How to guide for using the "Ideal Combination Treatment" of C+ Cream and Natural Body & Bath Oil

Are you are struggling to get on top of your Eczema or Dermatitis? Grahams Natural C+ Eczema Cream and Natural Body & Bath Oil may be the solution for you!

Geoff Graham has had a long history of helping people with skin problems, (being an eczema sufferer himself and having a child with severe eczema), so you name it, he has heard about it!

Tried everything? Been looking for an Effective Natural solution? Want relief?

Well over the last 18 years Geoff and his team, have strived and now succeeded, to develop a regime of products that provide, natural, effective relief for skin conditions.

Eczema is a complex skin condition that may require more than just applying a cream to help control the redness, inflammation and dryness. Your doctor's advice may be required. Always consult your health care professional.

Once the top 2 layers of the skin dry out then this can cause extreme dryness and intense itching. Basically, the itch scratch cycle starts!



Body & Bath Oil "Soaks into the Skin"

To prevent this from happening we recommend using the Grahams Body & Bath daily either in a bath, before or after a shower, or just directly applied topically to skin. This will help to hydrate the skin and act as barrier to protect the skin. As the Grahams Body & Bath oil is 100% oils and contains no Aqua, the oils penetrate deep into the skin.

We suggest to Bath in the Oil for 10-15 minutes in tepid water. Soaking your skin is beneficial for opening the pores and allowing the oil to penetrate deeper into the skin.

Once you get out of the bath do not rub the oil off but pat the skin dry and massage the excess oil back into the skin. You may be required to use more oil if your skin requires more hydration.

You may also want to apply before or after a shower to hydrate and protect the skin.

Throughout the day use the oil topically by pouring the oil into the palm of your hand and massaging onto the skin where required.

Wrapping the skin

Another trick that has worked for many sufferers to is wrap the skin at night. We suggest to bath in the Oil then apply the C+ Cream, after which you wrap the affected area (e.g. ankle/foot) in glad wrap. Secure the glad wrap with a first aid (crepe) bandage. This will allow the skin to heal during the night plus will stop the urge to itch as the area is protected and covered. We do not recommend wet wrapping as water can be irritating on the skin and the wet bandage dries out quickly and can stick to the skin. Removal can be painful. Using the glad wrap alleviates these issues as it does not stick to the skin and is easily removed.



C+ Eczema Cream

We then suggest applying the C+ Cream to the areas that are red and inflamed.

Here is a bit more about the C+ Eczema & Dermatitis Cream and why it may be beneficial for your eczema.

Our C+ Eczema Cream contains **Clinically Proven** ingredients which aims to reduce redness and inflammation on the skin. People suffering from eczema and dermatitis would understand that once you break that initial skin barrier is it hard to stop the itch. Continuing to scratch will cause infection and bacteria to spread, worsening the skin. This cream contains protective lipids, natural polymers and antioxidants help to defend skin from irritants that can trigger and exacerbate inflammation. Grahams C+ Eczema Cream protective barrier helps to defend skin against irritants and to retain moisture for up to 6 hours.

Below is our 3-step process and how the C+ Cream aids in the repair of the skin:

- 1. Anti-inflammatory Calms and reduces inflammation with powerful anti-inflammatory herbs
- 2. Antibacterial Active Manuka Honey helps to control bacteria on the skin
- 3. Hydration Moisturising ingredients to hydrate dry and irritated skin for up to 6 hours.



C+ Eczema Cream is a Steroid Free Formula

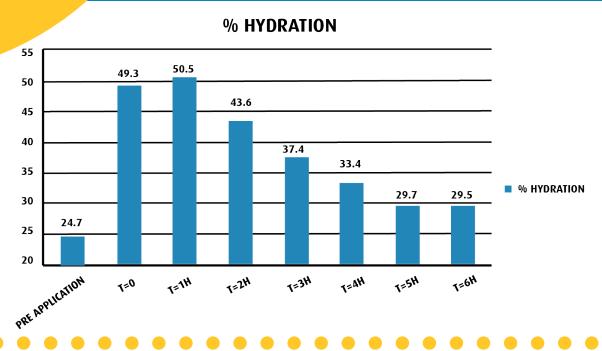
Grahams C+ Eczema & Dermatitis Cream is

- 1. Formulated as 'oil-in-water' to provide cool, soothing skin feel.
 - 2. Intended to be suitable for use by all ages, infants through to elderly.

We always suggest using the C+ Eczema Cream and the Body & Bath Oil for the best results.



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Our top tips for Eczema & Dermatitis Management

Keeping the skin moist! No matter what your diet, sleep, stresses looks like. Keeping the skin moist is the most important factor when it comes to skin conditions. You are more likely to scratch when your skin is dry & aggravated!

Knowing what will trigger your eczema is a huge advantage. Some of us are allergic to dogs, cats, dust, grass - we could go on forever... It is vital to stay clear from triggers that can be detrimental to your skin.

A healthy diet is not only great for your health and well-being, but it is also key is reducing inflammation. It is known that foods with processed packaging/junk food causes inflammation in the body! You're just making it harder for yourself without a healthy diet!

We hope you find this information helpful and if you have any suggestions or further questions please reach out to Geoff or one of the Grahams team members.

