

# THE E-MAGAZINE

The EISENBERG Magazine

EISENBERG'S  
WINTER GIFT PICKS

*Take-them-everywhere  
beauty enhancers!*

**BOOST YOUR  
COLLAGEN**

*Get younger-looking  
skin!*



**Beauty  
Influencers  
Tell All!**

*Skincare rules  
to live by...*

**Special**

**COLLAGEN  
BOOSTING SKINCARE**

Issue N°4 - 2021

[Discover >](#)

# SOIN ANTI-ÂGE



MASTER time

# ÉLIXIR DE JEUNESSE



**THE ENERGY** your skin needs  
to be perfect!



## *TABLE OF CONTENTS*

04. EDITORIAL

06. BOOST YOUR COLLAGEN

07. PEPTIDES, THE ANTI-AGEING  
SUPERSTAR

10. WINTER SELF-CARE TIPS

11. EISENBERG'S WINTER GIFT PICKS

12. COLLAGEN BOOSTING ESSENTIALS

13. SECRET V AMBRE D'ORIENT

15. HYGGE YOUR WAY THROUGH  
WINTER

19. BEAUTY INFLUENCERS TELL ALL!

21. COLLAGEN BOOSTING FOODS  
& EASY RECIPES

23. 4 MOTIVATIONAL PODCASTS  
FOR BETTER LIVING

24. THE 5-MINUTE GRATITUDE JOURNAL

27. MY BEAUTY GOAL THIS MONTH



*Dear Beauty Lovers,*

*As much as we love the warm, sunny days of summer, winter holds a very special place in our hearts. We love how cosy everything feels this time of year. From cocooning at home in our favourite pyjamas to creating new holiday memories with friends and family, there is much to appreciate about winter.*

*Darker nights, frosty mornings and a chill in the air may not sound ideal but in this issue of The E-Mag we share loads of great ways to feel warm, comfy and relaxed well into Spring. Pamper yourself with Hygge, the Danish art of thriving in winter, and chase away the winter blues with our own winter self-care tips.*

*Of course, we also want to help you look your best as we transition into the new year. In these pages, we explore the best solutions for boosting collagen to help your skin remain plump, elastic and wrinkle-free. Find out which skincare super ingredients will help restore your skin's cushion and bounce and which products are essential for maintaining youthful-looking skin.*

*Grab a heavy blanket, curl up with a mug of cocoa, and check out our special Collagen Boosting issue! There is no better time to lose yourself in a good read.*

*José Eisenberg, Founder  
Edmond Eisenberg, CEO  
EISENBERG Paris*







“

***Collagen-boosting  
formulas bring back  
the youthful,  
supple appearance  
of your skin...***

”



## BOOST YOUR COLLAGEN

### Get younger-looking skin!

#### What is collagen?

Collagen is the most abundant protein in your body. It provides the strength and structure your skin needs to remain firm and elastic. But, with age, your body becomes less efficient at producing it. Your skin loses its firmness and elasticity, causing sagging, wrinkles and loss of hydration.

#### How to protect & restore collagen?

Collagen-boosting formulas are made to bring back the youthful, supple appearance of your skin. The most effective are made with targeted active ingredients that help stimulate new collagen while preventing the loss of collagen you already have.

#### What does collagen skincare do?

- Restores skin's cushion and bounce.
- Provides deep moisture for improved elasticity.
- Smooths and reduces the appearance of wrinkles and fine lines.
- Reduces water loss and protects skin from environmental aggressors.

#### Firm and plump with EISENBERG!

Safe, clean and effective, EISENBERG's collagen-boosting skincare merges innovative advanced science with the best of nature to help you maintain supple, taut, youthful skin!

Let us help you restore your skin's resilience and bounce!



#### Vegetal Ceramides, Collagen Boosting Skincare Hero!

Vegetal Ceramides reinforce your skin's barrier and boost hydration so your skin becomes plumper, firmer and smoother. In addition to protecting collagen fibres and elastin, they inhibit oxidative stress, reducing the appearance of fine lines, wrinkles and irritations.

