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daily routine for

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# morning routine | face

### Step 1 | Cleanse your face

Warm skin with water

Warming your skin with water allows your pores to soften. This makes it easier for debris to be cleaned out and nutrients to be absorbed through the skin.

You can do that in these ways:

- Wet your washcloth with warm (not hot) water and use it to "steam" your face by holding it up to your face. Repeat a few times. Use the warm washcloth to gently massage your skin using circular movements.
- 2. Using your hands, splash warm water on your face several times until your skin is wet and warm.
- 3. Position your face under the stream of your shower to warm your skin.

### Apply Wash to cleanse your face.

Massage **Wash** into skin using firm circular movements. **Wash** may feel a bit gritty but that just provides a little natural exfoliation. Leave on for 2-4 minutes being careful not to get it in your eyes.

Wash gets cleansing at a whole new level which makes it our first choice for a face cleanser a few times per week. Alternate between cleansing your face with Wash and Nourish, using Wash 3-4 times per week.

### Rinse

### Step 2 | Under eyes

### Apply renew

Gently pat **Renew** on the skin under your eyes, around laugh lines, and on your lips. If you wear makeup, use only a tiny bit and let it absorb before applying makeup.

The best way to get **Renew** out of the jar is to think "ski slope." Start in the middle and swipe your way up the jar. Since we don't add fillers, **Renew** is super concentrated which means you will only need a tiny bit.

If you find the skin under your eyes needs a little refresh during the day, apply anytime. A tiny amount will freshen up the skin under your eyes which in turn brightens your entire face. We use it like an afternoon pick-me-up for our face. For convenience, keep a jar in your purse. You'll be glad you have it on hand where ever you are.

### Step 3 | Nourish

### Apply Revive

Add a boost of nutrients to your skin by placing 4-5 drops of **Revive** in your hand and apply on skin.

If you will be applying makeup, skip the next step. Allow **Revive** to absorb then apply your makeup. Enjoy your day!

### Step 4 | Hydrate

### Apply Restore

Using a circular motion, massage a small amount of **Restore** on your face.

If you will be applying makeup today, use only a tiny bit of **Restore**. Don't worry. **Restore** will be waiting for you tonight.

You, my friend, are done. Enjoy this day!

## evening routine | face

### Step 1 | Cleanse your face

Warm skin with water

Warming your skin with water allows your pores to soften. This makes it easier for debris to be cleaned out and nutrients to be absorbed through the skin.

You can do that in these ways:

- 1. Wet your washcloth with warm (not hot) water and use it to "steam" your face by holding it up to your face. Repeat a few times. Use the warm washcloth to gently massage your skin using circular movements.
- 2. Using your hands, splash warm water on your face several times until your skin is wet and warm.
- 3. Position your face under the stream of your shower to warm your skin.

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### Apply Wash to cleanse your face.

Massage **Wash** [or **Nourish**] into skin using firm circular movements. **Wash** may feel a bit gritty but that just provides a little natural exfoliation. Leave on for 2-4 minutes being careful not to get it in your eyes.

Wash gets cleansing at a whole new level which makes it our first choice for a face cleanser a few times per week. Alternate between cleansing your face with Wash and Nourish, using Wash 3-4 times per week.

### Rinse

### Step 2 | Under eyes

### Apply renew

Gently pat **Renew** on the skin under your eyes, around laugh lines, and on your lips. If you wear makeup, use only a tiny bit and let it absorb before applying makeup.

The best way to get **Renew** out of the jar is to think "ski slope." Start in the middle and swipe your way up the jar. Since we don't add fillers, **Renew** is super concentrated which means you will only need a tiny bit.

If you find the skin under your eyes needs a little refresh during the day, apply anytime. A tiny amount will freshen up the skin under your eyes which in turn brightens your entire face. We use it like an afternoon pick-me-up for our face. For convenience, keep a jar in your purse. You'll be glad you have it on hand where ever you are.

### Step 3 | Nourish

### Apply Revive

Add a boost of nutrients to your skin by placing 4-5 drops of **Revive** in your hand and apply on skin.

### Step 4 | Hydrate

### Apply Restore

Using a circular motion, massage a small amount of **Restore** on your face. You may just hear your skin breathe a sigh of relief.

Sleep well.



daily routine for

# face (

# morning routine | face & body

### Step 1 | Cleanse & hydrating your body

• Apply Clean on your pits and privates then rinse.

Soapy cleansers strip the skin of important oils (whose purpose is to protect and hydrate) leaving skin dry, irritated and unprotected. Hardly any of us get dirty enough to warrant needing a soapy cleanser on our torso, arms, legs, etc. By using Nourish as a cleanser, the natural oils on your skin remain, the bacteria-fighting ingredients help kill the problematic bacteria, and the oils cling to oils that gunk up your pores and that gunk gets washed down the drain. Isn't that cool?

### Apply Nourish everywhere else.

Rinse. You will still be able to feel it on your skin. This is good. If you think you will need more, apply more after turning off the shower but before toweling off.

Most products contain water for easy application. We don't think you should pay for that since it's virtually free. You will get the most benefit by applying Nourish on warm wet skin.

Now, it's time to care for your lovely face.

### Step 2 | Cleanse your face

### Warm skin with water

Warming your skin with water allows your pores to soften. This makes it easier for debris to be cleaned out and nutrients to be absorbed through the skin.

You can do that in these ways:

- 1. Wet your washcloth with warm (not hot) water and use it to "steam" your face by holding it up to your face. Repeat a few times. Use the warm washcloth to gently massage your skin using circular movements.
- 2. Using your hands, splash warm water on your face several times until your skin is wet and warm.
- 3. Position your face under the stream of your shower to warm your skin.

### Apply Wash to cleanse your face.

Massage **Wash** into skin using firm circular movements. **Wash** may feel a bit gritty but that just provides a little natural exfoliation. Leave on for 2-4 minutes being careful not to get it in your eyes.

Wash gets cleansing at a whole new level which makes it our first choice for a face cleanser a few times per week. Alternate between cleansing your face with Wash and Nourish, using Wash 3-4 times per week.

