

3 SIMPLE BENEFITS

That will put you on top of your

GAME



THE FRUSTRATION
THE SUFFER
THE PAIN
THE EXCUSES

3 BENEFITS

THIS EBOOK WILL
BRING YOU

THE IMPORTANCE
OF HAVING
HEALTHY SKIN

THE PROBLEM
CHAFING AND
RASHES

THE BEST
INGREDIENTS FOR
YOUR SKIN



***IF YOU WORKOUT,
YOU MUST KNOW THIS***



YOUR SKIN AND SPORTS

The awareness of the importance of protecting the skin is increasingly present in the day-to-day reality of more and more people, and when we force the body to intense physical activity such as sport, it is important to understand what is happening in this incredible organ, which is so important and too often forgotten. .

For that reason, Tubular Monkey has decided to offer you this manual. To explain, in simple and direct language, how you can protect your skin from the aggressions that sport causes, and what you can do to minimize the risks and get that healthy, radiant skin that we love so much.



3 Benefits this ebook brings you

- This little ebook will show you why it's so important to be aware of your skin when doing sport. Why treat and nourish it in the best way so that it is a reflection of your care and a presentation card wherever you go.
- You will know one of the main skin problems and ways to treat it. By creating an easy, daily routine, you'll be able to see your skin improve its appearance day after day, despite the aggressions of sport.
- You will have the knowledge to continue taking care of your skin in a natural and conscious way. Even with advancing age, a cared for skin, in addition to regenerating faster, will also be cleaner, cared for and radiant.

[instagram.com/tubular_monkey/](https://www.instagram.com/tubular_monkey/)



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Chapter 1

THE IMPORTANCE OF SKIN IN SPORTS



Your skin is an extremely flexible and adaptive organ. For millennia, human beings have adapted to their environment, and the skin is one of the organs responsible for this.

With the advent of the industrialized era, the body stopped exercising as much physical activity as the ancestors. In this way, the skin also adapted. With the practice of sports, the importance and adaptability of the skin comes to the fore. It accompanies your body movements, molds itself to your muscles and preserves your body's temperature and integrity. But that doesn't mean you neglect it.

The movement triggered by sport strengthens tissue tone, stimulates fibroblasts and elastin, reducing flaccidity and the appearance of wrinkles.

Skin elasticity, oil control, hydration and balance of your skin is improved, resulting in the prevention of problems such as the appearance of acne and seborrheic dermatitis.

Your skin becomes silkier, toned and with a more aesthetically pleasing color and shine.

Body hygiene, however, is a basic concept in any sporting activity. It is essential to protect the skin and eliminate residues, viruses, bacteria and fungi. Hydration and the hydrolipidic film present in your skin thus prevent contagion by harmful elements.

The regular use of an oil, cream or body milk allows not only to hydrate, prevent dryness (xerosis) but also to protect against impurities, sweat, viruses, bacteria and fungi.

Many infections are the result of contagion through friction, dehydration and maceration of the skin.

Mycoses, fungi, warts, calluses and infections are often the result of careless physical activity or the use of inappropriate footwear, clothing, changing rooms or floors, but also a lack of hygiene and skin care. We cannot ignore the aggression provoked by the sun, wind and water.

In fact, protecting and caring for your skin is important to counteract the premature aging caused by these agents.

To sum up, it is important to exercise your body by practicing sport, but it is equally important to be aware and concerned about taking care of your skin, cleaning it and nourishing it with ingredients that repair and preserve it. This way, you will not only have a beautiful, healthy and cared for body, but also a skin that covers it, healthy, luminous and silkier.

Is there a better indication of your health than clean, healthy skin?

Chapter 2

What happens when you practice sports



Of course, you know that practicing sports is beneficial, but few people know the importance that the skin plays in this activity. During any physical activity, your skin plays a fundamental role, often neglected and unknown.

Your skin is your biggest organ and also the heaviest! Among its functions, the following stand out:

- Protection of your body against injuries
- Regulation of your body temperature
- Maintaining your water and electrolyte balance
- Perception of painful or pleasant stimuli
- Participation in the synthesis of vitamin D

While you practice sports, the skin keeps the body hydrated and accumulates functions in maintaining the temperature, which is a critical factor for your body. Your skin, through thermoreceptors, constantly signals temperature variations in the environment to your cerebral cortex, in the hypothalamus area,. In turn, the cortex sends signals to the various existing mechanisms in the skin to compensate for temperature variation. An order may be given to bristle the hairs by creating a layer of air between them in order to retain body heat, or perspiring may be given in order to cool the body by contributing to the loss of heat in the evaporation of sweat. This is how your body cools down when practicing a more demanding physical exercise. The skin is therefore very important in this process and it should be hydrated and healthy.

