



Deep Cleansing Facial Instructions

Be sure and do the MASK ONCE A WEEK! *It will remove plaque buildup from makeup, dead skin cells, oil, and dirt that is embedded in your pores. This buildup causes large pores and prevents absorption of the skin renewing nutrients that are in the BBWI Renewal treatment and repair products! The Mask should be done every week to keep pores clean and small.*

Before going to bed fill a 2-quart stew pot 3/4 full of water. Bring to a boil and add 1-3 chamomile tea bags.

(Optional)

Remove from heat. Drape a towel over your head to make a tent. Put your face over steaming water, leaving an opening to allow the steam to escape. It should feel soothingly hot. (Make opening bigger if it's too hot.) Do this for 10 minutes. ***This will soften hardened plaque/sebum that is blocking your pores.*** Blot your face dry with a towel.

(1) Mix 1 teaspoon of Deep Cleansing Mask powder with 1 teaspoon of Aloe Activator on a saucer or small bowl. Make a paste mixing with your fingers mashing out lumps. Rub over entire face, and throat. Lay back and relax for 15 minutes. Don't talk or move facial muscles. You'll feel a tightening and drawing sensation. (As it tightens it may itch. This is normal.) **The mask will draw out impurities from your pores so they can shrink back to smaller size.** In order to remove mask, splash with tepid water. Cleanse with the **BBWI Renewal Cleanser**.

(2) Microdermabrasion Skin Resurfacing Crystals should be used at **least twice per week** and can be done before the mask. Apply a nickel size amount to a clean damp face. Massage in to skin in a small circular motion for **20 to 30 seconds**. (This can itch as it is aggressive in removing dead skin cells, it is only temporary) Rinse thoroughly. ***For a less aggressive approach, mix dime size amount of micro with dime size amount of cleanser. Rub on face in circular motion for 15-30 seconds.*** This can be done daily for a flawless complexion. **Great for reduction of acne.**

(3) BBWI Pro Enzyme peel can be used once per week. Apply to very clean, dry skin. Lather 2 times and rinse. Leave on for 10 minutes. Wash and rinse thoroughly. Skin will feel dry and tight. Apply serum and Hydrating Nourisher. **Great for sun damage, acne, and mature skin.** This will increase collagen synthesis and thicken skin over time, providing a dewy, fresh look and feel.

(Daily) After cleansing, apply **BBWI Renewal Serum** over entire face and throat, including eye area; follow with the Renewal Complex/ Hydrating Nourisher or the Face Firmer, over entire face, and throat. Use the Eye Firmer around the entire eye area. (The Hydrating Nourisher is designed for normal to dry skin. The Renewal Complex for normal to oily skin and the Face Firmer for all skin types) you can mix any of them or use them alone. **Always use the Serum first** as it absorbs into the deepest layers of skin preparing it to receive the other treatments.

(Note: Renewal Toner and Serum may temporarily promote circulation; therefore you may notice a slight reddening of your skin. This will go away within a few minutes after application.)

AM: Wash with Renewal Cleanser followed by the Toner, Serum, Eye Firmer, Hydrating Nourisher, Complex and or Face Firmer and or Day Protection. Use Eye Firmer both day and night. **It is an excellent primer for eye makeup.** Normal to dry skin-apply Serum, Eye Firmer, Hydrating Nourisher or Face Firmer, Day Protection, and make-up as usual. (Oily skin-Serum on entire face, Day Protection. **(Severe acne use serum alone.** If you feel you need some hydration use the Renewal Complex or the Day Protection sparingly)

PM: Wash with Renewal Cleanser and follow with Toner, Serum, Eye Firmer, Hydrating Nourisher/Renewal Complex/ and or Face Firmer. **Acne or very oily skin apply Serum only ,if more moisture is needed, use Renewal Complex sparingly.**

Cleanse skin damaging toxins from your liver and colon with Mega Cleanse, add skin saving **Mega Nutritional System** multi vitamins, and the powerful antioxidants in **Nu Born Skin Capsules** every day. (See detailed information on these products on the proceeding pages.) **You will have the most radiant skin imaginable!!**

These products are designed to be used in any combination according to personal preference and skin type.