING AND REFRESHING

Wet Wipes refresh, cleanse and moisturise the skin. The ingredients include Aloe vera, which nurtures and moisturises.

HOW TO USE: Cleanse your face, neck and chest. Remember to close the pack after use, to keep the wipes moist. Do not throw used wipes in the toilet.

TIP: Always have a pack in your bag for sticky fingers.

GOOD TO KNOW: Should not be used every day as a makeup remover.



10 pcs.

SELF TANNING DROPS



FRAGRANCE-FREE

GIVES YOUR SKIN A GORGEOUS NATURAL GLOW

Self Tanning Drops are fragrance-free drops that give your skin a fine summer tan. The drops nourish and moisturise the skin with hyaluronic acid and cucumber extract.

HOW TO USE: Mix 2-3 drops in your cream or body lotion. Adjust the quantity, depending how intense a colour you want. Test by dripping an undiluted drop on your wrist, and see how it reacts with your skin. Remember to wash your hands after use.

TIP: Before you start with Self Tanning Drops, it is best to exfoliate and moisten the skin. Then you have the best chance of a fine, even tan. If you do see an edge, you can remove it with lemon and salt.



30 ml - 1 fl. oz.

SELF TANNING MOUSSE



FRAGRANCE-FREE

A HEALTHY GLOW ALL YEAR ROUND

A healthy look with a glow on your cheeks, arms and legs. Self Tanning Mousse makes it quick and easy to get a smart, even result, while the ingredients care for your skin. The mousse also contains a natural caramel colour, which helps you to see where you have applied the mousse.

GOOD TO KNOW: To get the best results, we recommend exfoliating and moisturising your skin with body lotion the day before you apply the foam. Then your skin is all ready for Self Tanning Mousse the next day.

TIP: Use our Self Tanning Glove to spread the mousse.



200 ml - 7 fl. oz.



SUMMER GLOW LOTION

FOUNDATION FOR YOUR BODY



A FINE, NATURAL GLOW IN AN INSTANT

Summer Glow Lotion is gorgeous skin care with a shimmering glow in a tube, which you can use all over. When you apply the lotion on your skin, you immediately get a colour with a slight shimmer - and at the same time you even out your skin tone, and pigment spots, spider veins and small scars become less visible.

APPLICATION: Apply Summer Glow Lotion on the areas where you want a little extra glow in your skin. Remember to wash your hands after use. Summer Glow Lotion may rub off on clothes.

TIP: If the colour is too dark, mix Summer Glow Lotion with your body lotion.

Can come off on clothes



100 ml - 3.5 fl. oz.

HAND SOAP



HAND SOAP CLEANSSES AND CARES FOR HANDS WITHOUT DRYING THE SKIN

Hand Soap is full of nurturing ingredients that take good care of your skin at each wash.

Hand Soap 01 has a refreshing scent of orange, lavender and rose.

HOW TO USE: Wash your hands and rinse with water.

TIP: If your hands are very dry and rough, treat and moisturise them with a thin layer of Ecooking Multi Balm on the area. If you use a pair of thin cotton gloves, it helps the balm to penetrate better.



500 ml - 17.6 fl. oz.

HAND SOAP 02 WITH SCRUB



HANDS ARE CLEAN, SOFT, AND WELL CARED FOR IN MINUTES

Hand Soap with Scrub does that 'little extra' for your hard-working hands. Tiny grains of natural pumice stone exfoliate the skin and cleanse deep down. With a lovely fragrance of citrus, violets and white pepper.

TIP: Particularly good for 'workmen's hands', because the scrub grains remove the hard skin that can develop during hard work.

GOOD TO KNOW: There are lots of tiny scrub grains in the soap, which can block the tube. To get them flowing again, take off the pump, turn it upside down, and run hot water through the tube.



500 ml - 17.6 fl. oz.