### Rinse

### Step 3 | Eyes

### Apply renew

Gently pat Renew on the skin under your eyes, around laugh lines, and on your lips. If you wear makeup, use only a tiny bit and let it absorb before applying makeup.

The best way to get **Renew** out of the jar is to think "ski slope." Start in the middle and swipe your way up the jar. Since we don't add fillers, **Renew** is super concentrated which means you will only need a tiny bit.

If you find the skin under your eyes needs a little refresh during the day, apply anytime. A tiny amount will freshen up the skin under your eyes which in turn brightens your entire face. We use it like an afternoon pick-me-up for our face. For convenience, keep a jar in your purse. You'll be glad you have it on hand where ever you are.

### Step 4 | Nourish

### Apply Revive

Add a boost of nutrients to your skin by placing 4-5 drops of **Revive** in your hand and apply.

If you will be applying makeup, skip the next step. Allow **Revive** to absorb then apply your makeup.

Enjoy your day!

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# evening routine | face & body

### Step 1 | Cleanse & hydrating your body

Apply Clean on your pits and privates then rinse.

Soapy cleansers strip the skin of important oils (whose purpose is to protect and hydrate) leaving skin dry, irritated and unprotected. Hardly any of us get dirty enough to warrant needing a soapy cleanser on our torso, arms, legs, etc. By using **Nourish** as a cleanser, the natural oils on your skin remain, the bacteria-fighting ingredients help kill the problematic bacteria, and the oils cling to oils that gunk up your pores and that gunk gets washed down the drain.

Isn't that cool?

### Apply Nourish everywhere else.

Rinse. You will still be able to feel it on your skin. This is good. If you think you will need more, apply more after turning off the shower but before toweling off.

Most products contain water for easy application. We don't think you should pay for that since it's virtually free. You will get the most benefit by applying Nourish on warm wet skin.

Now, it's time to care for your lovely face.

### Step 2 | Cleanse your face

### Warm skin with water

Warming your skin with water allows your pores to soften. This makes it easier for debris to be cleaned out and nutrients to be absorbed through the skin.

You can do that in these ways:

- 1. Wet your washcloth with warm (not hot) water and use it to "steam" your face by holding it up to your face. Repeat a few times. Use the warm washcloth to gently massage your skin using circular movements.
- 2. Using your hands, splash warm water on your face several times until your skin is wet and warm.
- 3. Position your face under the stream of your shower to warm your skin.

### Apply Wash to cleanse your face.

Massage **Wash** into skin using firm circular movements. **Wash** may feel a bit gritty but that just provides a little natural exfoliation (which we don't charge extra for;)). Leave on for 2-4 minutes being careful not to get it in your eyes.

Wash gets cleansing at a whole new level which makes it our first choice for a face cleanser a few times per week. Alternate between cleansing your face with Wash and Nourish, using Wash 3-4 times per week.

### Rinse

### Step 3 | Eyes

### Apply renew

Gently pat Renew on the skin under your eyes, around laugh lines, and on your lips. If you wear makeup, use only a tiny bit and let it absorb before applying makeup.

The best way to get **Renew** out of the jar is to think "ski slope." Start in the middle and swipe your way up the jar. Since we don't add fillers, **Renew** is super concentrated which means you will only need a tiny bit.

If you find the skin under your eyes needs a little refresh during the day, apply anytime. A tiny amount will freshen up the skin under your eyes which in turn brightens your entire face. We use it like an afternoon pick-me-up for our face. For convenience, keep a jar in your purse. You'll be glad you have it on hand where ever you are.

### Step 4 | Nourish

### Apply Revive

Add a boost of nutrients to your skin by placing 4-5 drops of **Revive** in your hand and apply.

### Step 5 | Hydrate

### Apply Restore

Using a circular motion, massage a small amount of **Restore** on your face. You may just hear your skin breathe a sigh of relief.

Sleep well.

