

## **SKIN CARE WITH MIRACLE II - SKIN RECIPE GUIDE AND BEAUTY TREATMENTS**

MII is great for general skin care and beauty treatments. You can treat your entire body from head to toe. No matter what type of skin you have – Dry, Oily or Combination – using MII for at least 90 days will help smooth and tone your skin.

Below is a “recipe” guide of how to combine all the MII products to treat and care for your body – use as much or as little as your body requires.

**Women have reported that using Miracle II is like having a ‘Botox’ treatment, they say it is great for cellulite and wrinkles and they love using Miracle 11 because all the formulas are non sticky and non oily.**

**Dry skin** – Primary products: MII Concentrated Moisturizing Soap for Extra Dry skin, MII Neutralizer liquid spray and Skin Moisturizer and/or mixed with part Neutralizer gel.

**Oily skin** – Primary products: MII Concentrated Soap for Normal skin, MII Neutralizer liquid spray, Neutralizer Gel

### **Shower and Bathing**

Concentrated / Moisturizing Soap perfect for all skin types

Bathing is a first up MUST for maximum benefits of all Miracle II products used personally, Add a small capful of either Concentrated or Moisturizing Soap and a small capful of Neutralizer liquid as the bath water is filled is all that is required to feel their wonderful energizing, healing and detoxifying effects of a Miracle II bath. M2 opens up all the 7 million + pores of your skin releasing toxins, metals from the body, skin gets rejuvenated and feels soft.

**Bathe everyday to reduce stress, sleep better and feel relaxed after a busy day.**

Don't towel yourself off if possible, let the soap sink in to your skin as it's still doing you good. Spray yourself with Neutralizer Liquid afterwards and/or apply Neutralizer gel or Skin Moisturizer.

**Foot Bath** - For those who cannot take a bath or don't have a bath tub, then at least use a foot bath every day if you are unwell. Sponge your body all over and leave the soap on your skin, Don't wash off, it is still doing its work apply Neutralizer liquid to your body, face and gel to the feet or any part that needs healing.

**Shower** - with Miracle II soap from your foaming bottle. Apply a small amount on a sponge or face flannel and work over the body and hair. (clean the shower as you shower by having an additional cloth, wipe over surfaces before you finish)

Spray yourself after a shower with Neutralizer Liquid to freshen up your face, eyes, ears, and any skin conditions. Spray under your arms.

**Apply gel to any skin tags, warts, moles, varicose veins, sores, bruises etc.**

### **Face**

**Make up a great beauty pack by mixing two parts Neutralizer Gel with one part Skin Moisturizer. Beauticians say it works wonders on the skin, particularly wrinkles and cellulite. You won't need any other treatment.**

**Facial Cleanser** – use a 5c size amount of Soap of choice to cleanse your entire face and neck twice a day. Rinse and then continue with Neutralizer Liquid spray, Neutralizer Gel and Skin Moisturizer. (Tip: use a foamer bottle and add 1 part Soap to 5 parts Neutralizer and fill with filtered water for a foaming facial cleanser)

**Facial Scrub** – use a 5c size amount of Soap of choice on a baby brush. Make small circular strokes all over the face and neck. Rinse and then continue with this procedure, it can be done morning and night.

**Spray on Toner** – use the Neutralizer Liquid spray to help revive your face and neck morning and night.  
**An excellent spray that can be used throughout the day over makeup as a refresher.**

**Soothing Eye Gel** – use a pea size amount of Neutralizer Gel under and around each eye twice daily for reducing fine lines. (Tip: use your ring finger to apply so as not to stretch the skin keep a separate container in the refrigerator to add coolness and help aid the puffiness)

**Eye Make-up Remover** – For use with non-waterproof mascara – take a cotton bud and put a pea size amount of Neutralizer Gel on one end. Gently scrub the eye lashes and eye area. Discard the Cotton bud. Using a clean Cotton bud, spray one end with the Neutralizer liquid spray and continue to gently scrub the eye lashes. Continue using the Neutralizer Gel and the Neutralizer liquid spray until the eye is completely rid of eye make-up. (Tip: use a clean Cotton bud each time so as not to expose the other eye to irritant particles.)

**Make-Up Remover** - Wet face with water and use Miracle II Soap on cloth or in hands. This will clean your face better than ever. If you would like not to use make-up after you have washed, spray or wipe Neutralizer or Gel onto your face and spend a little time in the sun. You will have a beautiful complexion.

**Acne Treatment** – Using a loofah sponge or wash cloth, use a 5c size of Soap for Normal Skin and gently scrub the acne area for 1-2 minutes. Rinse and then avoid using any lotions or make-up on the area until the blemish is gone. Continue scrubbing the blemish 2 times per day until the acne is gone. Neutralizer Gel can be used on the area as well.

**Eye Makeup** – smooth a pea size amount of Gel on each eye lid to help keep eye make-up in place all day long.

**Eye Brows** – Smooth a pea size amount of Gel on eye brows to keep an arched look and keep the brow pencil from smudging during the day.

**Wrinkles**- Bathe or shower with the Miracle II Soap, then use the Neutralizer Gel and Skin Moisturizer. In 90 days, you will see beautiful results.

