

# Instructions for use

## AND RECIPES



### Make-up remover

(FACE AND EYES) :

MOISTEN AND APPLY THE BALM TO YOUR FACE. RINSE IN WARM WATER. APPLY YOUR LOTION.



SNAKE BEFORE USING



### Daily skincare

(PERFECT AS MAKE-UP BASE)

APPLY A SMALL AMOUNT OF BALM TO YOUR SLIGHTLY MOISTENED FACE. WAIT ONE MOMENT, THEN APPLY YOUR MAKE-UP !



SNAKE BEFORE USING

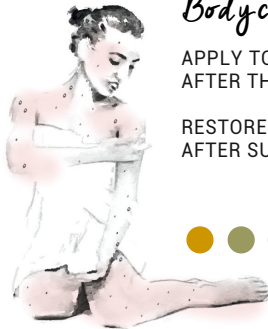


### Evening skincare

AFTER A COMPLETE MAKE-UP REMOVAL, WARM A SMALL AMOUNT OF BALM OF YOUR HAND AND MASSAGE YOUR FACE IN THE DIRECTION OF THE ARROWS.



SNAKE BEFORE USING



### Body care

APPLY TO WET SKIN AFTER THE SHOWER.

RESTORES YOUR SKIN AFTER SUN EXPOSURE.



### Hand & Foot care

RESTORES YOUR DAMAGED HEELS? EMBELLISHES YOUR HANDS AND NOURISHES YOUR HAIR.



### LEGEND

**LE BAUME INTÉGRAL N°1**  
THE ORIGINAL

**LE BAUME INTÉGRAL N°2**  
WITH ESSENTIALS OILS

**LE BAUME INTÉGRAL N°3**  
SILICA & CUCUMBER

## WICH ASSOCIATIONS FOR MASK EXFOLIATING SCRUBS

MIX INTO A CONTAINER

**LE BAUME INTÉGRAL**

### Sensitive and dull skins



+ CHICKPEA FLOUR + WATER  
+ RED OR WHITE CLAY

### Normal skins



+ CHICKPEA FLOUR + WATER  
+ GREEN OR WHITE CLAY

### Oily skins



+ CHICKPEA FLOUR + WATER  
+ GREEN CLAY

### FACE MASK

*Helps boosts tired-looking skin*



1 LEVEL TEASPOONS OF  
CHICKPEA  
FLOUR



1 LEVEL TEASPOONS OF  
RED CLAY + WATER +  
LE BAUME INTEGRAL OF  
YOUR CHOICE

MIX TO OBTAIN A SMOOTH TEXTURE. APPLY.  
WAITING FEW MINUTES. EXFOLIATE.  
(YOU CAN DAMP YOU FINGERTIPS).  
MAKE A SECOND APPLICATION.  
RINSE WITH WARM WATER.  
APPLY A SMALL AMOUNT OF BALM.  
ONE OF YOUR CHOICE.

### FOOT & HAND TIPS

*to your skin's health*



TABLE SALT OR BIO COOKING SALT (POUR VOS MAINS)  
+ WATER + NUT OF BAUME INTÉGRAL N°2

APPLY TO YOUR FOOT AND HANDS.  
EXFOLIATE, INSIST ON CALUSES AND TOENAILS.

RINSE WITH WARM WATER THEN MASSAGE WITH N°2.  
INSIST ON TOENAILS., CAUTIOUSLY YOU CAN PUSH  
BACK CUTICLES.  
ON A REGULAR BASIS !



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