

The Vital Image

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How to Use The Vital Image Skin Care Products

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How to Use The Vital Image Skin Care Products

Introduction

The unlocked advantage of using the revolutionary ***Skin Renewal system*** is that you will love how easily, in just a couple of minutes a day, you can gain immediate and continuous, visible improvements.

In 30 days, you and others will see your skin's health and beauty beyond your expectations--Guaranteed!

Each product is packed with natural skin enhancing plant extracts and other nutritional ingredients, including vitamins, minerals and antioxidants.

These can only be absorbed into the skin and made effective by our proprietary **Charged Organic Particles** that are **Submicroscopic (COPS)**—they do perform all the jobs of synthetic chemicals and allow us to formulate 100% earth grown formulas.

Beautify your facial skin by using the quick and easy steps below; just find your ***Vital Image product choices below and apply in the sequence suggested:***

Step 1. Cleansing

1.A. FACE & BODY WASH

Begin your routines with this detergent-free, non-drying, natural skin cleanser: For normal to oily skin, excellent for all genders and ages.

Use mornings and evenings. Those with dry skin use evenings only; mornings, use the ***Grime Fighter*** or ***Waterless Cleanser*** to refresh and prepare your skin to receive nutrients.

1. Splash your face with warm water.
2. Put about a dime size amount of the cleanser in your hand and smooth it into your skin. You will notice that the ***Face & Body Wash*** has a slippery feel but is low on suds. Make sure you cleanse under your jaw line.
3. Rinse thoroughly and pat your skin dry, **no** dragging motions to stretch the skin.

1.B. OILY SKIN CLEANSER

Gentle, natural, thorough skin cleanser emulsifies oil, helps de-clog pores, fights bacteria causing acne. Excellent releaser of black-heads, non-drying, chemical-free, natural skin cleanser for very oily skin.

Get rid of that annoying shine and greasy feeling when you cleanse with this cleanser. Also helps fight acne and bacteria causing it. Suggested only for those with very oily skin; alternate its use with the ***Face & Body Wash***.

1. Splash your face with warm water
2. Make sure you cleanse under your jaw line
3. Rinse thoroughly and pat your skin dry

4. For very oily skin only:

1.C. ACNENo

Natural, gentle; defuse acne caused inflammation, overgrowth of anaerobic bacteria of acne-prone skin. A simple, elegant solution to a frustrating problem, **AcneNo** has a terrific reputation with our “x-acne” sufferers.

- Cleanse and oxygenate inside the pore, to disarm anaerobic bacteria, preventing infection and inflammation that may cause an acne condition.
- Empower the pore to be less and less prone to future breakouts.
- Clear and beautify your skin without drying it out. Can it get any better than this?

How to Use AcneNo:

1. Wash your skin with **Face & Body Wash**,
2. Dab **AcneNo** and spread over broken-out areas,
3. As a last step in your routine, press in **Skin Oil Balancer Powder**.

1.D. BAG BUSTER

To reduce under-eye bags, chronic puffiness and fight under eye wrinkles.

Chronic under-eye puffiness is an annoying condition that can make you look tired and older even though you may feel young and refreshed.

Bag Buster takes out the bag-causing liquid, tightens the skin and returns a vitalized appearance to your eye area. Bag Buster significantly reduces under-eye bags in just about three months.

With Bag Buster the risk and expense of a medical procedure may be avoided.

We guarantee that you'll be pleased!

The unwanted lipid/liquid is virtually sucked out and with continued maintenance what your body tends to accumulate is kept out.

How to Use Bag Buster:

1. Use twice daily, morning & evening after washing with **Face & Body Wash**
2. Using the enclosed chopstick, measure out a tiny amount, about the size of the head of a pin.
3. Using your middle finger (it's the most gentle), very gently and thoroughly massage the precious dab of **Bag Buster** into your under-eye area.

