



RASASARA SKINFOOD

ayurvedic skin care



----- *Rasa Derm Advanced Daily Treatment Pack* -----

This advanced daily treatment pack offers cooling, calming and healing effects to your skin through Ayurvedic science - a 5000 year old system of healing that understands the nature of the elements and how they can be used to heal the body. All ingredients are gentle, calming, cooling, 100% natural and edible.

Directions for Rasa Derm Advanced Daily Treatment:

- Step 1:* Lie down on a towel in a comfortable, peaceful room. Play your meditation tape or your favourite music if you wish.
- Step 2:* Spray the mapped area with the Hydrating Mist before sprinkling the clay (using the tea infuser ball) over the area (the mist helps the clay to adhere to your skin).
- Step 3:* Rest for an hour, or however long you can.
- Step 4:* Remove clay with a very soft, damp cloth (muslin is good). As you move through the weeks of your radiotherapy sessions you may need to go into the shower and stand with your back to the shower rose to allow the water to wash the clay off. The water needs to be a comfortable temperature but not too hot, cooler is better.
- Step 5:* Pat your body dry with a very soft towel to avoid dragging your skin.
- Step 6:* Spray Hydrating Mist 6 times into the palm of your hand. Add 2 drops of Face Nourishing Oil and combine by rubbing palms together. Apply mixture to the mapped area. This method ensures the products are readily absorbed by your skin and provides optimum moisturisation. Please adjust amounts as necessary for your skin i.e you may need more pumps of the Hydration Mist added to the Face Nourishing Oil to make a lighter, more fluid mixture to apply to your sensitive skin. You may choose to apply the Gentle Eye Gel | Makeup Remover instead as it is more readily absorbed and may be more convenient.

When to apply your products

Apply* after your radiotherapy session. Never apply products to your skin immediately before your daily radiotherapy treatment.

*You can apply the products for up to 4 hours before your radiotherapy session. This allows enough time for complete absorption of Rasa Derm to occur. Four hours is the standard timeframe set by most radiotherapy clinics but please check with yours as some may differ slightly with their timeframes.

Rasasara products are handmade in Surrey Hills, Victoria. Australian made and owned. Cruelty Free accredited.

www.rasasara.com