

# How to Use Our Beauty Systems

## Step 1- Cleanse - OilBlends - Tea Tree Oil Treatment.

Heals the skin, helps control acne and bacteria. Use before and after hair removal to help heal ingrown hair problems and help stop breakouts.

- Wash face with warm water (to open pores)
- Soak a cotton pad with warm water
- Squeeze out excess water
- Add 5 drops of OilBlends Tea Tree Oil Treatment to the damp cotton pad
- Wipe face and neck thoroughly with pad until all dirt and residue is removed
- Rinse off thoroughly with warm water
- Apply once a day, every other day

## Step 2- Wash - Soaps That Heal - Turmeric Natural

**Lightening Bar** - Fades skin for a more visibly, brighter, even skin tone.

1. Wet face with warm water
2. Rub soap directly into clean hands
3. Work soap into a lather and apply to your face with your hands
4. Lather face thoroughly
5. Gently massage in a circular motion for about 30 seconds
6. Thoroughly rinse with cold water (to close pores)
7. Pat Dry
8. For best results apply twice daily, in the morning and at night before going to bed

## How to Use the Turmeric Aloe Exfoliating Facial Scrub:

Use the Turmeric Aloe Exfoliating Facial Scrub in combination with the Turmeric Soap to help exfoliate dead skin, clean the pores and control acne and problem skin. **Instead of using a hard spin brush which can be damaging to sensitive and inflamed skin.**

**After washing the key to healthy looking skin is proper moisturizing**

## Step 3- Moisturize - Uncle Benney's - Vitamin E Crème /

**Vitamin E Extreme Crème / Turmeric Butter** - Helps to remove dark spots and clear up your face, neck and body. Use as a daily moisturizer to help protect, repair, and improve the appearance and smoothness of your skin.

- Apply a dime size amount of the Crème / Butter to face and rub in a circular motion
- Product will absorb quickly, use as needed for extremely dry skin
- For best results apply twice daily, in the morning and at night before going to bed
- Can be used under make-up

**Important:** We recommend using the **Turmeric Natural Lightening Butter** as a Facial Mask 2 to 3 times a week to help heal hyperpigmentation and inflamed skin.

Turmeric has natural anti-inflammatory and antioxidant healing properties that help to reduce skin hyperpigmentation and inflammation. When the Turmeric Lightening Butter is used as a **Healing Facial Mask** it can help speed up the skin healing, lightening and brightening process.

## Step 4 - Option 1: Use the Turmeric Butter as a Night Time Turmeric Face Mask:

1. Wash face with the Turmeric Soap as instructed in Step 2
2. After washing, apply a thin layer of the Turmeric Natural Lightening Butter to clean face
3. Gently massage into face in a circular motion
4. Leave on for 10 to 15 minutes
5. Thoroughly rinse off with warm water
6. Pat dry with a soft towel.
7. In the morning return to steps 1 to 3

**Note: When doing the face mask, you do not need to use the Vitamin E at night.**

## Step 4 - Option 2: Use the Turmeric Butter as a facial night cream:

**Do not apply anything else to the face. The skin will feel dry and tight after using the Turmeric Butter. That is okay. This allows the skin's natural oil to flow and moisturize the skin, naturally while you sleep.**

**Caution: Discontinue use of any other products while using our system to prevent any product interaction.**

Once you start to use the system feel free to update us on your progress so that we can suggest any necessary adjustments.

We recommend doing a patch test or sensitivity test before using the product

**Tip:** Unscented Baby Wipes are great to use to remove makeup, dirt and oil from the face

**Consistency is the key to healthy, beautiful Looking skin. Our skin did not get this way overnight.**

**Internal Nutrition to Flush Your System:** Try taking 1 tablespoon of Pumpkin Seed Oil or Flax Seed Oil daily for 21 days to detox your body and normalize the skin. Both oils are rich in Vitamin E, Antioxidants and Omega 3 and 6 fatty acids which help to maintain smoother, healthier skin.

**Note: For any of our Starter Kits follow: Steps 2 and 3.**

**WE WANT YOU TO LOVE YOUR SKIN AGAIN!**

Plant-Based Beauty Solutions for Normal, Dry or Problem Skin – Products That Work  
**UncleBenneys.com | SoapsThatHeal.com | OilBlendsproducts.com**