



### **Directions – Scar Tissue**

You will get notable results from using the Scar Treatment Serum by its self. Greater results and healthier skin is achievable by adding the partnering products as per the notes below. This routine is for scarring on the face and body.

**AM** – Cleanse the entire area with the **Calming Face and Body Wash**. Apply the **Scar Treatment Serum** during the day only if you are able to keep the area completely out of sunlight otherwise only apply in the evening. Apply the **Medi Balm** to keep the area moist, hydrated and provide an occlusive layer thus keeping the wound covered. Studies have shown that keeping a wound hydrated with an occlusive barrier stimulates the healing process.

**PM** - Cleanse the entire area with the **Calming Face and Body Wash**, gently dry the area thoroughly then apply the **Scar Treatment Serum**. Apply a generous amount of Medi Balm.

In addition to the above routine we recommend you massage your scar with **Jojoba Body**.

### **What is scar massage?**

Massaging a scar involves rubbing and moving the skin and underlying tissue in a firm manner. When massaging it is recommended that you use a non-perfumed, non-allergenic moisturiser such as Jojoba Body.

### **Why massage?**

Scar tissue may become hard and raised. Massage can help to soften and flatten the scar tissue.

Scar tissue may stick to the underlying muscles, tendons, blood vessels, nerves and bones. Massage can prevent this from happening and helps to keep the scar tissue flexible.

Scars may feel sensitive, tingle or hurt when touched. Regular massage can help to control this and eventually the sensitivity should settle down.

### **How to massage?**

Massage should be administered prior to applying the Scar Treatment Serum. Place the pad of your thumb or finger on the scar. Massage using a slow, circular motion so that the skin moves on the underlying scar tissue. Repeat the process across the entire scar. Use firm pressure, however do not cause any damage to the skin. Your fingernail tip will change colour from pink to white when massaging with the correct pressure.

### **When to massage?**

Only start to massage the scar when the wound has fully healed, closed up and on upon advice from your doctor. We recommend massaging your scar twice a day for 5 minutes prior to applying the Scar Treatment Serum. Continue to massage your scar until it has matured. A scar is matured when it is paler, flatter or softer.

### **Precaution:**

**You must never massage open wounds and stop treatment if the scar becomes sore.**