

SBHC SKIN DIET

Immediate actions to take:

1. If you are putting any natural oils or butters on your face such as: coconut oil, jojoba oil, neem oil, tea tree oil, almond oil, lavender, oil of oregano, olive leaf oil, etc. (you'll notice I mentioned many antifungals, and the list goes on), **STOP** immediately!!
2. If you are using a cleanser of any kind, natural or otherwise, **STOP** immediately!!
3. If you are using creams such as: steroid creams, cortisone creams, acne creams, antibiotic creams or various prescriptions with side effects too numerous to mention, **STOP** immediately!!

Supplies: Serenity Bliss Amazon Store or in the Spa

<https://serenitybhc.com/amazon-store/>

- Celtic Sea Salt - unrefined, no fragrances
- Bragg Organic Raw Apple Cider Vinegar
- Detox Tea - Serenity Bliss Holistic Center
- Garden of Life RAW Probiotics™ Ultimate Care -100 billion - One capsule for 3 months.
- La Bella Donna Loose Mineral Foundation SPF 50
- Paper Towels
- Cotton Balls/Pads
- Pure Organics Vegetable Glycerine
- 4 clean pillow cases - changed daily
- Green Exfoliating Mitten- Serenity Bliss Holistic Center
- Jane Iredale Pink Makeup Removing Mitt
- 2 glass spray bottles 2 oz

Recipes for Homemade Toners:

- 1oz of warm water, mixing in 1oz of Apple Cider * use a glass bottle to store it. -
- 1.5 oz of warm water, mixing in 2 Tbsp of the sea salt mix in a glass. - 1 oz of

vegetable glycerin 1 oz of distilled water and mix it into a 2 oz glass spray bottle.

Morning Routine:

Take probiotics before food

- Rinse face with water
- Dry lightly with paper towel
- Spray the cider toner you made into the cotton ball & dab it over the skin & let it air dry.
- Apply powder SPF

Night Routine:

- Wash your face with water only and the pink Jane Iredale mitten -
Dry lightly with paper towel

- Use a cotton ball for Salt water mixture & dab it over the skin. Let it air dry.

Keep sea salt toner on skin overnight if possible. If you are not comfortable you can rinse it off after 30 min with water and NO other products for the night - Exfoliate twice a week or as needed with the Green Mitten

- If you need some moisture I would recommend spray water with Glycerin. -

Please check in with us every 2 weeks and send pictures and updates. - While taking probiotics you need to stay away from alcohol, smoking, processed food and sugar.

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This will take time. Each person has a different immune system. Please be patient, this is a journey to health.

Any questions email us: info@serenitybhc.com