Professional Tips:

- To avoid stretching the skin, use firm, short strokes as in a brushing/patting motion.
- If you want to reduce excess liquid accumulation above the eye, you can apply it there also.
- Avoid the corners of the eyes to prevent product from traveling into the eyes; it may sting.
- A light application of ***Skin Oil Balancer Powder*** also prevents product traveling into the eyes.
- You should notice some change in about a month and dramatic change in about 3 months.
- The time it takes for you to be happy with your appearance depends on the severity of your chronic puffiness, how long you have had it and how consistent your use of ***Bag Buster*** has been.

Maintenance:

- ❖ To keep the bags at bay, apply ***Bag Buster*** once a day or once every other day. It's that simple!

1.E. WATERLESS CLEANSER

Optionally, use after or instead of ***Face & Body Wash*** if you wish to avoid contact with water, or as substitute to the ***Grime Fighter*** here are some important benefits:

- **Eliminate** negative, premature aging, toxic effects from chlorine, fluoride and hundreds of other toxic chemicals contained in city water that weaken skin;
- **Ensure/verify** that you completely rid skin of excess oil, bacteria, dead skin and dirt;
- **Prepare** your skin to achieve maximum nutritional benefits from your ***Vital Image*** skin-care routine;
- **Maximize** oxygenation, alkalizing, moisturizing, nutrient absorption and protect against chemicals and pathogens. These are key to get beautiful, healthy, youthful skin.

Use ***Waterless Cleanser*** after washing skin or on unwashed skin:

1. Dampen cotton or gauze pad well with ***Waterless Cleanser***;
2. Cleanse skin using short, gentle, upward strokes;
3. Continue to replace pad or cottons until they are clean. **No need to rinse!**

4. **Rid eye makeup** by holding saturated pad to eye for a few seconds; then gently rotate.

1.F. OPTIONAL: CLAY MASQUE

Give your skin a boost with our refining **Clay Masque**

(Cool & Calm Masque may be applied using this same guide, for those with dry, red, sensitive skin):

- Detoxifies, refines pores, heightens circulation, tightens skin and exfoliates without drying;
- Skin looks smoother and firmer with healthy color.

How to use the Clay Masque or Cool & Calm Masque:

1. Wash skin with **Face & Body Wash**
2. In a small cup, mix 1/4 teaspoon of **Clay Masque** with enough drops of **Grime Fighter or Waterless Cleanser (WC)** to make a 'gravy'. For dry skin mix in 2 drops of **Lipid Complex**—a chop stick makes a great mixer;
3. Smooth the **Masque** all over your face (neck, too if you wish). Avoid the eye area above the cheek bone as the **Masque** dries very hard and pulls slightly;
4. Ideal to lie down in **face-lift position** (lie flat with your chin at a 45° angle);
5. Let dry completely, about 10 to 15 minutes depending on the weather;
6. Steam the mask off gently with a with a warm, wet wash cloth and rinse well with lukewarm water;
7. Apply **Grime Fighter** or **WC** and your other 'nourishers' as suggested below:

FREQUENCY: Oily Skin: use up to twice a week, others once a week or less.

1.G. OPTIONAL: PUMPKIN MASQUE

- Adds nutrients and exfoliates, tightens/tones, refines pores, heightens circulation, and retains precious moisture. Not for sensitive skin.

How to Use Pumpkin Antioxidant Masque

1. Coat face and neck with the **Masque**.
2. Avoid directly under the eyes and eyelids as the **Masque** may sting;
3. Leave on for about 5 to 20 minutes, depending on skin sensitivity; first time user leave for 5 minutes or less. Next time, increase time if skin allows.
4. Remove with a warm, wet cloth;
5. Continue with your normal nourishing and moisturizing routine.

FREQUENCY: For those with oily Skin: use twice a week; others once a week or less.