# PEPTIDES

## The anti-ageing superstar you can't live without!

Peptides are short strings of amino acids and the building blocks of collagen. They are naturally occurring in the body but can also be applied topically.



Peptides are important because they act as messengers that tell your body to stimulate more collagen, a protein we need to maintain younger-looking skin.



As we age, our skin loses its ability to produce collagen. Fortunately, Peptides can be applied topically, prompting the body to stimulate more of it and preserve that which we already have.



With increased collagen, your skin appears firmer, plumper and smoother. Sagging, wrinkles and fine lines practically disappear.



Peptides also help your skin lock in moisture, strengthen your skin barrier and contain anti-inflammatory properties which help soothe and calm.



Luckily, there are a number of peptide-rich formulas to choose from, so boosting your daily routine with a touch of anti-ageing magic isn't hard to do.



There is no doubt about it, Peptides are a miracle worker for your skin!



## PEPTIDE-RICH Anti-Ageing Must-Haves!

### EXCELLENCE SOIN SUBLIMATEUR

*Global anti-ageing care  
for the eye contour.*

A delicate but highly-effective cream-gel that freshens and comforts a tired eye contour while also reducing dark circles and puffiness. With anti-ageing Peptides and the Trio-Molecular® Formula to help skin become instantly smoother and denser. Helps stimulate skin cell renewal while also improving firmness and elasticity.

SHOP

### ÉLIXIR DE JEUNESSE

*For Men*

*Lifting hydrating gel for face  
and eye contour.*

A lightly-textured reenergising skin booster that helps eliminate signs of fatigue, stress, even jet-lag! Tripeptides and Tetrapeptides provide intense anti-ageing benefits. Made with a potent cocktail of targeted active ingredients which leaves skin instantly refreshed and visibly lifted.

SHOP



# SOIN SUBLIMATEUR

The image features a central product shot of an Eisenberg eye cream bottle. The bottle is silver with a clear cap and has the following text on it: "EISENBERG PARIS", "SOIN SUBLIMATEUR CONTOUR DES YEUX", "ANTI-ÂGE INTÉGRAL ANTI-RIDES CERNES & POCHES", and "TRIO-MOLÉCULAIRE EXCELLENCE". Surrounding the bottle is a decorative graphic consisting of a network of thin gold lines forming a molecular or hexagonal pattern. Several translucent pink spheres of varying sizes are scattered throughout the composition, some appearing to be part of the gold structure. The background is a solid light pink color.

The ultimate  
high-tech care  
to revive the eyes

# SÉRUM HYDRATANT LISSANT



**INTENSE HYDRATION**  
anti-ageing booster



## WINTER SELF-CARE TIPS

### 5 EASY WAYS TO BEAT THE WINTER BLUES

Sure, winter offers a lot to get excited about - skiing, cosy sweaters, the holidays. But colder weather and shorter, darker days can take a toll on how we feel. Avoid a winter slump with 5 of our favourite ways to make the most of this time of year.

#### 1. **Stay inside and do nothing**

Winter is the time of year for maximum indulgence with zero guilt. Give yourself permission to stay inside all weekend and finish an entire book... or the latest docuseries on Netflix.

#### 2. **Make your own sunlight**

Lack of sunlight causes us to feel lethargic, even disrupts our usual sleep rhythm. Consider a sun lamp that imitates natural sunlight. It can help reset your mood and sleep patterns.

#### 3. **Get creative**

Sketching, baking, knitting... whatever your talent, spending time doing something creative can really elevate your mood. Not feeling inspired? Browse Pinterest for ideas!

#### 4. **Moisturise, moisturise, moisturise!**

From dry air to cold temperatures, your skin is assaulted by numerous wintertime aggressors. Staying well-moisturised will help you avoid dryness, redness and other unwanted problems.