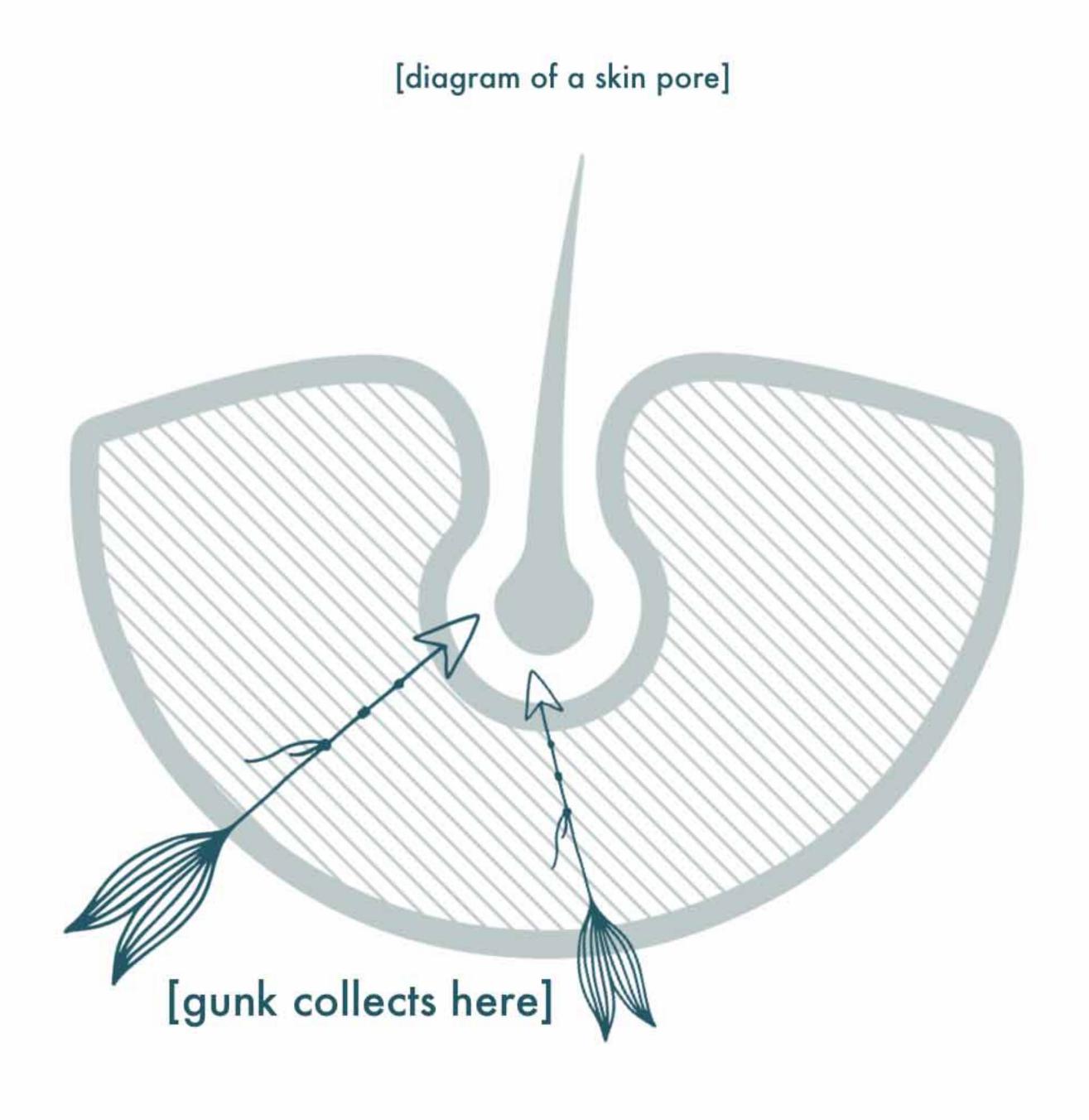
### Eczema Detoxing

**Nourish** your skin with only beneficial healthy ingredients. It will heal itself.

That is how we approach skincare, using only non-GMO plant oils, butter, and Manuka honey.

Most skincare products are loaded with cheap fillers which clog pores, irritate the skin, and can give your skin a dull aged look. If you've used those products, it can take time to clean out pores and detox your skin so healthy irritation-free skin can emerge.

Here's how detoxing your skin works.



# our skin detoxing method:

- 1. remove gunk from your pores
- 2. provide a slow, yet thorough detox

### We have jealousy issues.

Use **Relief** as your moisturizer and cleanser, exclusively, remembering it has jealousy issues.

You can't effectively detox your body while eating a diet of greasy burger and fries, right? The same is true for skin.

While embarking on this journey towards healthy skin, progress will be slow or unseen if you feed your skin products that contain the proverbial french fry-type ingredients along with our healthy ones.

Going all-in will yield you the greatest results.

### This could happen to you...

When you go through a body detox, your body may feel a bit sick with flu-like symptoms. This is because your body is eliminating the toxins effectively so real healing can begin. Some experience this with their skin.

If inflammation or breakouts increase right after beginning to use our products, hang in there. Your skin is working through years of build up, cleaning out clogged pores and reducing inflammation. It's a tough job so, be kind to your skin. Relief is coming.

Next, how to safely and effectively detax your skin.

### Detoxing | mild eczema

### week 1 detox

### Step 1 | Cleansing & hydrating your body

· Clean is for cleaning your pits and privates.

When healing your eczema, using a gentle and healthy castile soap like **Clean** is essential. Most soaps contain Sodium Lauryl Sulfate (SLS). SLS is highly toxic and irritating. When these irritants come in contact with your skin they exacerbate your eczema.

**Clean** is different. It's non-irritating, perfectly safe, and gentle too. But still, use it only on your pits and privates.

• Relief is meant to cleanse and hydrate all other areas.

That's not a typo. Because the ingredients in Relief have antibacterial properties, Relief both cleanses and adds the perfect amount of moisture.

Use Relief as your moisturizer and cleanser, exclusively, remembering it has jealousy issues (see above).

### week 2 - 4 | detox

### Step 1 | Cleansing & hydrating your body

· Clean is for cleaning your pits and privates.

When healing your eczema, using a gentle and healthy castile soap like **Clean** is essential. Most soaps contain Sodium Lauryl Sulfate (SLS). SLS is highly toxic and irritating. When these irritants come in contact with your skin they exacerbate your eczema.

Clean is different. It's non-irritating, perfectly safe, and gentle too. But still, use it only on your pits and privates.

• Relief is meant to cleanse and hydrate all other areas.

That's not a typo. Because the ingredients in Relief have antibacterial properties, Relief both cleanses and adds the perfect amount of moisture.

Use Relief as your moisturizer and cleanser, exclusively, remembering it has jealousy issues (see above).

• Add **Spot** to your daily routine, apply on the affected spots. It may sting a bit when applied the first few times. This tells you it is working to combat infection which causes inflammation. If it feels too uncomfortable, rinse off and try again at a later time. Although made with only healthy plant oils, they pack a powerful punch at infection and inflammation.

Applying **Spot** several times a day to affected areas will yield the greatest results.

### Detoxing severe eczema

### week 1 - 2 | detox

### Step 1 | Cleansing & hydrating your body

· Clean is for cleaning your pits and privates.

When healing your eczema, using a gentle and healthy castile soap like **Clean** is essential. Most soaps contain Sodium Lauryl Sulfate (SLS). SLS is highly toxic and irritating. When these irritants come in contact with your skin they exacerbate your eczema.

Clean is different. It's non-irritating, perfectly safe, and gentle too. But still, use it only on your pits and privates.

• Relief is meant to cleanse and hydrate all other areas.

That's not a typo. Because the ingredients in Relief have antibacterial properties, Relief both cleanses and adds the perfect amount of moisture.

Use **Relief** as your moisturizer and cleanser, exclusively, remembering it has jealousy issues (see above).

### week 3 - 4 | detox

### Step 1 | Cleansing & hydrating your body

· Clean is for cleaning your pits and privates.

When healing your eczema, using a gentle and healthy castile soap like **Clean** is essential. Most soaps contain Sodium Lauryl Sulfate (SLS). SLS is highly toxic and irritating. When these irritants come in contact with your skin they exacerbate your eczema.

**Clean** is different. It's non-irritating, perfectly safe, and gentle too. But still, use it only on your pits and privates.

Relief is meant to cleanse and hydrate all other areas.

That's not a typo. Because the ingredients in **Relief** have antibacterial properties, **Relief** both cleanses and adds the perfect amount of moisture.

