

RENU 28 USAGE GUIDE AND SUPPORT

Congratulations on choosing Renu 28.

Before you start

- › Take a before photo of any skin issues (loose skin, scars, wrinkles, sun damage, blemishes, stretch marks etc). Pictures say a thousand words. We often don't notice the small daily changes; over time they become big changes. The before and after photo are important for you to see the value and will help you share the benefits.
- › To be objective, give a rating out of 10 of any aches or discomfort you want to see a benefit in. Track your changes weekly.

Using Renu 28

- 1 Always shake the tube before every use.
- 2 Apply on clean, dry skin at least twice a day. You can apply more often for increased benefits. You cannot use too much Renu 28!
- 3 Apply enough gel that it takes 30-60 seconds to rub in and absorb. *You can still apply your moisturiser or makeup after Renu 28 absorbs dry.*
- 4 Use consistently for at least three months for best results. At least two tubes a month is recommended. A tube or two tubes can be used each week if you have significant challenges.
- 5 Drink extra water to cleanse the body.

Everyone is different...use Renu 28 daily for at least 3 months to allow your body to experience results.

Where to use Renu 28

You can use Renu 28 on **any** problem area on the body. Redox molecules increase cellular efficiency and function - helping the cells function as though they are younger.

Use it on sore muscles, aches, discomfort & more... see what happens for yourself. Or, try it on muscles immediately after exercise - you may experience faster recovery and less muscle soreness. For more ideas check out 50 Ways to Use Renu 28.

To improve the absorption of the molecules into the body you can apply to the neck, inside wrists, back of knees, groin, armpits and soles of feet.

What to expect

Temporary dryness: some people notice a temporary dryness that can last a few weeks as the cellular water rebalances. A Dermatest study showed 11% improvement in hydration after 28 days.

Detoxification: Some people may experience a detox through the skin as toxins and waste are flushed out of the cells. With the skin being the body's largest organ, it can detoxify the effects of environmental pollution, poor diets, and other skin care products. If you experience any rash, irritation, pimples or flaking skin:

- › Drink plenty of water to flush toxins
- › Continue using Renu 28 as the redox will support the detoxification process
- › Try using exfoliant or clay mask once or twice weekly if you are experiencing rapid renewal of skin cells.

Storing your Renu 28

While RENU 28 is stable, it is not recommended to leave it in a car in the hot sun! In the bathroom, first aid cabinet, your office and handbag is great ☺

Expectations

At peak efficiency, skin cells 'Renu' themselves every 28 days. This can lengthen to up to 90 days with age.

You might need to go through several renewal cycles before you see visible results.

Some people see and feel results quickly; for others it can take several months. Give it a good trial, 3-4 months. It has proven truly extraordinary for many, many people.

For more information of the Science of Redox Molecules, go to www.amazingmolecules.com or www.theredoxdoc.com.



50 WAYS TO USE RENU 28™

ASEA discovered a revolutionary technology that replicates the body's own redox signaling molecules which protect, rejuvenate, and keep cells functioning at optimal levels. That means with Renu 28 Skin Revitalizing Gel, you can apply active redox signaling molecules directly onto your skin and improve your skin at the cellular level, revitalizing your skin's health—not just its appearance. The list below highlights only 50 of the many ways others have used Renu 28 to benefit their skin.

- 1 Reduce the appearance of wrinkles on the face, neck, chest, arms and hands
- 2 After sun care
- 3 Improve the elasticity of skin
- 4 Decrease redness in skin
- 5 Reduce the appearance of cellulite on legs and tummy
- 6 Soothe itchy or dry scalp
- 7 Clarify skin all over body
- 8 Minimize the appearance of dark spots
- 9 Normalize oily skin
- 10 Soothe feet after long workouts or time spent in sports shoes
- 11 Tighten skin to give the feeling of having a face-lift
- 12 Soothe skin irritation caused by plants
- 13 Reduce skin tags
- 14 Tighten the skin around the eyes
- 15 Smooth rough skin anywhere on the body
- 16 Smooth and reduce calluses on the feet and hands
- 17 Soothe and minimise cracks in the heels
- 18 Improve blotchy skin
- 19 Soothe itchy skin anywhere on the body
- 20 Help areas prone to sun stress: nose, scalp, and tops of ears
- 21 Reduce heat and pain in sore muscles due to overexertion
- 22 Moisturize unhealthy, split, or drying skin between the toes
- 23 Reduce the appearance of stretch marks
- 24 Soothe diaper irritation
- 25 Spot-treat blemishes
- 26 Soothe skin after shaving and waxing
- 27 Soften cuticles
- 28 Soothe dancers' feet after dancing barefoot or wearing pointe shoes
- 29 Soothe the skin on the hands after working long hours
- 30 Smooth and moisturize chapped lips after weather exposure
- 31 Soothe fragile, aged skin
- 32 Tighten loose skin during weight loss
- 33 Smooth wrinkled skin on the upper arms
- 34 Rejuvenate skin after swimming
- 35 Reduce appearance of age spots
- 36 Non toxic deodorant
- 37 Apply to dry winter skin to soothe and moisturize
- 38 Use while travelling or on planes to maintain healthy skin
- 39 Soothe skin on runners' feet
- 40 Improve and even out skin tone
- 41 Smooth dry, rough elbows and knees
- 42 Reduce blemishes and dryness common on upper arms
- 43 Soothe chafing due to strenuous exercise
- 44 Soothe babies' skin
- 45 Smooth callused fingers of guitar players
- 46 Revitalize skin after hand-washing and/or dish-washing
- 47 Reduce appearance of crows feet and laugh lines
- 48 Soothe skin irritated by eyebrow threading/waxing
- 49 Improve post-partum skin elasticity
- 50 Reduce appearance of freckles

How else can you use Renu 28?