1.H. GRIME FIGHTER

Use this powerful, yet gentle, non-stinging-to-the-eyes liquid to set the pH of your skin, to dissolve and release toxins including chlorine and other chemicals that may be in the water and air that may damage and age your skin. The highly recommended **Grime Fighter** preps your skin to receive the powerful nutrients in the **Complexes** and **Cleopatra's Dream, Youth Factor**, etc. Everyone's skin improves with the use of **Grime Fighter**.

1. Saturate a cotton pad with **Grime Fighter**
2. Wipe away make-up, dirt; or if skin is already clean, pat-in generously to prep skin.

1.I. GLYCOLIC REFINING LOTION

Use **Lotion 1 to 3 nights a week. More frequent application may not give optimum benefits.** Your skin needs time to take maximum advantage of each exfoliation. Since skin rejuvenates between 12:00am and 4:00am, evening treatment is preferred.

- Fresh or sensitive skin: Once a week.
- Sun damaged, wrinkled and blemished skin: Up to 4 times a week:
- Eye area: Limit application to once a week--gently, never stretching skin;
- Study your skin and see if more or less often would be more effective;
- Also may benefit chest, arms, legs, elbows and yes, the hands.

How to Use Glycolic Refining Lotion

1. Shake bottle and put **3 to 5 drops** of **Glycolic Refining Lotion** in your palm;
2. Use two middle fingers to apply **Lotion**;
3. Use short, gentle strokes;
4. Let it absorb. Follow-up with your usual **Skin Renewal** routine

Note: **Lotion** may tingle or slightly sting for a few seconds but it should not irritate. If it is too strong, apply additional **Grime Fighter**. Sensitive skin may apply over **Phyto Hydrator**.

1.J. OPTIONAL: YOUTH FACTOR

For powerful anti-aging results you may follow this guide; not effective after using **AcneNo, Glycolic Refining Lotion**—Only effective when used as a first step after cleansing:

Initiation Period—*the first times you use the Youth Factor:*

1. Place about 12 drops (dime size) of **Grime Fighter** or **Waterless Cleanser (WC)** in the palm and spread over face and neck;
2. Shake **Youth Factor** vigorously;
3. Dispense 1-2 Pumps of **Youth Factor** in the palm and while the **Grime Fighter** or **WC** is still “wet” close your eyes and spread the **Youth Factor** at your eye area, including sides of the eyes, move down to the cheeks, nasal labial area, then between the nose and upper lip, proceed to area under lower lip including the chin and under-chin, then move up to the forehead, gently massage-in until the area feels tacky taking care not to stretch your skin;
4. Massage in a few more drops of **Grime Fighter** or **WC** until skin again feels tacky;
5. After waiting for a few seconds to attain complete absorption the tackiness goes away leaving you with smooth feeling skin;
6. Good option to use every precious remainder **Youth Factor** on your hand: Moisten your palm with a few drops of **Grime Fighter** or **WC** and massage on to your neck.
7. Apply the **first 4 to 6 weeks--2 times a day, am & pm.**
8. Continue with **your normal Vital Image** routine;

Maintenance:

- After **your Initiation Period** applying **nightly** as per above guide may be sufficient.
- Store **Youth Factor** in a cool place--below 100 F (40 C)--Even better in the “fridge”.

1.K. SKIN OXYGENATOR

Oxygen is a critical element to our health and life. Immediately on applying **Skin Oxygenator** to skin you may experience superbly enhanced healthy color and glow.

The aerobic (oxygen super-rich) environment created by **Skin Oxygenator**:

- Delivers oxygen and calms skin. Excellent for acne, irritation or rashes;
- Rids all skin types of harmful bacteria and pathogens that impair cell functions, thus it strengthens skin cells. A must for acne, yet, it beautifies and rejuvenates all skin types.

How to Use Your Skin Oxygenator

1. Cleanse your skin with **Face & Body Wash, Grime Fighter or Waterless Cleanser**:

2. Soak a small piece of sterile cotton with the ***Skin Oxygenator***, or pour amount into palm of your hand, pat generously using gentle, short strokes over face and let it absorb into tissues.
3. Do once to twice daily, follow up with ***C-Serum, Skin Renewal Complex or any of The Vital Image skin 'nourishers' (Pot of Gold, Cherry Yam, Saffron Complex, Cleopatra's Dream, etc.)***

STORE IN A DARK, COOL PLACE.

