

SBT A Natural Way Of Being

SBT Seabuckthorn ... Synonymous with Beautiful Skin ...

ACNE STARTER KIT

DIRECTIONS FOR USE

For best results use our Seabuckthorn products **exclusively** for the duration of the SBT Acne Treatment Program. Use only your fingertips to cleanse and apply our oil. No scrubs, face clothes or exfoliating fabrics should be used during this time. Treat your sensitive skin with the most tender care. Pat don't rub!

ACNE TREATMENT – INSIDE

SBT Seabuckthorn Seed Oil Capsules

Sensitive or reactive skin is often deficient in Omega Fatty Acids. Start your day with a full gram of our SBT Seabuckthorn Seed Oil Capsules - two capsules with your morning meal will do it. Not only is your skin receiving the Omegas, it is also being nourished by Tocopherols, Phospholipids and Phytosterols.

ACNE TREATMENT - OUTSIDE

Start with the SBT Seabuckthorn Seed Oil

For the first three or four days we recommend that you do not use any make up on your skin and that you cleanse with warm water only and lightly pat dry. Shake the oil into the palm of your hand and apply gently to your face. Do not rub the oil into your skin but pat it on for full and complete coverage. Be sure to use enough to ensure that you are moisturizing your skin. Our SBT Seed Oil is very fine and absorbent and will leave your skin feeling soft and silky with no oily residue. The oil should absorb fully in several minutes after which you can apply any foundation or cover-up.

On the third day begin using the SBT Seabuckthorn Tea Bar. Start by splashing your face with warm water to prepare for cleansing. Suds up the SBT Tea Bar in your hands and gently wash your face. Be sure your face remains very moist while cleansing. Thoroughly rinse your face using just warm water. Gently pat dry with a soft cloth. Cleanse twice a day and apply oil as directed above after each cleansing.