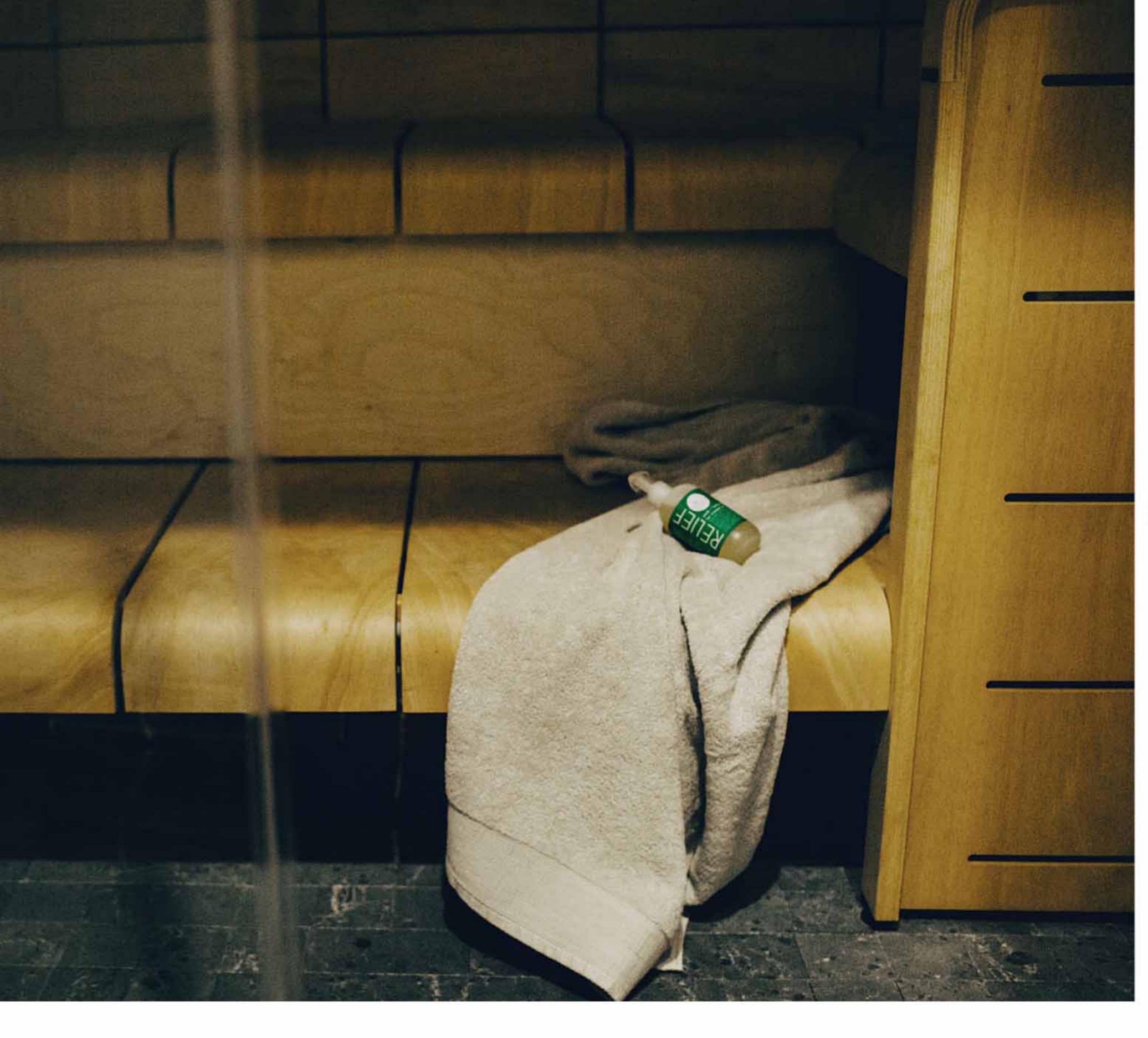
Use **Relief** as your moisturizer and cleanser, exclusively, remembering it has jealousy issues (see above).

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• Add **Spot** to your daily routine, apply on the affected spots. It may sting a bit when applied the first few times. This tells you it is working to combat infection which causes inflammation. If it feels too uncomfortable, rinse off and try again at a later time. Although made with only healthy plant oils, they pack a powerful punch at infection and inflammation.

Applying **Spot** several times a day to affected areas will yield the greatest results.

Now that the detoxing process is done, you are ready to start your new daily routine. Woohoo!



daily routine for

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# morning | eczema mild or severe

### Step 1 | Cleanse & hydrating your body

Apply Clean on your pits and privates then rinse.

When healing your eczema, using a gentle and healthy castile soap like Clean is essential. Most soaps contain Sodium Lauryl Sulfate (or something that sounds a lot like that). SLS is highly toxic and irritating. When these irritants come in contact with your skin they exacerbate your eczema.

Relief is used to cleanse and hydrate your body & face.

That isn't a typo. Because the ingredients in **Relief** have antibacterial properties, **Relief** both cleanses and adds the perfect amount of moisture.

If you feel that you need more hydration, apply more **Relief** as needed.

Apply on affected spots throughout the day as needed.

### Step 2 | Treat

 Spot is applied to inflamed areas a few times per day, if possible.

# evening | eczema mild or severe

### Step 1 | Cleanse & hydrating your body

Apply Clean on your pits and privates then rinse.

When healing your eczema, using a gentle and healthy castile soap like Clean is essential.

Most soaps contain Sodium Lauryl Sulfate (or something that sounds a lot like that).

SLS is highly toxic and irritating. When these irritants come in contact with your skin they exacerbate your eczema.

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• Relief is used to cleanse and hydrate your body & face, if showering. While some will be washed off (*dirt and grim along with it*), most will be absorbed deep into skin providing soothing relief and hydration.

If not showering, massage a small amount of **Relief** on inflamed spots.

### Step 2 | Treat

 Apply Spot to inflamed areas after allowing Relief to absorb into your skin.