1.L. Wow! Oil

WOW! Oil is excellent for improving the appearance of: Crepey eyelids, under eye wrinkles, crepey cheeks, overall tone and texture of your skin.

HOW TO USE ***WOW! Oil***

The secret of ***WOW! Oil*** is to use it sparingly. After all it is oil and needs to be water soluble to work in your skin. If you use too much, the ***COPS*** (charged organic particles) in the ***Complex*** will be unable to break it down into water soluble nutrients.

1. Wash your skin.
2. Apply the ***WOW! Oil*** sparingly starting with your problem area. Start with the eye zone. Use the equivalent of 3 or so drops for your face and a couple more on your neck; 1 drop will be sufficient for both eye areas;
3. Smooth on your usual amount of ***Skin Renewal Complex, Pot of Gold, Saffron Complex, Cherry/Yam Complex, Cleopatra's Dream, etc.***;
4. ***PhytoHydrator***--You may find that you need to use less than usual. In any case, wait 30 seconds or so before using the ***PhytoHydrator***.

WOW! Oil is great to use at night to take advantage of the midnight to 4:00 am regeneration period. Or you can use it as part of your morning routine.

How often should you use ***WOW! Oil***? Every night is fine or you can skip a day or two per week. Find your own rhythm.

1.M. EXCELLENT OPTION—COLLAGEN BUILDER

For when you want to reverse wrinkles, lines, loose jowls, recapture elasticity, volume, texture, color and glow NOW!--and who would not want all this?

1. Use all products in your ***Skin Renewal Pac*** for one week, then do a patch test before your first application of the ***Collagen Builder*** as follows: Apply one drop to your cheek and let it set for 12 hours. A very small percentage of people

could experience some irritation due to the powerful anti-oxidants. If this is your case, dilute with **Grime Fighter** or **Phyto Hydrator** and try it again, if too uncomfortable discontinue use; and perhaps retry with diluted version after a couple of weeks;

2. If you have dry or sensitive skin apply the **Collagen Builder** over your **PhytoHydrator**.
3. Dispense about a dime size portion of **Collagen Builder** in your palm;
4. Smooth over your entire skin.

Great for neck & eye zone—take care that your eye zone is not sensitive to the product.

Step 2. Moisturizing, Hydrating

2.A. PHYTO HYDRATOR

This superb 100% natural herbal moisturizer for all skin types won't clog pores; targets dryness, wrinkling and delivers water and nutrients to cells. Enhances the potency of **Skin Renewal Complex** and other **Vital Image** blends; keeps skin moist as it renews itself.

1. Mist entire face and neck;
2. Pat in and leave very moist for the **Skin Renewal Complex** and or other **Complexes in your routine**;
3. You may opt to change this sequence to using the “**Phyto**” following application of your **Complexes** instead applying it before them.
4. Combine with 1 or more drops of **Lipid Complex** if your skin is extra dry.

2.B. SILICA COMPLEX

How to use your **Silica Complex**:

More dense and has more body than the **PhytoHydrator**. Great when used with the **Lipid Complex** as it enhances the moisturizer experience.

1. Cleanse your skin using **Face & Body Wash, Grime Fighter or Waterless Cleanser**
2. Mist lightly with **PhytoHydrator**,
or
3. In your palm, mix 1-2 drops of **Lipid Complex** with 1-2 sprays of **Silica Complex** and smoothe over your entire face

Options and variations:

- **Silica Complex** layers well with other **Vital Image** formulas and may enhance their performance for a change of pace which your skin may enjoy and thank you by looking more radiant.

Example: Apply your **PhytoHydrator** and **Skin Renewal Complex**, then spray and smoothe in your **Silica Complex**.

