

The following table represents specific skin conditions and remedies.				
<u>Skin Condition</u>	<u>Part of Body</u>	<u>Product</u>	<u>Application</u>	<u>Frequency</u>
stretch marks	abdomen	massage bar, body butter	Hold Massage Bar in hands for a couple of minutes to warm. The bar melts at body temperature. When bar gets soft apply in a circular motion on the area.	at night
minor aching muscles and pains	arms, legs	bee balm body rub	Apply on aching muscles	at night and when needed
extra rough area	elbows, hands, legs, arms	body butter .	Apply Body Butter generously. The body butter a take a few minutes to soak in.	at night and in the morning
moderately dry skin:	entire body	body whipped cream	Apply Body Whipped Cream over dry skin area	as needed
psoriasis or eczema relief	entire body	natural soap with oatmeal, sugar scrub, bee balm body rub, body butter	For relief use oatmeal based Handmade Soap to cleanse the area and Sugar Scrub to exfoliate and moisturize the skin. Then use Bee Balm Body Rub for additional moisture and soften the skin. As skin improves, use Body Butter to keep the skin moisturized.	daily
minor cuts and abrasions, minor scratches, including scratches that draw blood	entire body	bee balm body rub	Apply in circular motion on affected area	twice a day or as needed
relief form insect bites:	entire body	bee balm body rub	Apply in circular motion on affected area	twice a day or as needed
scars	entire body	body butter, massage bar	Use Body Butter or Massage Bar to keep the skin moisturized.	daily until skin improves
sunburn and minor irritations:	entire body	parfait	Dip two fingers or spoon into Parfait. Apply liberally on affected area	twice a day or when burning sensation
rashes	entire body	bee balm body rub, body butter	Initially apply Bee Balm Body Rub in a circular motion on the rash. Then as rash improves apply body butter.	apply bee balm body rub twice a day until condition improves than apply body butter once a day
insects including mosquitoes and gnats	entire body	bug-a-boo	Spread on exposed (not covered by clothes) skin. Reapply when needed. Also acts a skin conditioner with cream based moisturizing ingredients.	Ten minutes prior to going outside and reapply as often as needed
natural sun protection:	entire body	shea lotion, face cream, lip butter, massage bar, natural soap	Apply on exposed body part prior to sun. When use daily Lotion and Natural Soap will condition skin to tolerate sun's rays.	daily or as needed
maintain healthy skin	entire body general maintenance	natural soap, hand & body lotion and cream	Use Natural Soap during shower of bathing. Apply Lotion over entire body. Apply Cream for slightly drier/rougher areas.	daily
dry, lines or general maintenance	face	face cream	Use a teaspoon or so and rub it in	twice a day, morning and night
dry facial skin due to dry climates	face	face cream, body butter	Apply Face Cream generously. If skin is extra dry, you may need to use Body Butter. Initially the skin may feel oily but will soak in within minutes.	daily to twice daily
chapped, blistered or cracked lips, cold sores	face/lips	lip butter	roll on the lips	as needed
athlete's foot, blistered, cracked or calloused feet and heels	feet	sugar scrub, foot balm	Initially exfoliate using Sugar Scrub. Apply Foot Balm in a circular motion on	daily

