

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.)

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.