#### 5. **Eat well**

This is the time of year for warming, comforting food. Think soups, casseroles, curries... And don't forget to treat yourself to a bit of chocolate, everyone's favourite mood-booster.

## HYDROLISED RICE PROTEIN Super Ingredient Spotlight!

Composed primarily of peptides, amino acids and proteins, Hydrolised Rice Protein hydrates for improved elasticity. It also eliminates dead skin cells, enhancing your skin's smoothness, softness and glow.





## EISENBERG Water Bottle

Hydrate yourself with this stainless steel water bottle adorned with the EISENBERG Paris logo. Give your skin the water it needs to prevent sagging, maintain good pH balance, flush toxins, and reduce wrinkles. Designed for easy transport, carry it with you to the gym, office or while running errands. A handy visual reminder to always drink more water!

## EISENBERG Sample Beauty Pouch

Our sample beauty pouch contains two take-it-everywhere products for flawless skin all day, all night! Élixir de Jeunesse, our Youth Elixir, is an illuminating lifting gel for the face and eyes. It rids skin of tiredness and is an ideal base for long-lasting make-up. Perfecteur Teint Express, our Instant Complexion Perfector, is a soft emulsion that smooths, mattifies and conceals imperfections. Must-have beauty enhancers you can take out and use before any situation!



# COLLAGEN BOOSTING ESSENTIALS



## SÉRUM HYDRATANT LISSANT

Anti-ageing moisturising and smoothing serum for face, eye contour, neck and bustline.

A creamy serum that instantly, visibly retextures skin. Combines powerful moisturising agents, an anti-wrinkle Super Peptide and Vitamins A, E and F to reinforce skin's defences and effectively combat free radicals.

[SHOP](#)



## SOIN ANTI-ÂGE

Anti-age treatment for face, neck and bustline.

A rich cream that firms, tones, smooths and rejuvenates. Erases wrinkles and tiredness. Borage oils, Vitamins A, E & C, Vegetal Ceramides and other active ingredients regenerate, nourish and detoxify. Preserves the hydrolipidic film and protects against free radicals.

[SHOP](#)



## MASQUE TENSEUR REMODELANT

Firming, remodelling mask for face, eye contour, neck and bustline.

A magical anti-ageing mask that instantly lifts, plumps, illuminates and radiates. Enriched with encapsulated Vitamins A and E, Grape Seed Oil and Green Tea Extract, this fine emulsion acts against loss of firmness, wrinkles and dark spots.

[SHOP](#)



## ÉLIXIR DE JEUNESSE

For Women - Illuminating lifting, reshaping, redensifying gel for face and eyes.

A radiance-boosting serum that prep the skin for a perfect long-wear makeup application and create a real luminous glow. Antioxidant and toning active ingredients are combined in a gel texture that stimulates cell renewal and lifts instantly.

[SHOP](#)



# LES SECRETS

## SECRET V AMBRE D'ORIENT



An olfactory encounter between  
East and West...

Unlock Secret V Ambre D'Orient,  
a seductive oriental amber, enchanting  
and mysterious.

An enigmatic oriental nectar, a blend  
at once rare, warm and generous. A sillage  
that is sensual and intriguing, an invitation  
to unlock 1001 secrets.

Be seduced by Ambre D'Orient,  
where restrained French florals balance  
the opulence of oriental perfumery.  
For women and men.

### FOR WOMEN



A delicate oriental nectar, a blend at once rare,  
warm and generous. A sillage that is sensual  
and intriguing, an invitation to unlock 1001 secrets.  
Eternal Amber sparkles with slivers of Cinnamon  
at the head. It's discreet floral heart entices while  
soft flights of Myrrh at the base enchant.

### FOR MEN



An enigmatic opus, a fragrance tinged with the  
mystery of faraway lands. The casual charm  
of Amber is warmed up by spices at the head.  
Nagarmotha and Cedarwood reveal a distinctly  
woody, masculine heart while Frankincense,  
profound and sensual, leave an unforgettable trail.



