



## PRECAUTIONS

-KEEP YOUR FOREIGN SOLUTIONS, STORED IN A COOL AREA AT ALL TIMES.

❖ While using Foreign solutions, DO NOT SPRAY ANY FRAGRANCES DIRECTLY TO THE SKIN. - While using this product we recommend using natural products such as, coco butter, shea butter, oils, serums for moisturizing.

❖ During the foreign journey, a slight tingling sensation can be expected and is normal.

❖ Seeing an increase in dead skin (shedding) is a good sign, it means the products are working.

❖ KEEP SKIN MOISTURIZED, AND STAY AWAY FROM HARSH PRODUCTS WHILE USING FOREIGN SOLUTIONS.

❖ IF WHILE WEARING FOREIGN SOLUTIONS YOU GET WET, DRY AREA COMPLETELY AND RE-APPLY YOUR FOREIGN SOLUTIONS TO THAT

AREA, OR AS NEEDED.

EXPIRATION : 6-12 MONTHS

IF EXTREME REDNESS OR ANY FORMS OF IRRITATION OCCURS, DISCONTINUE USE. AND SEEK HELP FROM YOUR PHYSICIAN IF NEEDED.

**THIS PRODUCT IS NOT EVALUATED BY THE FDA**

## **HYPERPIGMENTATION TREATMENT**

step by step below

**Can be applied both AM , PM. If applied in the morning limit prolonged sun exposure.**

- ❖ After cleansing with Foreign Soap + Foreign Exfoliating Bath Gloves.
- ❖ Towel Dry Skin completely.
- ❖ Shake bottles before application.

### ❖ **Apply**

**Foreign Daily Moisturizing Oil - rub into skin (optional)**

**1. Foreign Fast Brightening Oil - rub into skin (optional)**

**2. Foreign Cream - rub into skin**

**- Apply products to areas of concern, Rub into skin as you would any other lotion. Wait for the solution to dry on the skin, then carry on.**

- Wear  
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hours

daily,  
and  
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15  
hours  
daily.  
Or  
4  
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&  
maximum  
6  
days  
weekly,  
for  
optimal  
results.

- - ❖ Avoid getting cream inside of EYES, MOUTH, VAGINA , ANUS.(EXTERNAL USE ONLY)

- - ❖ Ensure product is kept out of sunlight in a cool dry environment.

- Foreign solutions works best, the longer and more frequent products are applied, and stays on the skin. Use overnight for best results.

- When skin goal is achieved, Foreign Cream can be used twice weekly, or on a per needed basis.

**-(ENTIRE COMPLEXION BRIGHTENING TIPS)** - We recommend you wear clothing you don't care much about (IE- LEGGINS, TIGHTS, SOCKS, GLOVES). The cream will cause sweating which is normal , this means the product is working and being absorbed by the skin appropriately .

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## DARK SPOT | SCAR TREATMENT

step by step below

**Can be applied both AM , PM. If applied in the morning limit prolonged sun exposure.**

❖ After cleansing with Foreign Soap + Foreign Exfoliating Bath Gloves.

❖ Towel Dry Skin completely.

❖ Shake bottles before application.

❖ **Apply**

**Foreign Daily Moisturizing Oil- rub into skin (optional)**

**1. Foreign Fast Brightening Oil- rub into skin (optional)**

**2. Foreign Spot treatment - rub into skin**

**- For spot treatment use- apply a pea sized amount or enough to cover troubled area. For stubborn scars , dark marks, we recommend applying extra product for faster results.**

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results.

▪

❖ Avoid getting cream inside of EYES, MOUTH, VAGINA , ANUS.(EXTERNAL USE ONLY)

❖ Ensure product is kept out of sunlight in a cool dry environment.

- Foreign solutions works best, the longer and more frequent products are applied, and stays on the skin. Use overnight for best results.
- When skin goal is achieved, Foreign Spot treatment can be used on a per needed basis.

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## INFLAMED SKIN | HIDRADENITIS SUPPURATIVA

step by step below

**Can be used both AM , PM.**

❖ After cleansing with Foreign Soap + Foreign Exfoliating Bath Gloves.

**- If your breakouts are visible (pus, cystic filled bumps) only use Foreign Soap directly to affected area till healed. ( Fast Healing soap or Sensitive Skin Soap)**

❖ Towel Dry Skin completely.

**-After wounded skin is healed, and you have hyperpigmentataion, scars, textured skin or dark marks.**

**1. Cleanse skin Foreign soap + Foreign Exfoliating Glove**

**2. Foreign Fast Brightening Oil - rub into skin (optional)**

**3. Foreign Cream - rub into skin (for hyperpigmented areas)**

**4. Foreign Spot Treatment - rub into skin (for dark spots, marks)**

**- Apply products to areas of concern, massage into skin as you would any other lotion. Wait for the solution to dry on the skin, then carry on.**

- Wear  
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results.

- ❖ Avoid getting products inside of EYES, MOUTH, VAGINA , ANUS.  
(EXTERNAL USE ONLY)
- ❖ Ensure products are kept out of sunlight in a cool dry environment.
- Foreign solutions works best, the longer and more frequent products are applied, and stays on the skin. Use overnight for best results.
- When skin goal is achieved, Foreign Solutions can be used on a per needed basis.

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## ACNE TREATMENT

step by step below

**Can be used both AM , PM.**

- ❖ After cleansing with Foreign Soap + Foreign Exfoliating Bath Gloves.

- If your breakouts are visible (pus, cystic filled bumps) only use Foreign Soap directly to affected area till healed.

1. Foreign Fast Healing soap
2. Foreign Sensitive Skin Soap
- 3 Towel Dry Skin completely.

❖ Apply your Foreign daily moisturizer or acne treatment after steps 1-3

You can use both soaps together or separate.

-After wounded skin is healed, and you have hyperpigmentation, scars, textured skin or dark marks. Refer to instructions above for how to.



Kind regards,  
Company / Team



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