

SEACRET SKIN CARE REGIMENS

Our products do not claim to be a cure for skin diseases. However, we have had clients experience improvement in their symptoms regarding the following conditions. Results may vary.

Acne Severe (1-3 months)	Daily: Mud Soap, Peeling Gel (If too irritating 2x/week), Essential Moisture Face Cream 3x/week: Mud Mask
Acne Mild (1-3 months)	Daily: Mud Soap, Blue Line Face Serum, Essential Moisture Face Cream 3x/week: Mud Mask
Microcistic Acne (tiny acne on forehead areas)	Daily: Mud Soap 3x/week: Mud Mask on forehead (leave 2 hours)
Back Acne	3x/week: Mud Soap, Body Mud Back or dilute Clarifying Mud with water.
Eczema Hands	Daily: Salt and Oil Scrub and Body Butter
Eczema Body	Daily: Mud Soap, Salt and Oil Scrub and Body Butter
Baby Body Eczema	Daily: Wash with mineral Salt water (1 table Spoon) with warm water, Body Butter
Baby Face Eczema	Body Butter or Blue line serum
Oily Rosacea	Daily: Mud Soap, Toner, and Blue Line Face Serum
Dry Damaged Rosacea	Daily: Cleansing Milk, Toner, Blue Line Face Serum, Intensive Moisture Face Cream
Body Psoriasis	Daily: Salt and Oil Scrub, Body Butter 2x/week: Bath with Mineral Bath Salt (2 Tablespoons)
Body Psoriasis severe	Daily: Salt and Oil Scrub, Body Butter, 2x/week: Bath with Mineral Bath Salt (2 Tablespoons) 3x/week: Mud Mask over affected areas
Scalp Psoriasis	Daily: Mud Shampoo, Mud Conditioner, Mineral Salt (mild exfoliation over lower neck, upper neck areas)
Athlete Foot (Tinea Pedis)	Daily: Soak warm water with 2 tablespoons of Mineral Bath Salt 5-10 minutes, Salt and Oil Scrub, Foot Cream (with Tea Tree Oil)
Brown Spots	Daily: Mud Soap 3x/week: Peeling Gel, Clarifying Mud Mask (over affected area and leave overnight)
Dark Circles	Daily: Blue Line Eye Nutrition (am/pm)
Dark Circles + Anti-Aging eyes	Daily: Green Line Eye Serum (am/pm), Green Line Eye Cream (am/pm) (apply in circular motion from inside nose to outside and around eyes with gentle massage pressure)
Basic Skin Care Regimen (Dry to Normal)	Daily: Cleansing Milk, Blue Line Face Serum, Intensive Moisture Face Cream, Blue Line Eye Nutrition
Basic Skin Care Regimen (Oily)	Daily: Mud Soap, Blue Line Eye Nutrition , Blue Line Moisturizer
Anti-Aging Skin Care (Dry to Normal)	Daily: Milk Cleanser, Toner, AD Face Serum, AD Face Moisturizer, AD Eye Serum, AD Eye Cream 1x/week: Recover, M4
Anti-Aging Skin Care (Oily)	Daily: Mud Soap, Blue Line Face Serum, AD Eye Serum, AD Eye Cream 1x/week: Recover, Mud Mask
Turkey Neck	Daily: Body Butter in neck area 1x/week: Recover (optional)