

# **SBT** A Natural Way Of Being

## SBT Seabuckthorn ... Synonymous with Beautiful Skin ... **Two Month Acne Treatment Program**

### **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 Tea**

Two cups a day of this nutrient rich beverage made from the leaves of the Seabuckthorn plant will support all the other components of the program. High in protein, minerals, vitamins and anti-oxidants, this tea is a potent anti-oxidant and anti-inflammatory.

#### **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.

#### **SBT Seabuckthorn Flavone Capsules**

Our Flavone capsules contain nutrients from the berry and leaf of Seabuckthorn. In the second week of the program you can introduce the anti-oxidant, anti-inflammatory activity of the Flavone capsules by taking one a day. High in the flavonoids quercetin, kaempferol and isorhamnetin, these capsules will begin to calm the skin's inflammation from the inside out.

#### **SBT Seabuckthorn Fruit Oil Capsules**

Loaded with over 15 skin protecting and nourishing carotenoids, phytosterols and polar lipids as well as up to 35% of the rare Omega 7 this oil from the Seabuckthorn berry nourishes the skin at the cellular level. Start with one a day of the Fruit Oil capsules in week two of your program.



## **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.

### **SBT Seabuckthorn Tea Cream**

After about 10 days to two weeks you can slowly start introducing the SBT Seabuckthorn Tea Cream as an excellent moisturizer. Apply a light coating to face and throat and gently pat it in with fingertips. Leave for several minutes and apply foundation or cover-up if required. If there is any reaction to the Tea Cream discontinue use for the time being and return to the basic program until your skin is fully recovered.

SBT Seabuckthorn is in the forefront of natural skin care products that are formulated for taking care of your skin from the Inside to the Outside.