

SBT A Natural Way Of Being

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

Two Month Rosacea Treatment 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!

ROSACEA 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.

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ROSACEA 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.

After two to three 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 Berry Cream

After about three weeks you can slowly start introducing the SBT Seabuckthorn Berry 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 Berry 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.