Chapter 3

Chafing and Rash in sport



Those of you who practice sports in a regular basis are very familiar with the sensation of the appearance of a rash and how uncomfortable it is. Whether during training or competition, it guarantees pain, discomfort and poor physical performance. It could very well jeopardize a competition or a match game, not allowing you to make normal movements, almost forcing you to retract so as not to feel the burning sensation. Coupled with sweat and tight clothing, the recipe for failure is now complete.

But what is a sport rash?

A sport rash is caused by friction. This friction can be caused by contact with the skin itself, clothes or some gear and equipment that we use in the practice of sport.

You have areas of the skin where it is thinner. The reduced thickness of the skin makes it more vulnerable to microcracks caused by friction. Sweat and bacteria can penetrate the cracked skin and make the rash worse.

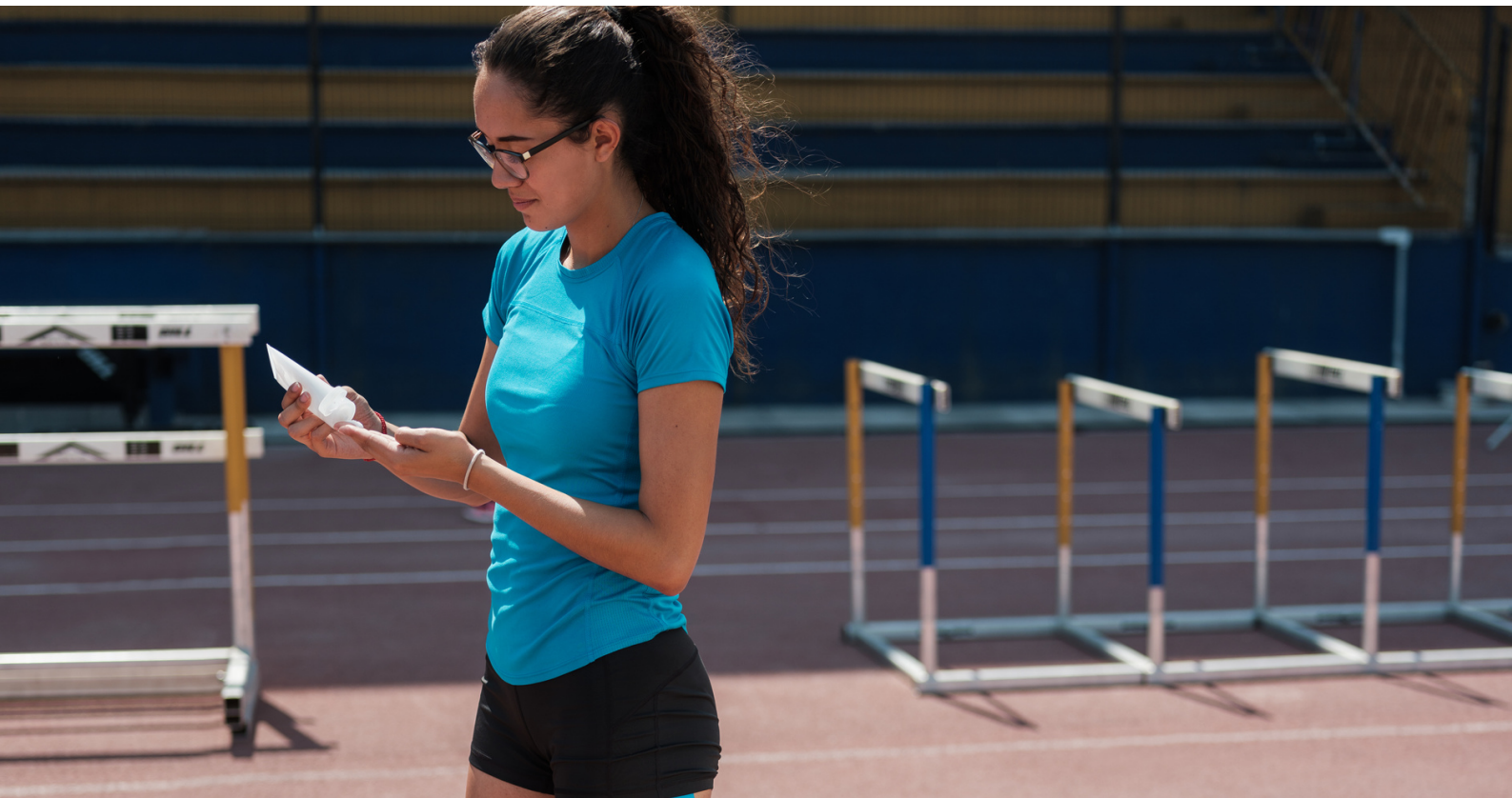
Each activity or sport has its own areas likely to have this problem, related to the movements and postures adopted.

