

GlowWhite (Body Program)	Patient Name
Notes	

1. Read This First

1. **Apply sunblock at least twice a day.** Once in the morning, 30 minutes before heading out, and once more during lunch time. Apply a generous amount and re-apply if there is continuous sun exposure.
2. **Do not mix with any other creams** not listed on this sheet. Mixing with other brands or creams may cause skin irritation and other adverse reactions.

2. How to apply the products

How to apply PureGlow to your body

1. Squeeze a generous amount onto your left palm.
2. Use fingers to apply to areas to be treated.
3. Gently and evenly cover the entire area in a circular motion.
4. Leave to dry for about 10 minutes.
5. Use a wet cloth or use your hands to gently rinse off the mask.
6. Rinse off with a gentle circular motion and gently pat dry.

How to apply PureWhite/Sunblock to your body

1. Squeeze a generous amount onto your left palm.
2. Use fingers to apply evenly to areas to be treated.
3. Gently pat in for maximum absorption.
4. Leave to dry for about 10 minutes.
5. Apply sunblock the same way as the moisturizers.

3. What sequence should I apply the products?

Pure Glow ► Pure White ► Any Sunblock

