



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

Rosacea Starter Program

Directions For Use:

For best results use our Seabuckthorn products **exclusively** for the duration of the SBT Rosacea 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!

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. Gently rub the oil in with your fingers until you have achieved 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.

After three to four days begin using the SBT Seabuckthorn Berry Bar. Start by splashing your face with warm water to prepare for cleansing. Suds up the SBT Berry 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 Seed Oil Capsules

Sensitive or reactive skin is often deficient in Omega Fatty Acids. Begin each day of your program 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 Carotenoids, Tocopherols, Phospholipids and Phytosterols

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.