### Acne | Detoxing

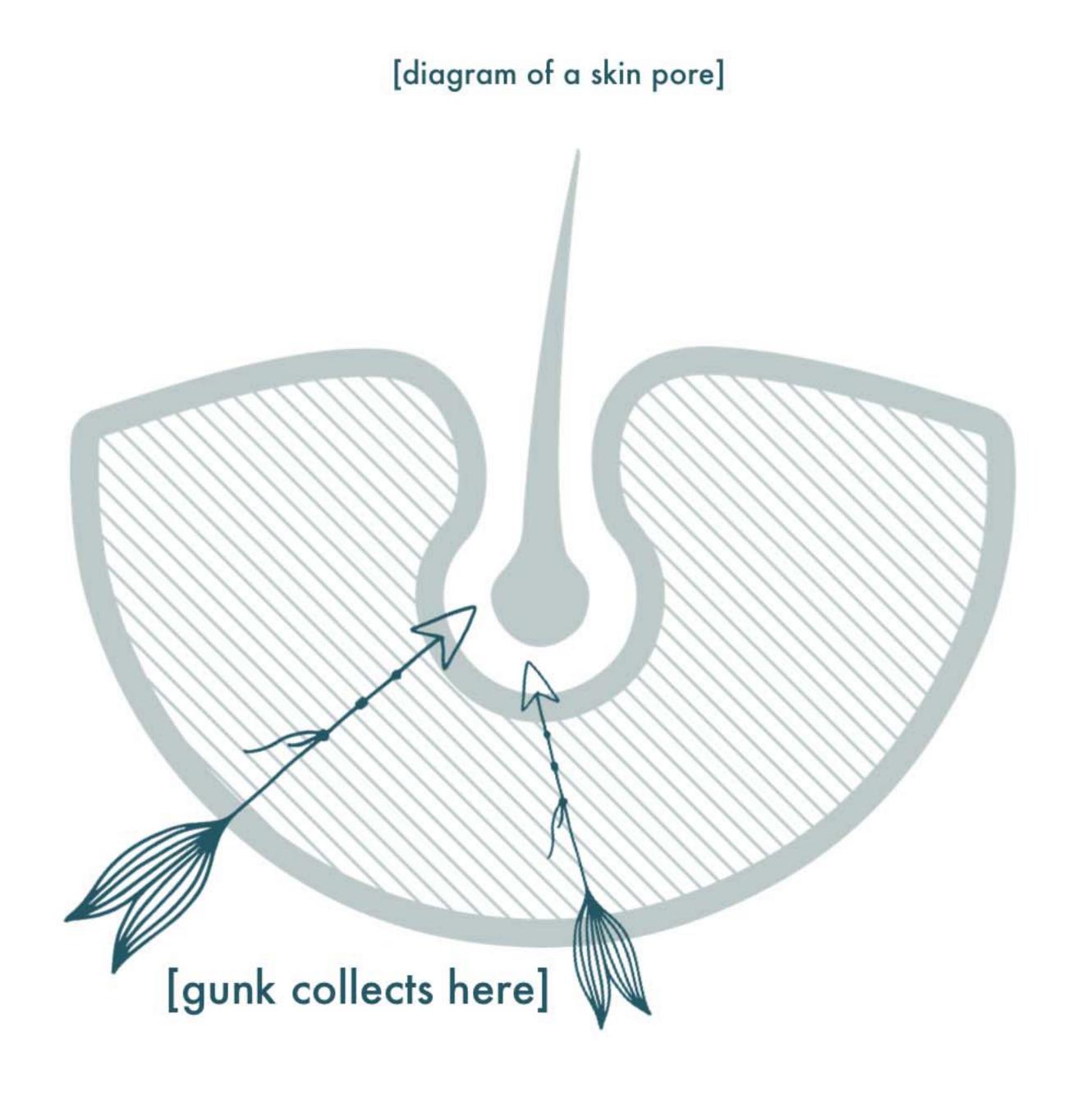
(Essential to achieving healthy skin.)

**Nourish** your skin with only beneficial healthy ingredients. It will heal itself.

That is how we approach skincare, using only non-GMO plant oils, butter, and Manuka honey.

Most skincare products are loaded with cheap fillers which clog pores, irritate the skin, and can give your skin a dull aged look. If you've used those products, it can take time to clean out pores and detox your skin so healthy irritation-free skin can emerge.

### Here's how detoxing your skin works.



# our skin detoxing method:

- 1. remove gunk from your pores
- 2. provide a slow, yet thorough detox

### We have jealousy issues.

You can't effectively detax your body while eating a diet of greasy burger and fries, right? The same is true for skin.

While embarking on this journey towards healthy skin, progress will be slow or unseen if you feed your skin products that contain the proverbial french fry-type ingredients along with our healthy ones.

Going all-in will yield you the greatest results.

### This could happen to you...

When you go through a body detox, your body may feel a bit sick with flu-like symptoms. This is because your body is eliminating the toxins effectively so real healing can begin. Some experience this with their skin.

If inflammation or breakouts increase right after beginning to use our products, hang in there. Your skin is working through years of build up, cleaning out clogged pores and reducing inflammation. It's a tough job so, be kind to your skin. Relief is coming.

Next, how to safely and effectively detax your skin.

### Detox mild acne

### week 1 | relief

### Step 1 | Cleansing & hydrating your face

Warm skin with water

Warming your skin with water allows your pores to soften. This makes it easier for debris to be cleaned out and nutrients to be absorbed through the skin.

You can do that in these ways:

- Wet your washcloth with warm (not hot) water and use it to "steam" your face by holding it up to your face. Repeat a few times. Use the warm washcloth to gently massage your skin using circular movements.
- 2. Using your hands, splash warm water on your face several times until your skin is wet and warm.
- 3. Position your face under the stream of your shower to warm your skin.
- Apply Relief to cleanse your face using firm circular movements.
- · Rinse.

### Step 2 | Hydrate

 Use Relief as your moisturizer and cleanser, exclusively, remembering it has jealousy issues. Apply more Relief after cleansing, as needed.

### week 2 - 3 | add wash

### Step 1 | Cleanse your face

### Warm skin with water

Warming your skin with water allows your pores to soften. This makes it easier for debris to be cleaned out and nutrients to be absorbed through the skin.

