

# Quick Reference Guide

## Maintain Healthy Looking Skin In 3 Simple Steps

### Step 1: Cleanse

#### Using OilBlends - Tea Tree Oil Treatment

Helps Heals inflamed skin, Facial Hyperpigmentation, Control Acne and Pimples and Black head

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

### Step 2: Wash

Using Soaps That Heal – Turmeric Natural Brightening / Lightening / Toning Bars -

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

### Step 3: Moisturize

Using Uncle Benney's - Vitamin E Crème, Vitamin E Extreme, Vitamin C2, or Turmeric Butter - Helps to remove dark marks and spots, 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

We hope you are having great results with our products. Let us know your results. Email us at: [info@oilblendsproducts.com](mailto:info@oilblendsproducts.com)  
[UncleBenneys.com](http://UncleBenneys.com) | [SoapsThatHeal.com](http://SoapsThatHeal.com) | [OilBlendsproducts.com](http://OilBlendsproducts.com)

## How to do a Turmeric Scrub

### 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.**

1. Gently massage in a circular motion
2. Leave on for 2 to 3 minutes
3. Thoroughly rinse off with warm water
4. Pat dry with a soft towel
5. Gently massage in a circular motion
6. Leave on for 2 to 3 minutes
7. Thoroughly rinse off with warm water
8. Pat dry with a soft towel

## How to do a Face Mask:

We recommend doing a face mask 2 to 3 times a week – Using Turmeric Butter, Vitamin E Crème, Vitamin E Extreme, or Activated Charcoal Purifying Butter

1. Wash face with the Turmeric Soap as instructed in Step 2
2. After washing, apply a thin layer of the Activated Charcoal Face Mask to clean face
3. Gently massage 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. Moisturize with Uncle Benney's Turmeric Butter

## Beauty Tips:

- **After washing the key to healthy looking skin is proper moisturizing**
- **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 or cotton pads 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.

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