2.C. LIPID COMPLEX

Beautify and super-moisturize your skin. Fight dryness and wrinkles with just a couple of drops of **Lipid Complex** added to any Vital Image formula. This fabulous plant ester and oil blend provides a touch of richness to any of your **Vital Image** skin ‘nourishers’: **C-Serum, Skin Renewal Complex** and all of the other **Complexes including Cherry Yam, Saffron, Lift & Firm, Collagen Builder, Night Wonder, Pot of Gold Night Repair, Youth Factor, Eye Area Builder, and Cleopatra’s Dream**.

Here’s how it works:

All of our skin ‘nourishers’ are water soluble due to the magic of our unique **COPS** (Charged Organic Particles). They feed and beautify your skin. When severe conditions call for extra protection, you are in control with **Lipid Complex**. Add just a few drops to your dose of **Skin Renewal Complex** or other “nourisher”. The **COPS** in the ‘nourisher’ act on the **Lipid Complex** to make a rich, partially water-soluble nutrient to make your skin feel and look moist, smooth and beautiful!

How to use Lipid Complex:

1. Wash your skin and use the **Grime Fighter** or **Waterless Cleanser**;
2. Dispense a nourisher, including **Cherry Yam, Saffron, Lift & Firm, Collagen Builder, Night Wonder, Pot of Gold Night Repair, Youth Factor, Eye Area Builder** and **Cleopatra’s Dream** in the palm of your hand;
3. Add one or more drops of **Lipid Complex** and mix with the middle fingers of the other hand;
4. Smooth over your entire skin as you normally do;
5. Admire what you see in the mirror and enjoy how moist your skin feels!

Step 3. Rejuvenating Nutrients for your skin:

3.A. SKIN RENEWAL COMPLEX

Must be applied onto very moist skin, preceded or blend with either **Phyto Hydrator**, or a few drops of **Grime Fighter**, or **Waterless Cleanser** in the palm of your hand to mix with your dab of **Skin Renewal Complex**:

- Gently apply ***Skin Renewal Complex*** to all areas of the face, neck and other areas that need rejuvenation.
- ***Skin Renewal Complex*** is a concentrate and must be applied to very moist skin. If your skin is still feeling dry use more ***PhytoHydrator*** with it.

Step 4. Application of the Skin Enhancers:

4.A. CLEOPATRA’S DREAM, VITAL CELL SERUM, C-SERUM + MSM, CHERRY/YAM COMPLEX, AMINO COMPLEX,, NIGHT WONDER, POT OF GOLD NIGHT REPAIR, SAFFRON COMPLEX, VITAL CELL SERUM.

- Gently apply ***Skin Enhancers*** above to all areas of the face, neck and other areas that need rejuvenation. More is not better; skin should not be sticky a few seconds after application;
- You may apply more than one of the above skin enhancers as you wish; one on top of the other (stacking) during the same routine—morning and/or evening; probably not more than 4 “skin enhancers” layered in a single session; better to vary the combinations (meals) to keep your skin stimulated.

4.B. LIFT AND FIRM COMPLEX

Our objective is to have you **look in the mirror and love what you see.**

Performance has been enhanced with a more robust charge and oxygenation to give:

- Brighter Skin
- More even Skin Tone
- More Refined Pores
- Contouring for Enhanced Features such as Cheekbones
- Eyes Appear more Open
- Jaw-line and Neck look Smoother & Tighter

FAQ:

Q What is the objective of the ***Lift & Firm Complex***?

A *This cutting edge, **recently upgraded** formulation has been developed to fight wrinkles and flaccid skin and win!--It lifts the face and firms the skin.*

Q How long will it take for me to see results?

A *Most users break the skin "aging barriers" in 30 days and quickly move into the tightening phase in another 30 days. Following the 60-day period you move into the maintenance program as indicated below.*

Q What kind of results can I expect?