You can do that in these ways:

- Wet your washcloth with warm (not hot) water and use it to "steam" your face by holding it up to your face. Repeat a few times. Use the warm washcloth to gently massage your skin using circular movements.
- 2. Using your hands, splash warm water on your face several times until your skin is wet and warm.
- 3. Position your face under the stream of your shower to warm your skin.

### Apply Wash to cleanse your face.

Massage **Wash** into skin using firm circular movements. **Wash** may feel a bit gritty but that just provides a little natural exfoliation. Leave on for 2-4 minutes being careful not to get it in your eyes.

Wash gets cleansing at a whole new level which makes it our first choice for a face cleanser a few times per week.

Alternate between cleansing your face with **Wash** and **Relief**, using **Wash** 3-4 times per week.

• Rinse.

### Step 2 | Hydrate

• Apply more **Relief** after cleansing, as needed. Allow to absorb into skin if you will be applying makeup.

### Step 3 | Treat

 Apply Spot to inflamed areas after allowing Relief to absorb into your skin.

### week 4 + | Assess your skin

• If you are happy with the way your skin is looking, continue on to the routine for acne.

If you think you should stick with detoxing a little longer, give it another week or two.

### Detox severe acne

### week 1 - 2 | relief

### Step 1 | Cleansing & hydrating your face

Warm skin with water

Warming your skin with water allows your pores to soften. This makes it easier for debris to be cleaned out and nutrients to be absorbed through the skin.

You can do that in these ways:

- Wet your washcloth with warm (not hot) water and use it to "steam" your face by holding it up to your face. Repeat a few times. Use the warm washcloth to gently massage your skin using circular movements.
- 2. Using your hands, splash warm water on your face several times until your skin is wet and warm.
- 3. Position your face under the stream of your shower to warm your skin.
- Apply Relief to cleanse your face using firm circular movements.
- · Rinse.

### Step 2 | Hydrate

• Apply more **Relief** after cleansing, as needed. Allow to absorb into skin if you will be applying makeup.

### Step 3 | Treat

- Apply Spot to inflamed areas after allowing Relief to absorb into your skin.
- Use Relief as your moisturizer and cleanser, exclusively, remembering it has jealousy issues. Apply more Relief after cleansing, as needed.

Although we suggest using **Relief** alone for 2 weeks, this will be determined by how well your skin is doing. If you are still experiencing skin irritations, keep going for one more week then adding in **Spot** on week 5. Everyone's skin is different. Trust yours.

### week 3 | Add wash

### Step 1 | Cleanse your face

Warm skin with water

Warming your skin with water allows your pores to soften. This makes it easier for debris to be cleaned out and nutrients to be absorbed through the skin.

You can do that in these ways:

- 1. Wet your washcloth with warm (not hot) water and use it to "steam" your face by holding it up to your face. Repeat a few times. Use the warm washcloth to gently massage your skin using circular movements.
- 2. Using your hands, splash warm water on your face several times until your skin is wet and warm.
- 3. Position your face under the stream of your shower to warm your skin.

Apply Wash to cleanse your face.

Massage **Wash** into skin using firm circular movements. **Wash** may feel a bit gritty but that just provides a little natural exfoliation. Leave on for 2-4 minutes being careful not to get it in your eyes.

Wash gets cleansing at a whole new level which makes it our first choice for a face cleanser a few times per week. Alternate between cleansing your face with **Wash** and **Relief**, using **Wash** 3-4 times per week.

Rinse.

