

Sea Calm Skin™

HOW TO USE YOUR AT-HOME TREATMENT SYSTEM

YOUR PRODUCTS FOR DAILY USE

- 🧴 **Daily Rebalance Gentle Body Wash + Shampoo**
Apply to cloth, loofah or hands and lather to gently cleanse hair, scalp and body, rinsing thoroughly.
- 🏠 **Daily Restore Moisture-Lock Body Cream**
Apply from head to toe as needed.
- 💊 **Daily Rebalance Healthy Probiotic**
Take 1 capsule on an empty stomach once per day.



🧴 **Daily Rebalance Gentle Body Wash + Shampoo**

🏠 **Daily Restore Moisture-Lock Body Cream**

💊 **Daily Rebalance Healthy Probiotic**

CARING FOR YOUR FLARE-UPS

- 🩹 **Itch Relief Instant Cooling Spray**
Apply to affected area(s) up to 3 times daily for a maximum of 7 consecutive days.
- 💧 **Trouble Spot Relief Intensive Hydration**
Use this intensive hydration to soothe severely dry trouble spots 2 to 3 times daily for the next 23 days.








🩹 **Itch Relief Instant Cooling Spray**

💧 **Trouble Spot Relief Intensive Hydration**

AN EASY WAY TO TRACK YOUR FLARE-UP PRODUCT USAGE

Just log your start date for Itch Relief Instant Cooling Spray (for each body zone treated). After 7 days, log the date you switch to Trouble Spot Relief Intensive Hydration so you stay on track for the next 23 days. Easy, right?

YOUR MONTHLY TRACKER

BODY ZONE (e.g. left elbow)	START DATE  Itch Relief Instant Cooling Spray	START DATE  Trouble Spot Relief Intensive Hydration
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