A *Users notice a lift of the brow and eyelids, a tightening of the jaw line & neck. Very noticeable results in 90 days*

Q Does **Lift & Firm** replace any of the other complexes?

A **No.** *The specific function of this complex is to **Lift & Firm**. The nutrients in the other **complexes** are essential to maximum skin health and beauty. **Not a moisturizer.** Mist **PhytoHydrator** for proper skin moisture.*

Q Why may the **Lift & Firm** sting my skin at first?

A *Active, rapid penetration of more powerful, undiluted ingredients may cause some stinging for a few minutes for the first several times you use the new **Lift & Firm**. Customers tell us that it is well worth it to attain such much greater results so quickly and for the long run.*

SUGGESTED USE of *Lift & Firm*:

1. Cleanse with the **Face & Body Wash and Grime Fighter** or **Waterless Cleanser**;
2. **Massage in using brisk strokes**;
3. **Coat your entire face and neck, including the eye area with Lift & Firm, avoiding the lips**;
4. **Mist with PhytoHydrator. Lift & Firm is not a moisturizer and requires extra moisture to keep your skin balanced**;
5. Apply as above twice a day until you are satisfied with the firmness of your face and neck—usually about a month. To maintain, apply 2-7 days a week as desired.

NOTES:

The new, more active **Life & Firm** may cause stinging that lasts for a couple of minutes, especially the first few times you use it. You may want to **AVOID DIRECT CONTACT WITH THE LIPS**, especially at first.

To **EFFECT A PEEL**, massage a generous amount of **Lift & Firm** onto clean, bare skin. Avoid the lips. This application on to bare skin may sting. The next night exfoliate with sugar mixed with **Face & Body Wash**.

The New **Lift & Firm** is not a moisturizer. Be sure to mist **PhytoHydrator** to keep your skin feeling moist and to fully activate this powerful rejuvenator.

You should now look in the mirror and love what you see! Use **Lift and Firm** according to the skin needs you observe. Many find that more or less than 3 evenings a week may be adequate. An effective maintenance option is once a week, two nights in a row.

Step 5. Using your Skin Oil Balancer

5.A. SKIN OIL BALANCER

Superb product does many jobs. It seals in water (outstanding results for problem skin), absorbs excess oil, keeps pollution and bacteria off and aids in preventing infection from spreading. ***Skin Oil Balancer*** keeps the pores open and breathing in essential oxygen and expelling carbon dioxide and other waste materials--all types of skin benefit from "***Balancer***".

If your skin is not too irritated, wash with sugar or baking soda 2 to 3 times a week; see below.

HOW TO USE *Skin Oil Balancer* is simple:

Use it morning and night to control oily and acne skin:

1. Dispense a small pile in the palm of your hand;
2. Work a sterile cotton ball around your hand to absorb the powder; then
3. Press into your skin, paying special attention to breakouts and oily areas;
4. If you get oily during the day, blot your skin with a tissue and reapply ***Balancer***;
5. Frequent washing is O.K. for the first couple of weeks, but not after that. Just wash morning and evening. During the day, blot and reapply your ***Balancer***;

With this method you are re-educating your skin to be calm, not to break-out and not to over-produce oil;

DIET: Problem skin does not tolerate sugars, including too much fruit. Avoid caffeine and carbonated beverages; drink plenty of water instead. Avoid oily and greasy foods; eat natural food. Reduce dairy and animal products, drink 1 ounce of water a day for each 1/2 lb. of weight.

Many find that taking acidophilus creates a healthy intestinal track and helps to keep toxins from coming out on the skin. Give us a call if you need any help!!

5.B. SPECIAL GUIDE FOR PROBLEM SKIN

Acne & oily skins have special needs. The following ideas will help clear your skin and control excess oil.