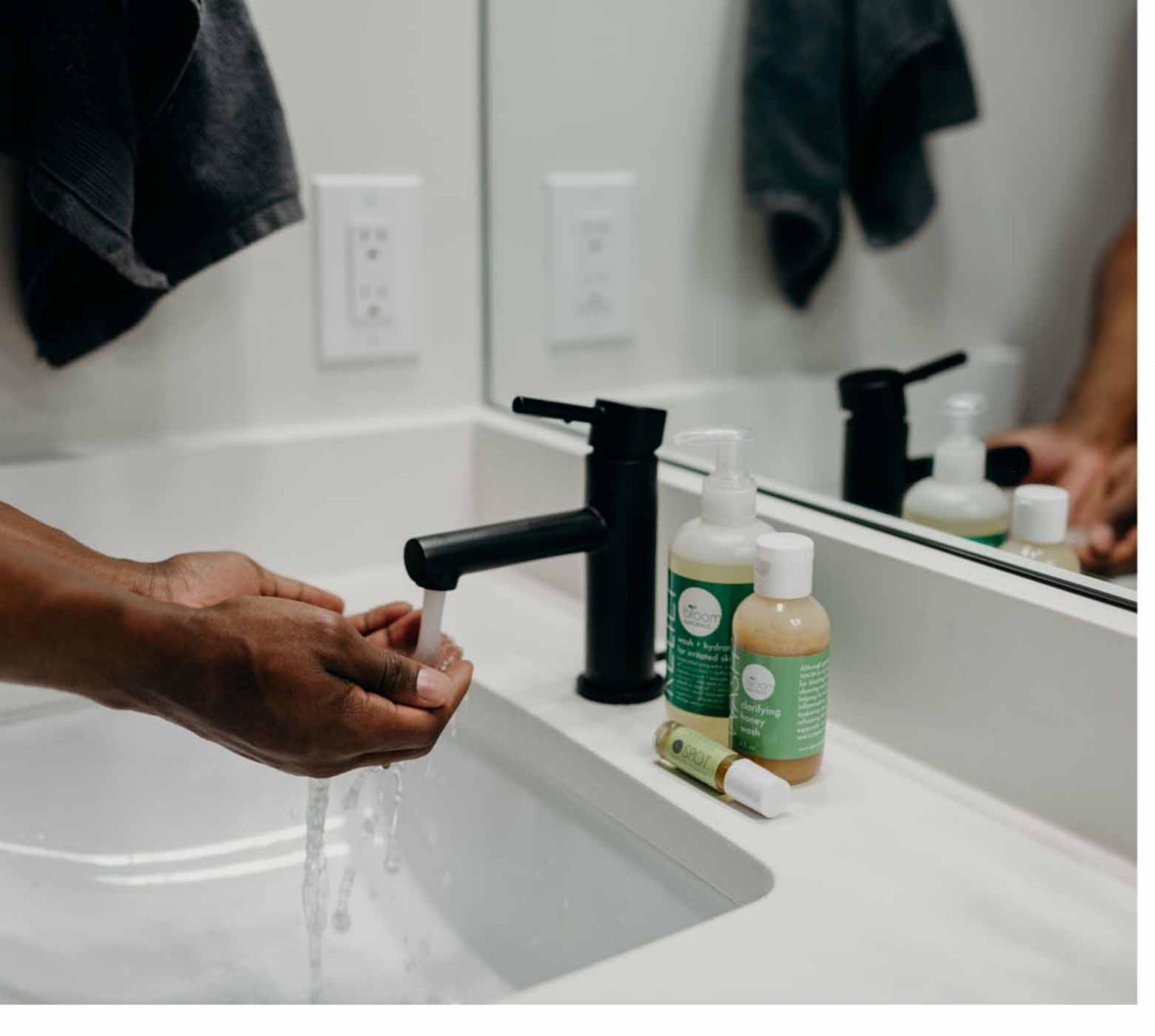
### Step 2 | Hydrate

 Apply more Relief after cleansing, as needed. Allow to absorb into skin if you will be applying makeup.

### week 4 + | Add Spot

Add Spot to your daily routine by applying on the
affected spots. It may sting a bit when applied. This tells
you it is working to combat infection which causes
inflammation. If it feels too uncomfortable, rinse off and
try again at a later time. Do not use Spot if it burns.
Although formulated with only healthy plant oils, they
pack a powerful punch at infection and inflammation.

Now that the detoxing process is done, It's time to start your new daily routine.



daily routine for

# morning | acne mild or severe

### Step 1 | Cleansing & hydrating your face

Warm skin with water

Warming your skin with water allows your pores to soften. This makes it easier for debris to be cleaned out and nutrients to be absorbed through the skin.

You can do that in these ways:

- Wet your washcloth with warm (not hot) water and use it to "steam" your face by holding it up to your face. Repeat a few times. Use the warm washcloth to gently massage your skin using circular movements.
- 2. Using your hands, splash warm water on your face several times until your skin is wet and warm.
- 3. Position your face under the stream of your shower to warm your skin.

Apply Wash to cleanse your face.

Massage **Wash** into skin using firm circular movements. **Wash** may feel a bit gritty but that just provides a little natural exfoliation. Leave on for 2-4 minutes being careful not to get it in your eyes.

Wash gets cleansing at a whole new level which makes it our first choice for a face cleanser a few times per week. Alternate between cleansing your face with Wash and Nourish, using Wash 3-4 times per week.

Rinse

## Step 2 | Hydrate

 Apply Relief after cleansing and allow it to absorb into skin for about 5 minutes before applying makeup.
 Remember, a little goes a long way.

## Step 3 | Treat

• **Spot** - Apply **Spot** on current or emerging pimples and whiteheads.

For some, using the **Cure-A** system may be their new normal, not needing anything else. If your skin is becoming healthy again and you feel more moisture and nutrients are in order, we have **Restoring a Healthy Glow** for that.

You are done. Enjoy this day!

# evening | acne mild or severe

It's best to start this routine hour or so before bed to allow the nutrients to absorb. Think of it as a spa treatment before bedtime. It begins the relaxing process.

# Step 1 | Cleansing & hydrating your face

Warm skin with water

Warming your skin with water allows your pores to soften. This makes it easier for debris to be cleaned out and nutrients to be absorbed through the skin.

You can do that in these ways:

- Wet your washcloth with warm (not hot) water and use it to "steam" your face by holding it up to your face. Repeat a few times. Use the warm washcloth to gently massage your skin using circular movements.
- 2. Using your hands, splash warm water on your face several times until your skin is wet and warm.
- 3. Position your face under the stream of your shower to warm your skin.

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Apply Wash to cleanse your face.
 Massage Wash into skin using firm circular movements.
 Wash may feel a bit gritty but that just provides a little natural exfoliation. Leave on for 2-4 minutes being careful not to get it in your eyes.

Wash gets cleansing at a whole new level which makes it our first choice for a face cleanser a few times per week. Alternate between cleansing your face with Wash and Nourish, using Wash 3-4 times per week.

Rinse

# Step 2 | Hydrate

Apply Relief after cleansing using circular movements.
 On the days you use Relief as a cleanser, apply a small amount of Relief for added hydration.

## Step 3 | Treat

 Apply Spot on current or emerging pimples and whiteheads.

Good night. Sleep well.

For some, using the **Cure-A** system may be their new normal, not needing anything else. If your skin is becoming healthy again and you feel more moisture and nutrients are in order, we have **Restoring a Healthy Glow** for that.



daily routine for

+e

# morning routine | teens

Does skincare feel like a chore? This won't feel like that. Apply once per day while in the shower. By starting early you are providing a great foundation for your skin. Use the routine below whenever you shower, morning or night.

# Step 1 | Cleanse & hydrating your body

• Apply Clean on your pits and privates then rinse.

Soapy cleansers strip the skin of important oils (whose purpose is to protect and hydrate) leaving skin dry, irritated and unprotected. Hardly any of us get dirty enough to warrant needing a soapy cleanser on our torso, arms, legs, etc. By using Relief as a cleanser, the natural oils on your skin remain, the bacteria-fighting ingredients help kill the problematic bacteria, and the oils cling to oils that gunk up your pores and that gunk gets washed down the drain. Isn't that cool?

#### Apply Relief everywhere else.

Rinse. You will still be able to feel it on your skin. This is good. If you think you will need hydration, reapply **Relief** after turning off the shower but before toweling off.

Most products contain water for easy application. We don't think you should pay for that since it's virtually free. You will get the most benefit by applying **Relief** on warm wet skin.

Now, it's time to care for your face.

# Step 2 | Cleanse your face

#### Warm skin with water

Warming your skin with water allows your pores to soften. This makes it easier for debris to be cleaned out and nutrients to be absorbed through the skin.

You can do that in these ways:

- 1. Wet your washcloth with warm (not hot) water and use it to "steam" your face by holding it up to your face. Repeat a few times. Use the warm washcloth to gently massage your skin using circular movements.
- 2. Using your hands, splash warm water on your face several times until your skin is wet and warm.
- 3. Position your face under the stream of your shower to warm your skin.