When running and walking, for example, the rash appears on the thighs, nipple area, armpits and sometimes ankles. In Surfing, it is common to appear on the neck, shoulders, folds of the legs and arms and the nipple and belly area.

Whatever the sport and whatever the affected area, sport rash is never welcome.

Chapter 4

HOW TO PREVENT AND TREAT A RASH



Rash is perhaps the most common and transversal injury in sports. Usually neglected, however, it can make you stop for a few days.

The first piece of advice we can give you is to wear suitable, good quality clothing for training or playing sports. Depending on the sport, this clothing will have to be a little loose (judo or martial arts for example) or on the other hand tight but not too tight (marathons, running or crossfit). In the case of surfing, a suit that is too loose or too tight can also cause a rash.

Each sport will always have its own specific outfit. For example in a race, the clothes will have to be tight, but not too tight and it is almost forbidden to be made of cotton! Synthetic fibers are much better suited for these activities.

One method that makes all the difference is using a cream that can prevent chafin and therefore rash. Generally, this cream has the particularity of creating a layer on your skin, protecting it and keeping it hydrated.

Placing a generous layer of cream on the skin suitable for roasting gives you an extra dose of confidence, as you know that from there you won't have any more problems and you won't be harmed in your performance. On the other hand, when you feel discomfort in a certain skin area when doing sports, it is guaranteed that you will not be able to do your best. With each movement, the skin burns and you, intuitively, retain yourself from the necessary movement. This is the cause of some bad sports results.

For the treatment of sport rash, although it is not a serious problem, you have to be patient to deal with the frustration of not being able to practice the sport you love for a few days and use a cream that allows your skin to hydrate and recover moisture. and natural features.

As we said, it will take a few days to get back to normal, which can be frustrating if you do regular exercise or if, on vacation, you have to stop for a few days and can't do your planned surf sessions, as it happened to me! And it was just one of the biggest frustrations, to still remember her!

Chapter 5

WHAT IS TUBULAR MONKEY



The idea behind the appearance of Tubular Monkey cream had to do with my own needs and to fill a lack that I felt in the market.

My name is Valter Tomaz and I've been a surfer for over 20 years. During all this time, I suffered some unpleasant episodes of rashes and skin sores caused by the friction of my wetsuit.

A few years ago, the only way to ease this problem was to use Vaseline to avoid friction. Vaseline is a petroleum product and comes in a plastic jar.

As well as damaging your wetsuit, it's also not good for your skin and of course for the ocean, not being a sustainable way to use this planet's resources.

Finding a product that would protect my skin from aggressions proved to be a futile and inglorious task. There was nothing that was really effective!

The idea was forgotten for a good few years and, when I went back to surfing, it came up again, just like the gruesome rash.

Now the concerns were a little different, and together with all the previously thought aspects, there was a new concern... environmental awareness.

This was the perfect time to go in search of a formula that would protect my skin and be harmless to the environment and the oceans, using only natural and VEGAN ingredients and, above all, Cruelty-free.

What happened next was that I immersed myself in a world I knew little or nothing about, the world of ingredients, vegetable oils and waxes, formulas, laboratory tests, combinations of essences... and I ended up finding a cream that I could really use. Some reformulations were made to this base and after some versions and adventures the Tubular Monkey was created.

I turned my back on vaseline jars and started using this new formula on myself, in the most adverse conditions possible, in the water and doing what I love most, surfing.

After that, almost without realizing it, I started using this cream in almost all my physical activities. I use it when I ride my bike, when I just go to the beach, when I play tennis, when I go for walks, anyway...

