



Bikini Kittys™
GIVE YOUR KITTY SOME BOUNDARIES!

iEDMS = New Intense EveryDay Exfoliation Spray
EDMS = Original EveryDay Exfoliation Spray

What to use and how to use it

Symptom	Product	Solution/Why/Key Ingredients	Use RX
Ingrown Hair in any hair removal area	2pc Exfoliation Kit Original or iEDMS	SPRAY = AHA & BHA clear skin and in-pore. BRUSH = Effective, physical lifting of hair.	Use daily on target areas. Spray PM, pre-bed. Brush dry skin AM, pre-shower. Brush more if grow back itches. Spray can be used twice a day. Do NOT skip brushing... Read over the full kit directions to get your best results possible!
Deep and/or persistent ingrown hair	iEDMS 2pc kit and/or Deep 6	iEDMS = More Glycolic and Lactic Acid with Hibiscus. Deep 6= Deep target of AHA/BHA	Use 2pc kit as stated above. Add spot treatment to target troublesome areas.
Ingrown hair along panty line	2pc Exfoliation Kit Original or iEDMS	Brushing is key for this issue to combat the physical pressure of undies or tight clothing.	Use 2pc kit as stated above. Change garment choices to looser or NO elastic panties.
Ingrown hair w/dry skin issues	2pc Exfoliation Kit iEDMS version & Smoother Soother Lotion	iEDMS = has the extra hydrating/exfoliation power of Hibiscus. Brushing will clear away dry, dead skin. Smoother Soother Lotion = supports clear skin with BHA, Willow Bark, no fragrance and Aloe based hydration.	Dry skin will only add to the problem of ingrown hair. Combat this with exfoliation AND hydration.
Random Ingrown Issues	Deep 6	Spot treat the random ingrown with targeted delivery of AHA/BHA mixed with penetration of Castor Oil, healing Lavender and Tea Tree	Can be used 2-4 times a day. Use on clean, dry skin.
Acne, scarring, fine lines, age spots	Deep 6, Smoother Soother Lotion, EDMS or iEDMS	The hydroxy acid blends in each of these products will support a smoother, more clear and spot free skin.	Any of these products can be used 2-4 times a day on face or body. Delivery-option and personal preference will determine which to choose and use. Two or more of these items can be used in concert for a more effective result.
Rash, irritation, swelling, redness	Trauma Drama Solution	True Witch Hazel extract (w/o alcohol), Willowbark and Aloe reduce redness and swelling. Tea Tree and Lavender speed healing and calm the sense.	Use immediately on irritated skin. Can be used several times on targeted areas. Treat and strengthen fragile skin with long-term use. Can be used in conjunction with the 2pc Exfoliation Kit. Add T/D by applying just after shower.
Dry, reactive, fragile skin	Trauma Drama & Smoother Soother Lotion	Used in conjunction, the calming and hydrating parts of each will speed healing and strengthen skin.	Calm, heal and hydrate by using Trauma Drama as a 'toner' step and Smoother Soother as a moisturizing step. Can be used face/body and targeted hair removal areas.
Chaffing, irritation on bare skin	Silky Kitty Dusting Powder	Talc-free, low dust powder will keep bare skin dry with a soft, silky slip. Chamomile can calm and sooth troubled skin.	Dust bare skin areas with a light coverage just before dressing. Can be used through the day if heat and sweat cause chaffing.
Razor Bumps from shaving	Full Body Shave Kits - Bikini Kitty or Dirty Dog Shave Gear	2 Step exfoliation with EDMS spray and brush. Buffering blade oil, the proper blade and see-through shave gel for cutting hair properly.	Shaving correctly is a process. Daily exfoliated skin will 'take the blade' better. The proper blade is imperative. Proper technique is mandatory. One week to ramp up to a closer shave will condition skin and not create ingrown hair.
Bumps on back/arms/thighs	Smooth Body 3pc Kit & Double Down Scrub, Brazil Shampoo Bars, Liquid Sunshine, Solid Gold Coconut Oil	Body Kit = 2 Step exfoliation with EDMS spray and brush with Summer in Seville = Hair & Body wash without sulfate residue. Skin softening hydration of Vit E and Jojoba, rose and citrus extracts for AHA and Willowbark for BHA exfoliation. Brazil Bars = Sulfate free shampoo Coconut Oils = Skin friendly hydration	Stop use of all shampoos and body washes that have sulfates as they leave a film on skin that is most likely causing the 'pillars'/bumps. Exfoliate target areas daily and use only sulfate free wash and shampoo. Summer in Seville is perfect for both. For a more treatment shampoo for scalp and hair, use Brazil Shampoo Bars. Double Down Scrub can be used once or twice a week. Hydration is key to keeping bumps at bay.