Apply Relief to cleanse your face.

Massage Relief into skin using firm circular movements.

Rinse

# Step 3 | Hydrate your face

Apply Relief to hydrate your face.

Using a small amount of Relief will help add additional hydration to your face. If you find your skin is perfectly hydrated without extra, go with that.

# evening routine | teens

This routine is just a repeat of the morning and can be done whenever you shower.

# Step 1 | Cleanse & hydrating your body

Apply Clean on your pits and privates then rinse.

Soapy cleansers strip the skin of important oils (whose purpose is to protect and hydrate) leaving skin dry, irritated and unprotected. Hardly any of us get dirty enough to warrant needing a soapy cleanser on our torso, arms, legs, etc. By using **Relief** as a cleanser, the natural oils on your skin remain, the bacteria-fighting ingredients help kill the problematic bacteria, and the oils cling to oils that gunk up your pores and that gunk gets washed down the drain.

Isn't that cool?

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Apply Relief to cleanse your face.

Massage Relief into skin using firm circular movements.

Rinse

# Step 3 | Hydrate your face

• Apply Relief to hydrate your face.

Using a small amount of **Relief** will help add additional hydration to your face. If you find your skin is perfectly hydrated without applying more **Relief**, skip it.



daily routine for

# pretendent

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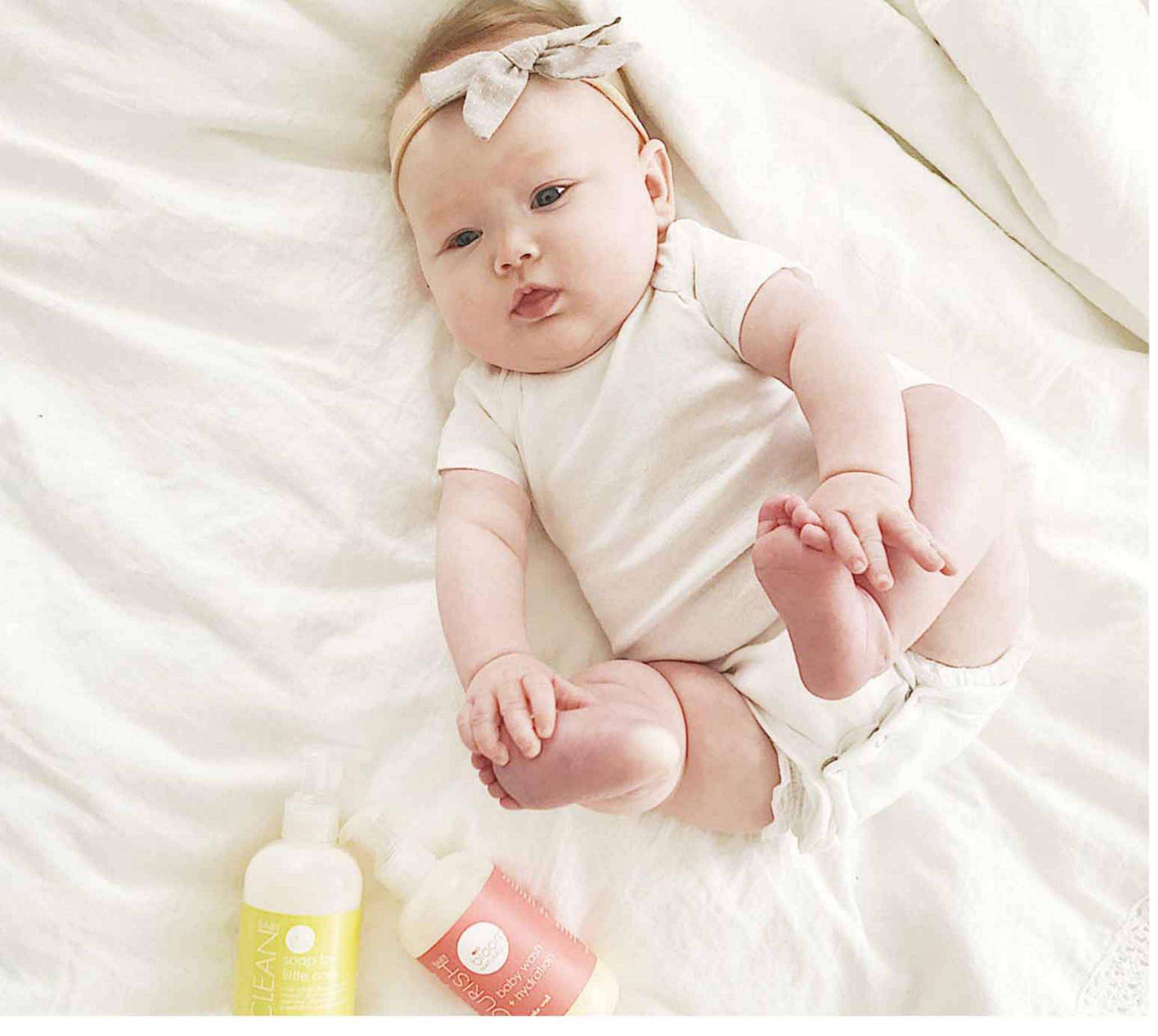
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   Massage Relief into skin using firm circular movements.
- Rinse

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daily routine for

This is easiest when giving them a bath and most can be done once per day.

# Step 1 | Cleanse & hydrating their body

- Warm skin with water. This helps open pores so they can be cleaned out.
- Apply Cleanbaby for cleaning those areas where a soapy cleanser is needed, think diaper blowout.
- Apply Nourishbaby For little bodies, Nourishbaby is going to be an all-in-one hydrating cleanser. It is made with all plant oils so it will not suds up. Apply all over their body using warm water (it goes on better that way)
- Rinse

## step 2 | hydrate

- You've already hydrated their little bodies in step 1.
- Apply Nourishbaby on little bums to help protect from diaper rash. Remember NourishBaby has antibacterial properties to keep that area clean, too. Throughout the day, use on buns during diaper changes.
- Go kiss those clean cuties.