I'm already used to taking this aluminum can with me everywhere. It's an INDISPENSABLE piece whenever I leave the house!

But how did we arrive at the Tubular Monkey formula?

In this process, we experimented in and out of the water around 45 samples of cream from various laboratories, exclusively from the European Union, to offer the best cream possible. Only a certified laboratory can produce creams, balms and ointments to be marketed and, for that, Tubular Monkey's cream had to pass and comply with all these tests and compliances.

In order to put Tubular Monkey on the skin, we had to make sure we used the best quality natural elements. In addition to the quality of the raw materials, we had to ensure that they were certified and that they came from farms that were also certified in terms of sustainability!

We carefully choose each of the ingredients for their qualities and characteristics to prevent sport rash and regenerate and repair sensitive and damaged skin. The results are there and they don't lie. Try it today, and prove the results!!!

As for the components, the less the better, as it becomes easier to extract all their properties.

Tubular Monkey cream contains only 5 primary ingredients, all of them natural and vegetable. Take a look...

SUNFLOWER OIL

Linoleic acid helps maintain the skin's natural barrier, supporting its ability to retain moisture. It also has an anti-inflammatory effect. When used topically, it is beneficial for dry skin and prevents the onset of conditions such as eczema. The linoleic acid in sunflower oil makes it effective in protecting the skin against bacteria and germs.

HYDROGENATED ETHYLHEXYL OLIVATE

This natural oil is made from olive extract and provides moisture and nourishment to the skin. It is a natural silicone substitute.

Hydrogenated Ethylhexyl Olivatate is a natural fatty acid ester, very good skin conditioners that contains nourishing phytochemicals to keep it nourished and healthy.

This olive lipid significantly improves hydration and the protective barrier function thanks to its molecular compatibility with the skin. The skin is improved elastically through increased skin barrier integrity and overall hydration. The skin becomes smoother, more elastic and silky.

HYDROGENATED CASTOR OIL

Hydrogenated Castor Oil, also known as Castor Wax, is derived from a plant commonly called Castor Bean (*Ricinus communis*). It acts as an occlusive agent, creating a protective moisturizing layer on the surface of the skin, providing a barrier against natural moisture loss.

Its benefits are proven in the prevention of wrinkles (castor oil contains antioxidants that fight free radicals), in the fight against acne (castor oil has antibacterial properties), in the reduction of to dry and dehydrated lips, generally promoting skin health.

BUTYROSPERMUM PARKII (SHEA) BUTTER, SHEA BUTTER

It has a high content of tocopherols and antioxidant ingredients, very important for its healing effect. Shea butter also has a particularly strong moisturizing effect and is also famous for its healing properties on the skin.

Shea butter's wide range of ingredients regulate the skin's moisture balance naturally and hydrate the skin, soothing and softening.

Shea butter is ideal for dry, atopic and damaged skin care. It is extremely well tolerated and soothes irritated and dull skin. It feels smooth and is very easy to apply.

TOCOPHEROL (VITAMIN E)

Tocopherol, or alpha-tocopherol, is the most natural and biologically active form of vitamin E. It helps retain moisture to keep skin radiant and healthy.

Tocopherol, found in many products and foods, has powerful antioxidant and anti-inflammatory effects.

It is also known to reduce skin damage, promote healthy aging and significantly boost immunity.

The combination and blending of all these great ingredients for your skin is what makes the cream such a good and effective product. It helps to prevent chafing and friction by creating a natural barrier on the skin that minimizes friction by 83%.

For already existing rashes, the cream has soothing and moisturizing properties that help the skin regain its natural moisture and thus heal faster than any other cream on the market. That's why it's so effective in sport and it was based on those conditions that it was developed.

In addition to the purposes of protection and skin care for which it was formulated, we consider that the aluminum packaging, rather than more plastic, is the right packaging for this cream.

Plastic-free, sustainable, VEGAN, Cruelty-free and completely harmless to the environment. This is how your Tubular Monkey cream is.

About your skin

Who we are?

As a brand dedicated to the protection and care of the skin, Tubular Monkey maintains the preservation of the environment, sustainability and respect for animals as its guiding points, in a Cruelty-Free policy.

Our products are VEGAN, sustainable and environmentally friendly, not using any form of plastic.

We were born in the midst of the Surf community, but we support all sports as part of active life.



Feedback

If you have any questions or doubts,
send us a message or email, share
with us and we will be happy to clarify
and help you.



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