# AMBRE D'ORIENT

Discover  
its *1001 secrets...*



# Hygge Your Way Through Winter

## Cosy up with the popular Danish lifestyle trend!

Hygge (pronounced HOO-GAH) is a Danish concept related to creating comfort, joy and companionship. Hygge embodies a cosy way of living, one full of warmth, light and friendship, all the essentials needed to survive those long Scandinavian winters! Here are five ways hygge can help you embrace the colder months to come!

### MAKE YOUR SPACE WARM AND COMFY



Think warm-toned, lower wattage light bulbs. Throw pillows and soft blankets. Woven area rugs over bare floors.

The Hygge home is all about understated beauty, simplicity and maximum comfort. It is the perfect space for long evenings with friends and family or just curling up with a good book.

### HAVE AN INDOOR PICNIC



Why should picnics be limited to parks and patios? Just throw a blanket down in your living room, create a fun playlist, and serve up some delicious comfort food. And don't forget to offer a mug of something hot. We all feel better with some mulled wine, chai tea or cocoa nestled in our hands.



## PLAN AN AT-HOME SPA NIGHT



With winter weather wreaking havoc on your skin, set aside an evening for a 5-star spa experience. Set the mood with scented candles, a soft playlist and the beverage of your choice. Reach for your favourite calming skincare products from EISENBERG. And shut out the world. It's time to relax.

## EMBRACE PLEASANT SCENTS



Cinnamon and apple, vanilla and pine, marshmallow and coffee. Fill your home with warm scents like these, or buy wintry, woody scented candles. Scent is a powerful way to boost your mood and outlook, and can help your home feel comfortable, secure and inviting.

## BE GRATEFUL FOR THE LITTLE THINGS



During the long, cold months of winter, practising gratitude can be especially important. Taking time to appreciate everyday experiences (a cup of tea, a warm blanket, a good friend) can help you maintain a positive outlook. Find time to journal or meditate and appreciate the world around you.

EXCELLENCE



ÉNERGIE DIAMANT  
NIGHT TREATMENT



# MASQUE TENSEUR REMODELANT



THE ANTI-FATIGUE,  
**PLUMPING** mask!

# INTERVIEW

THE INSIDER TIPS YOU NEED TO KNOW!



IG tag: **@ola.sharova**

Age: 37

Skin type: combination, dehydrated

## A little about you:

Life-coach, self-sufficient hedonist with a kind heart and big goals.

## Q: What is your daily skincare routine?

A: In the morning and in the evening my must-haves are a cleanser, toner, serum and cream. Cleansing and moisturising masks 3-4 times a week. Skin exfoliation 2 times a week.

## Q: What makes you happiest?

A: The ability to see, hear, feel the world around me, walks along the Bosphorus, hot cappuccino, the smiles of my loved ones.

## Q: How would you describe the EISENBERG woman?

A: She always chooses the best.

## Q: What is your secret to maintaining youthful skin?

A: My secret is taking care of my skin on a daily basis. My must-have is sunscreen products throughout the year.

## Q: What is your best self-care secret?

A: At least 8 hours of sleep and the ability to listen to my body. I always try to react on time to signs of fatigue! And, of course, traveling - this is how I recharge!





IG tag: **@dennmitch**

Age: 30

Skin type: normal / dry skin

**A little description of you:**

Photographer, content manager, influencer & model. Always stressed & dehydrated.



**Q: How would you describe the EISENBERG man?**

A: I think the Eisenberg man is definitely sophisticated, confident and aware of the power of a good skincare and maintained look.

**Q: What is your winter skincare routine?**

A: Always starting with a cleanse with a gentle cleansing gel, (& once a week a peeling) and then a toner. Afterwards I always use an eye cream (also on the lids!!) & finish with a good hydrating cream.

**Q: What is your best self-care tip for winter?**

A: Enjoy the weather, cloudy days and the whole mood of winter season. Transform all of it into a lot of self reflection, me-time & self-care (peelings, face masks, saunas) + read a lot of books, watch all the Netflix movies you've had on your watchlist for months, meet friends and family as much as you can.

