



RASASARA SKINFOOD

ayurvedic skin care



----- *Rasa Derm 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 Daily Treatment:

- Step 1:* Lightly spray your skin with the Hydrating Mist after your radiotherapy session and before you get dressed (in the dressing room).
- Step 2:* When you get home lightly re-spray the mapped area with the Hydrating Mist and apply the Gentle Eye Gel | Makeup Remover. It would be beneficial to do this several times throughout the day after your radiotherapy session.
- Step 3:* Before going to bed place several drops of the Face Nourishing Oil into your palm, spray the Hydrating Mist three times onto the oil and mix together in your palms - 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 Hydrating Mist added to the Face Nourishing Oil to make a lighter, more fluid mixture to apply to your sensitive skin.

Note: You may also apply Step 3 throughout your day if you would like to.

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.