Do this routine morning and evening:

1. ***Face & Body Wash*** or ***Oily Skin Cleanser***: Wash your skin, rinse and pat dry;
2. ***Grime Fighter OR Waterless Cleanser/Toner***: Use to neutralize potentially irritating toxins such as chlorine and to deep cleanse pores and set the pH;
3. ***Skin Oxygenator***: Dispense into palm and pat in, saturating the entire affected area, allow it to dry;
4. ***AcneNo***: Directly apply to pimples and breakouts.

5. **PhytoHydrator**: Mist your skin by holding the sprayer close & doing ½ pumps. Let absorb;
6. **Skin Oil Balancer**: Superb product does many jobs. It seals in water (very important for problem skin), absorbs excess oil, keeps pollution and bacteria off and aids in preventing infection from spreading. **Skin Oil Balancer** keeps the pores open and breathing in essential oxygen and expelling carbon dioxide and other waste materials--all types of skin benefit from **Balancer**.

If your skin is not too irritated, wash with sugar 2 to 3 times a week.

The ESSENTIALS for problem skin are: *Skin Oxygenator and Skin Oil Balancer*. Also excellent are: Colloidal Silver, C-Serum.

Do: *Become a fanatic about doing your routine*

Don't: *Touch your face unless caring for it*. Touching worsens breakouts, spreads infection.

Step 6 SunShield Moisturizer—the last step of your routine.

6.A. SUN SHIELD MOISTURIZER ANTIOXIDANT LOTION'S BENEFITS

- Fights free radicals leading to wrinkles, with grape seed and other antioxidants;
- Moisturizes skin to fight against skin damage caused by dehydration;
- Has NO chemicals, NO petroleum, NO synthetics, fillers, etc.--100% natural;
- Each ingredient is a skin nutrient;
- Use it every day indoors and outdoors--it's a great skin rejuvenator;
- Allows skin to repair damage from UV exposure faster than it occurs;
- Nutrients repair, protect, rejuvenate and beautify skin incredibly!

6.B. GUIDE FOR USING SUN PROTECTION

1. Shake **Sun Shield Moisturizer** thoroughly & vigorously to disperse minerals;
2. Massage lightly, yet thoroughly into all areas of the face, eye zone, chest, arms, hands, neck and ears 2 minutes before you leave home to prevent burning from initial exposure to the sun's rays and 3 min. before water sports;
3. Use alone or as a last step in your skin-care routine, reapply every one to two hours if in the sun;
4. Reapply **Sun Shield Moisturizer** before burning starts when you are in the sun for long periods;
5. Lighter skins on hotter days should apply **Sun Shield Moisturizer** more often;
6. Winter or summer sun protection is vital, use **Sun Shield Moisturizer** year-round;

For full penetration allow 15 minutes before makeup.

Suggestions for high, extended sun exposure:

1. Apply your **SunShield Moisturizer**
2. Wait 5 minutes;
3. Apply high SPF commercial sun screen on top;
4. Now that you have maximum protection, Sunshield protects your skin from absorbing the chemicals contained in the commercial product.

6.C. IMPORTANT GUIDE FOR THE FIRST WEEK

The **Skin Renewal Pac** will give you new skin in about a month. You will, however, notice immediate improvements.

- You will look more radiant as your skin color, tone and texture are vitalized;
- You will discover the beauty of healthy skin and look younger week by week;
- Your face will communicate health and success to yourself and to others;
- Due to more rapid cell turnover (a quality of young skin), you may want to exfoliate regularly to polish the skin surface, ridding it of dead, dulling, pore-clogging cells.

6.D. HOW TO EXFOLIATE YOUR SKIN (THE FIRST WEEK AND EVERY WEEK THERE AFTER)

Part of **your weekly** routine (1 to 3 times a week as needed):

1. Splash face with water;
2. Mix a spoon of sugar or baking soda & a good drizzle of **Face & Body Wash** in your palm;
3. Mix together with your wet fingers to form a paste;
4. Very gently glide (don't scratch) the mixture over your entire wet skin and then rinse thoroughly;
5. Repeat this special routine as often as necessary to keep your skin clean of dead cells, but generally, no more than 3 times per week.