Home "Spa" Therapy

Based on the Avène **Hydrotherapy Center Protocol**



STEP 1

Spray the Eau Thermale mineral water to the areas first. A light spray will do nicely!

> (It's safe for anywhere, even the face or open areas.)

> > Cicalfatet

Crème restauratrice protectrice Restorative protective

Repex sensibles froglishes

for sensitive, delicon als

STEP 2

Apply the Cicalfate to the areas. It's cooling and soothing and safe even for open areas.

> That's all there is to it! Try to do this at least 2-3 times throughout the day and anytime there is itch or irritation.