

# How to match My Goodness Deodorants™ versions to your skin?

## Two simple steps to get the best results:

1. Determine your skin type and sweat level, see the tables below.
2. In your first order, get these two deodorants:
  - a. My Goodness™ Soothing Deodorant.
  - b. The **Try first** recommendation for your skin type and sweat level.

### ✓ Deodorant strength recommendations for sensitive skin:

For Sensitive Skin	Sweat or Odor level	My Goodness™ Soothing Deodorant	My Goodness™ Deodorant Lite	My Goodness™ Deodorant Regular
	Low	<b>Try first</b>		
	Moderate	<b>Try first</b>		
	High	Always Have Available	<b>Try first</b>	



A Household name for health and wellbeing

### ✓ Deodorant strength recommendations for normal skin:

For Normal Skin	Sweat or Odor level	My Goodness™ Soothing Deodorant	My Goodness™ Deodorant Lite	My Goodness™ Deodorant Regular	My Goodness™ Deodorant Max	My Goodness™ Deodorant Ultra
	Low	Always Have Available	<b>Try first</b>			
	Moderate	Always Have Available		<b>Try first</b>		
	High	Always Have Available			<b>Try first</b>	

### Notes and helpful tips to get the best results:

1. If you are using the **My Goodness™** Deodorants for the first time, start with the table recommendations and get the deodorant version that says **TRY FIRST** or the **REGULAR** strength version for your skin type. The blue and green cells in the table show the recommended range for your skin type and your weather/ climate conditions. **Always apply the deodorant on the entire area including hair.**
2. **After using the deodorant for a few days**, if you need to reapply the deodorant a few times a day, try the next stronger deodorant strength. If the higher deodorant version is too strong, you can dilute the deodorant dab with a drop or two of water and then apply and cover the whole skin area with a thin layer including the hair if present, use your fingers or the applicator to apply and massage until absorption.
3. Use the **My Goodness™ Soothing Deodorant** as the household all-purpose skin rescue and use in the following cases:
  - ✓ After shaving/waxing armpits and any sensitive areas while deodorizing for 12-24 hours. Use on razor bumps on face, neck, legs & body.
  - ✓ First aid for irritation, use the Soothing Deodorant™ to calm any irritation, razor bumps, diaper rash, minor burns and help restoring the skin to normal condition quickly, accelerate skin healing and promote healthy skin.
  - ✓ While skin is cleansing toxins and showing sensitivity.