**Q: What is the best beauty advice you have ever received?**

A: An amazing and inspiring woman - I can't say the name (but you would all know her - Hollywood is calling!) - said to me: "Never skip your skincare routine - not even once! It's the only secret."

**Q: What are you most grateful for in winter?**

A: Family, a cozy home, and a rich, repairing and hydrating skincare.

# COLLAGEN BOOSTING FOODS & EASY RECIPES



## BROCCOLI SALAD WITH PARMESAN

Serves 4

Collagen Booster: Broccoli  
*Rich in Vitamin C which helps fight  
collagen-destroying free radicals.*

### INGREDIENTS:

1 head of broccoli  
Grated Parmesan  
Juice from 1 lemon  
1 tbsp olive oil  
½ tbsp balsamic  
Salt and pepper

### PREPARATION:

1. Wash the broccoli, remove all the small florets and cook them for 5 minutes in salted boiling water. Drain and set aside.
2. Combine the olive oil, lemon juice and balsamic vinegar, salt and pepper.
3. Drizzle the broccoli florets with vinaigrette and sprinkle with Parmesan. Serve immediately.

## ELDERBERRY HERBAL TEA

Serves 2

Collagen Booster: Elderberries  
*Packed with antioxidants and help  
combat inflammation.*

### INGREDIENTS:

5 g elderberry  
40 cl water

### PREPARATION:

1. Heat water in a saucepan
2. When the water boils, add the elderberries and let steep for about ten minutes.
3. Filter and serve.







## GLAZED CARROTS

Serves 4

Collagen Booster: Carrots

*Rich in Vitamin A which plays a part in cell renewal and skin repair.*

### INGREDIENTS:

453 g organic carrots, peeled  
2-3 tbsp unsalted water  
1 tbsp salt  
8 cl vegetable stock  
1 tbsp sugar  
¼ tbsp white pepper (optional)

### PREPARATION:

1. Slice carrots into 1 cm disks.
2. Combine the olive oil, lemon juice and balsamic vinegar, salt and pepper.
3. Add sugar and white pepper (optional), toss to combine. Add stock. Cover pot, cook for another 3 minutes.
4. Uncover pot, increase heat to medium-high. Toss carrots and cook away most of the liquid. Turn off heat and taste. Add salt and sugar to taste.

## SPROUTED PUMPKIN SEED SALAD

Serves 3

Collagen Booster: Pumpkin Seeds  
*Rich in Zinc which helps prevent collagen degradation and aids in the collagen synthesis process.*

### INGREDIENTS:

1 handful mixed greens  
2 tbsp sprouted pumpkin seeds  
1 tbsp balsamic vinegar  
1 tbsp dried cranberries (optional)  
1 tbsp feta cheese (optional)

### PREPARATION:

1. Place salad on plate or in bowl.
2. Sprinkle in pumpkin seeds. Optional: add feta cheese and cranberries.
3. Drizzle balsamic on top. Enjoy immediately.





## 4 MOTIVATIONAL PODCASTS FOR BETTER LIVING

Become the best version of you! Motivational podcasts can give you that little push you need to develop strength of character, find meaning and reach your goals.  
Here are some of our favourites.

### **The School of Greatness**

Scale up your life with Lewis Howes' popular podcast devoted to helping people achieve success and find their sense of purpose.

**LISTEN**

<https://lewishowes.com/>

### **The Happiness Lab**

Host Gretchen Rubin offers simple tips to help you examine your daily habits and create more happiness in your personal and professional life.

**LISTEN**

<https://www.happinesslab.fm/>

### **The Tim Ferriss Show**

Tim Ferriss and guest experts provide insights into everything from personal development and investing to time management and much more.

**LISTEN**

<https://tim.blog/podcast/>

### **The One You Feed**

Host Eric Zimmer believes we all have inside us a good wolf and a bad wolf. He looks at ways to feed the good wolf in order to create a more meaningful life.