Bumps, acne around edges of face	EveryNight Magic & EDMS or iEDMS, Smoother Soother Lotion, Double Down Scrub	<p>EveryNight Magic = Free of sulfate/detergents, plus the anti-oxidation power of three tea extracts will clear skin of dirt, makeup and pollution. EDMS/iEDMS = The hydroxy acid blends in each of these products will support a smoother, more clear and spot free skin. Smoother Soother = Neem, Aloe and Rosemary will effectively hydrate, heal and correct most any skin type. Double Down = effective, polishing, hydrating micro-scrub.</p>	<p>Stop use of all shampoos and face washes that have sulfates as they leave a film on skin that is most likely causing the 'pillars'/bumps/acne. Wash face every night with this makeup removing, sulfate free wash. Rinse well. Use EDMS as a toner and hydrate with Smoother Soother Lotion. Double Down Scrub can be used once or twice a week.</p>
Bumps on scalp	Brazil Shampoo Bars & Silky Free Ride Spray in Conditioner	<p>Sulfate free shampoo bars clear hair and scalp of build-up and residue. Target your needs and nourish hair or scalp with Neem or Rosemary. Conditioner with hydration, hair healthy vitamins and Willowbark to keep hair follicles clear. Neem to strengthen hair.</p>	<p>You can use these hair and scalp loving products as your regular routine or make them a weekend treat. Try to limit or wear your actual use of any shampoo to 2-3 (or even less) times a week. Time under clear, running water goes a long way to keeping hair manageable. Still go thru the actions of 'washing' your hair daily - just slowly cut back on the soap.</p>
Acne on chin, nose, mouth areas	Deep 6, EDMS and/or iEDMS Smoother Soother Lotion	<p>The hydroxy acid blends in each of these products will support a smoother, more clear and spot free skin.</p>	<p>Preventative steps should also include eliminating products with sulfates, fluoride and/or cinnamon flavoring. Use deep breathing triggers daily to get more oxygen and DO eat some chocolate for stress relief. Keep tabs on your Hormone fluctuations. They can't much be changed... But do keep track</p>
Acne on cheeks	Deep 6, EDMS and/or iEDMS Smoother Soother Lotion	<p>The hydroxy acid blends in each of these products will support a smoother, more clear and spot free skin. *See note on Rosacea</p>	<p>Preventative steps should address potential food allergy/intolerances. Wheat, dairy, iodine, excessive sugar can all play a part. Do a 2 week elimination diet to find out 'who the monster' is for you - then use that knowledge to manage your reactions and skin health as you see fit. *<u>Check if this might be Rosacea</u>. If so, monitor flair-ups. Food, anti-inflammatory meds and alcohol consumption can aggravate this condition. AHA's might also trigger flair-ups. Look for products with Licorice and Horsechestnut to strengthen capillaries and calm reactions.</p>
"Mirroring" Dry patches at brows, nose or sides of mouth. <i>This is most likely eczema</i>	EveryNight Magic, Summer in Seville, Brazil Shampoo Bars, Smoother Soother Lotion, Liquid Sunshine, Solid Gold Coconut	<p>Most topical products will never truly 'cure' this A random/flair-up only application of hydrocortisone ointment (not the cream version) can keep patches in check. Milk of Magnesia can also be applied to flair-up areas. Evening Primrose capsules taken internally can also help control flair-ups.</p>	<p>Preventative steps should include elimination of all sulfates. An elimination diet to check for potential food intolerances. Use of products free of fragrance, alcohol and dyes are also helpful. Each of the Bikini Kitty products recommended would be helpful but not curative. Breath! And keep tabs on potential cause and effect of fair-ups.</p>