HAND LOTION



NURTURING AND MOISTURISING HAND CREAM, ABSORBED FAST INTO SKIN

Hand Cream contains two of Ecooking's favourite ingredients, hyaluronic acid and niacinamide, to moisturise your hands and give you smoother, more supple skin. Contains vitamin E and oils to nurture skin and retain moisture.

GOOD TO KNOW: The difference between hand lotion and hand cream is the consistency. Hand lotion is more liquid than hand cream – and there are different ingredients in our Hand Lotion and Hand Cream.



300 ml - 10.5 fl. oz.

HAND CREAM



PROTECTS, MOISTURISES, AND NURTURES HANDS WITH ALMOND AND APRICOT OIL

Hand Cream contains the best organically grown oils and plant extracts. The resulting hand cream nurtures, restores, and moisturises your hands and protects them.

Hand Cream has a fine scent of jasmine, grapefruit and orange blossom.

GOOD TO KNOW: Hand Cream is quickly absorbed and non-greasy. Suitable for all the family and all skin types.



Available in
30 ml - 1 fl. oz.
75 ml - 2.6 fl. oz.

HAND CREAM SPF 20



PROTECTS THE HANDS AGAINST UV RADIATION AND KEEPS THE SKIN MOISTURISED

Hand Cream SPF 20 is a moisturising and nutrient-rich recipe with two chemical sun filters to protect hands from the sun's harmful UVA and UVB rays.

The cream contains organic cucumber water, Aloe vera and almond oil, which keeps the skin hydrated and softens, as well as natural vitamin E, which also gives your hands moisture and further protects against free radicals.

TIP: Apply right after hand washing to seal in moisture.



75 ml - 2.6 fl. oz.

SUN SERIES

SPF 30 AND 50



**Except for Sun Balm For The Lips and Aftersun with scent.*

HIGH-TECH SUN SERIES

For this sun series, Tina has got out the big mixing pot and formulated no fewer than eight superb products to take care of your skin before, during, and after sunbathing. In line with our other products, the names tell you what our sun products are:

Sunscreen For The Body SPF 30 75 ml - 2.6 fl. oz., 200 ml - 7 fl. oz.

Sunscreen For The Face SPF 30 50 ml - 1.8 fl. oz.

Sunscreen For The Face SPF 50 50 ml - 1.8 fl. oz.

Sun Balm For The Lips SPF 50 15 ml - 0.5 fl. oz.

Sun Oil SPF 30 200 ml - 7 fl. oz.

Sun Stick 15 ml - 0.5 fl. oz.

Aftersun (with or without scent) 75 ml - 2.6 fl. oz., 200 ml - 7 fl. oz.

TIP: Sun Stick and Sun Balm For The Lips are the smallest members of the sun family and fit perfectly in your handbag so you can refresh your sun protection during the day.



Our sun filters
are reef-friendly



Protection
against the
sun's rays



Protection
against
skin ageing
caused by
sun

All sun protection products have three chemical filters (Diethylamino hydroxybenzoylhexyl benzoate, ethylhexyl triazone, and diethylhexyl butamido triazone), which give wide protection against UVA and UVB rays, since the filters contain substances that penetrate into the top layers of skin. In that way they absorb the UV rays and prevent the radiation penetrating and harming the skin.

Thus the sun products protect all the way round against damage by the sun and skin ageing. And then they are fragrance-free*, allergy-friendly*, and contain moisturising, nourishing ingredients to care for your skin too.

Finally, there is Aftersun - one with and one without fragrance - to calm and cool your skin when it needs extra care after a day in the sun.

DID YOU KNOW?

Sun protection does not prevent tanning. It allows you to stay in the sun longer, and then your tan looks even better and lasts longer.



ECOOKING YOUNG™



CLEANSING MOUSSE



STEP 1 OF YOUR SKIN CARE ROUTINE

Cleansing your skin is one of the most important steps of a good skin care routine. Cleansing products help remove dirt, dust and sweat from your skin, which would otherwise result in irritation and pimples.