**LISTEN**

<https://www.oneyoufeed.net/>

*Live life with gratitude!*

# The 5-Minute GRATITUDE JOURNAL

Spending just 5 minutes a day – or even a week – reflecting on the positive aspects of your life can have a significant impact on your overall well-being. These guided writing prompts will help you achieve mindfulness, happiness and balance in your daily life.

## Reflect

DATE:

MY DAILY INTENTION:

\* Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

\* My goal for tomorrow:

---

---

\* Happiness level:





# Thankful



DATE:

MY DAILY INTENTION:

\* Today I smiled when:

---

---

\* Today I felt most appreciated when:

---

---

\* Today I showed an act of kindness when:

---

---

\* My goal for tomorrow:

---

---

\* Happiness level:

1 2 3 4 5 6 7 8 9 10



# Blessed



DATE:

MY DAILY INTENTION:

\* Today the people I am most grateful for are:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

\* List 3 challenging situations, people or obstacles you faced today and what each challenge taught you:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

\* My goal for tomorrow:

\_\_\_\_\_

\_\_\_\_\_

\* Happiness level:



# BEAUTY ROUTINE TRACKER

DATE

JANUARY – FEBRUARY – MARCH – APRIL – MAY – JUNE  
JULY – AUGUST – SEPTEMBER – OCTOBER – NOVEMBER – DECEMBER

MY SKIN IS ☐ DRY ☐ NORMAL ☐ COMBINATION ☐ OILY  
MY SKIN IS ☐ DEHYDRATED ☐ SENSITIVE ☐ MATURE

MY BEAUTY GOAL THIS MONTH

**BOOST MY COLLAGEN!**

## MY EISENBERG BEAUTY **COLLAGEN BOOST ROUTINE:**

- Sérum Hydratant Lissant: Moisturising, smoothing cream-serum. Apply 3 pumps morning and/or evening to face, eye contour, neck and bustline. Always follow with a cream.
- Soin Anti-Âge: Anti-wrinkle, firming cream for tired-looking skin. Apply morning and/or evening to cleansed face, neck and bustline. Use alone or on top of a serum.
- Masque Tenseur Remodelant: Lifting, firming, plumping mask. Apply a thin layer to face, eye contour, neck and bustline. Rinse with water or Lotion Tonique. Pat dry.

*Express "Special Event" Treatment: Use as needed. Leave on for 5 minutes.*

*Intense "Super Firming" Treatment: Use daily for 8-15 consecutive days.  
Leave on for 5 minutes.*

*Relaxing "Spa Day" Treatment: Use 1-2 times a week. Leave on for 15 minutes.*

- Perfecteur Teint Express: Velvety-finish make-up primer that blurs and smooths. Apply after daily skincare and/or throughout the day to locally mattify tired areas.

HOW DO YOU  
FEEL ABOUT  
YOUR SKIN NOW?

---

---

---

NOTES

---

---

---

**EISENBERG**  
PARIS



# SKIN CHECK-IN AFTER USE

DATE

HOW DOES YOUR SKIN FEEL AFTER USING THIS ROUTINE?

☐ FIRMER

☐ LIFTED

☐ BETTER HYDRATED

☐ SMOOTHER

WOULD YOU RECOMMEND  
THIS ROUTINE TO A FRIEND?



HOW WOULD YOU  
RATE THIS ROUTINE?

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

HOW WOULD YOU  
RATE THIS ROUTINE'S  
PLUMPING POWER?

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

HOW WOULD YOU RATE  
THIS COLLAGEN BOOST  
ROUTINE?

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

HOW MUCH PLUMPER  
IS YOUR SKIN AFTER  
USING THIS ROUTINE?

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

MY SKIN AFTER  
THE ROUTINE?



NOTES

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
---

**EISENBERG**  
PARIS



# EISENBERG

P A R I S

Discover

[eisenberg.com](http://eisenberg.com)