Cleansing mousse is a foam party for your skin. This mousse cleanses effectively with natural foaming agents without drying out your skin. Among other things, it contains natural vitamin C, which strengthens your skin. Furthermore, the cleansing mousse contains organic aloe vera and provitamin B5, which help soothe and soften your skin.

APPLICATION: Wet your skin and massage 1-2 pumps of mousse into the skin with circular movements - both on the face and on the neck. Rinse afterwards with lukewarm water.



150 ml - 5.3 fl. oz.

FACE SERUM



STEP 2 OF YOUR SKIN CARE ROUTINE

A serum has room for more active ingredients, as it does not contain the same "heavy" ingredients as a cream. But what are active ingredients? These are the ingredients that have a direct effect on your skin and make a difference to your skin.

Face serum balances your skin and reduces pimples and redness. The serum also keeps your skin moisturised with natural hyaluronic acid and organic aloe vera.

APPLICATION: Apply to cleansed and dry skin. Finish by applying cream.



10 ml - 0.4 fl. oz.

FACE CREAM



STEP 3 - AND THE FINAL STEP - OF YOUR SKIN CARE ROUTINE

With this face cream, you can provide your skin with long-term moisture in the mornings and evenings.

The cream is filled with moisture and care that will keep your skin in peak condition for many hours. Among other things, we have mixed extract of liquorice root and castor oil into the cream in order to moisturise and soothe your skin.

The cream contains organic Aloe vera, almond oil and natural vitamin E, which strengthen, soften and protect your skin.

APPLICATION: Apply in the morning and/or evening on cleansed skin.



30 ml - 1 fl. oz.

SPOTSTICK



TAKE UP THE BATTLE AGAINST PIMPLES

With Spot Stick, you can fight any stubborn pimple. The reason for this is that Spot Stick contains a mix of active ingredients – such as Allantoin and hawthorn – that are excellent for getting rid of irritation on your skin. Therefore, Spot Stick works for pimples that are on their way as well as on pimples that have already appeared.

Spot Stick also contains organic aloe vera and provitamin B5, which care for the irritated skin by cooling and moisturising.

APPLICATION: Apply to cleansed skin. Use Spot Stick when you feel a pimple on the way or on pimples that have already appeared. Roll directly onto problem areas and impurities.



10 ml - 0.4 fl. oz.

CLEANSING MASK



MASK FOR OILY SKIN

As part of your skin care routine, it is a good idea to use a mask once or twice a week. A mask can refuel your skin with additional and targeted care.

The cleansing mask has a high content of natural clay, and therefore, it is particularly useful for oily skin. The clay removes excess oil from your skin and has a deep cleansing effect. The mask also works against impurities, moisturises your skin and reduces redness.

APPLICATION: Apply to cleansed skin. Once the mask is dry, you rinse it off with water. Finish with applying moisturiser.



50 ml - 1.8 fl. oz.

FACIAL MASK



MASK FOR DRY SKIN

Facial Mask contains a combination of moisturising ingredients that are particularly good for pampering dry skin. One of the moisture talents of this mask is a natural hyaluronic acid, which is excellent for providing your skin with moisture and binding this moisture in your skin.

The mask also contains an ingredient that helps healthy bacteria thrive in your skin and reduces bacteria that cause pimples.

APPLICATION: Apply to cleansed skin and leave on for 5-10 minutes.

TIP: Leave the mask to work overnight for an even greater moisture boost.



50 ml - 1.8 fl. oz.

DEEP CLEANSING SCRUB



REMOVES DEAD SKIN CELLS

It is good for your skin to use a scrub once or twice a week because it removes dead skin cells, so that they do not block your skin care products. As an added bonus, you also increase blood circulation, which helps give your skin a nice and healthy glow. Deep Cleansing Scrub contains natural scrubbing particles made from active charcoal. The coal does not just remove dead skin cells, it also deep cleanses your pores.

APPLICATION: Wet the face and gently massage the scrub in. Rinse off with water, then apply your face cream.

GOOD TO KNOW: Do not use the product directly on wounds or pimples.



75 ml - 2.6 fl. oz.

FACE MIST



MOISTURISES YOUR SKIN DURING THE DAY

Face Mist is perfect for giving your skin a quick and refreshing moisture boost during the day.

When you spray Face Mist on your face, ingredients such as organic aloe vera, natural electrolytes and provitamin B5 hit your skin. These ingredients provide your skin with long-term moisture.

APPLICATION: Spray it directly onto your face to refresh and moisturise your skin during the day. You can also spray Face Mist on a moist, wrung cloth or a cotton pad and apply the mist after cleansing your skin.



125 ml 4.4 fl. oz.



ECOOKING MEN™

STARTER KIT MEN



**LUXURY HAIR CARE SET FOR MEN TO
CARE FOR FACE, BODY, HAIR AND
BEARD. FRESH CITRUS FRAGRANCE**

CONTENTS:

100 ml - 3.5 fl. oz. Hair & Body Wash

50 ml - 1.8 fl. oz. Cleansing Gel

20 ml - 0.7 fl. oz. Beard & Body Oil

50 ml - 1.8 fl. oz. Face Cream

1 pack of 10 Wet Wipes



The STARTER KIT is sold in a practical transparent case that meets international air transport requirements.

BEARD & BODY OIL



MULTIFUNCTIONAL OIL FOR MEN

With Beard and Body Oil you can avoid barber's itch and ingrown hairs. For use when shaving, as body oil and beard oil. Contains argan oil and apricot kernel oil, which repair and moisturise your skin. With a fresh scent of citrus.

APPLICATION: Moisten your skin or hair with water before using the oil. This helps the oil to penetrate better and faster.

Shaving step by step:

- 1: Moisten your skin.
- 2: Apply oil to the area you are going to shave and wait 10-15 seconds.
- 3: Shave the skin.
- 4: Finish off with face cream.



Available in
20 ml - 0.7 fl. oz.
100 ml - 3.5 fl. oz.

HAIR & BODY WASH



HAIR AND BODY WASH FOR MEN. SUITABLE FOR ALL HAIR AND SKIN TYPES FRESH SCENT OF CITRUS

Ecooking Hair & Body Soap is a two-in-one soap that leaves body hair and scalp clean and neat, with a fresh scent of citrus.

APPLICATION: Use the soap in the bath. Adjust the amount as needed. For daily use as hair and body soap.

TIP: You can also use it as beard shampoo.

GOOD TO KNOW: Use the soap sparingly for the benefit of the environment. Hair & Body Wash is economical to use, and you only need a small amount of soap for optimal effect.



Available in
100 ml - 3.5 fl. oz.
250 ml - 8.8 fl. oz.

FACE CREAM



MOISTURISING AND NURTURING FACE CREAM FOR MEN

Face Cream is a moisturiser that is absorbed quickly into the skin, and is not greasy. Improves the skin surface and structure, cools the skin and gives a matt appearance. The cream does not make the skin shiny, and has a fresh citrus fragrance. For all skin types and age groups.

APPLICATION: Use morning and evening and/or after shaving.

Contains among other things:

- Natural vitamin E
- Organic sunflower oil



50 ml - 1.8 fl. oz.

CLEANSING GEL



DEEP-CLEANSING FACE AND BODY CLEANSER FOR MEN

Cleansing Gel nurtures, cleanses and moisturises deep down. Suitable for normal or greasy skin. Citrus fragrance.

APPLICATION: Cleanse morning and/or evening by lathering the gel in your hands and spreading it on your face. Then rinse it off with water. Also suitable for use after shaving

TIP: Cleansing Gel for men reduces body odour, so use it to wash under your arms. If you have impurities on your body, you can also use Cleansing Gel on the area to combat impurities.



Available in
50 ml - 1.8 fl. oz.
200 ml - 7 fl. oz.



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