## **Hair**

**Dry Hair Shampoo/Conditioner** – use a palm size amount of Moisturizing Soap for Extra Dry Skin to wash hair. Rinse. towel dry and spray Neutralizer liquid generously through hair. Blow dry hair and style as usual. After hair is completely dry, put a pea size amount of Skin Moisturizer in the palm of your hand and apply to the ends of the hair and sparingly through the thickest part of your hair.

**Oily Hair Shampoo/Conditioner** – use a palm size amount of Soap for Normal Skin to wash hair. Rinse and towel dry and spray Neutralizer liquid generously through hair. Blow dry hair and style as usual. Gel can be used close to the scalp or on the areas that are extra oily.

**Hair Gel** – use a 10c size amount of Gel to massage over scalp and through wet hair. Blow dry and style as usual.

**Hair Repair** – use a 10c size amount of Gel to massage over scalp and through dry hair – concentrating on the ends. Style as usual.

**Hair Spray**- Put Miracle II Neutralizer or Gel on hair. Comb or blow dry.

**Dandruff**- Shampoo with the Miracle II Soap, use Neutralizer or Skin Moisturizer on dry scalp.

Note Miracle II soaps act as a shampoo and conditioner all in one

**TIP:** In a hurry and don't have time to wash your hair – simply spray the Neutralizer liquid all over the hair – concentrating on the roots around the face and ears. Blow dry as usual, style and you are ready to go.

**TIP:** Applying Neutralizer Gel to scalp and hair follicles helps promote hair growth.

**TIP:** Applying Neutralizer Gel to the ends of hair after blow drying as it helps reduce split ends and keeps hair looking shiny all day. Also, reduces the amount of static electricity.

## **Body**

**Shaving Soap** - Use the Miracle II Soap as Foam. It will soften your skin. If you happen to nick your skin while shaving, apply Neutralizer or Gel. It will heal fast. Use the Neutralizer or Gel for shaving lotion.

**After shave lotion** – Use Neutralizer or Gel, or if your skin is dry, use skin moisturizer

**Body Odour** - Bathe with Miracle II Soap and use the Neutralizer or Gel under arms

**Hand & Foot Soak** — Cracked Skin Problems- Bathe with Miracle II Soap. Spray or rub Neutralizer or Gel on skin and apply Skin Moisturizer.

**Heels, Elbows, Knees**- Bathe with Miracle II Soap. Spray or rub Neutralizer, Gel or Skin Moisturizer on area.

**Sunburn**- Spray or rub the Miracle II Neutralizer or Gel onto sunburned area. Use as often as needed and it will stop the burning quickly and help with a beautiful tan.

**Sun Block**- Rub Gel onto skin.

**Teeth and Gums** - clean your teeth with the gel and 1-2 drops of Miracle Concentrated soap. No more teeth or gum decay. It will refresh and cleanse from the throat to the top of the stomach working on candida, thrush. Use an atomizer to freshen breath and neutralise mouth after eating salty, sweet, oily or spicy foods. Brush teeth with Miracle II Neutralizer or Gel to remove tartar, stains and plaque. For dentures, brush or soak with the Neutralizer.

**Jet Lag - long air flights** -before and after a long flight take a Miracle II bath then apply Neutralizer Liquid then Neutralizer Gel or Skin Moisturizer all over the body. It will help remove the effects of radiation and jet lag

**Massage** – use on neck, back, tired feet, every ache and pain in your body for that matter a great way to relieve pain

## **Baby Care**

**Diaper Rash** – Allow the baby to soak in luke warm water combined with several drops of Moisturizing Soap. After the wash – gently pat the rash area dry and smooth on Neutralizer Gel and/or lightly spray with Neutralizer liquid. Continue throughout the day at each diaper changing with the Gel and Neutralizer liquid until the rash is gone.

**Dry scalp** – after shampooing with Soap for Extra Dry Skin, rinse and pat the scalp dry with a towel. In your palm, mix equal parts of Neutralizer Gel and Skin Moisturizer and massage into baby's scalp. Do this procedure 3 times a day for 5 days or until there are no signs of drying and flaking. Continue the procedure once a day for the next several weeks. Use a fine baby hair brush to comb through his/her hair throughout the day as well.

**Baby wash** – use Soap for Extra Dry skin in baby's bath. For a light scent add essential oil (tip: lavender helps relax) add 1 drop of essential oil to a palm size of Soap.

**Baby lotion** – use the Skin Moisturizer – for a light scent add essential oil (tip: lavender helps relax) add 1 drop of essential oil to a palm of Skin Moisturizer. Use as needed for dry skin.

## **Pregnant Mums**

**Stretching and Itching tummy** – use equal parts Skin Moisturizer and Neutralizer Gel. Massage over tummy, hips, thighs and all other growing parts.

**Sore legs and feet** – use the Skin Moisturizer or the Neutralizer Gel or a combination of both to massage into legs and feet. Spray Neutralizer liquid on swollen feet before bed to decrease puffiness as well.

## **Post-Birth**

**Scars itching and irritation** – soak at least 3 times per week in warm water and Soap of choice. After bath pat area dry and apply a generous portion of Gel. May also spray generous portion of Neutralizer liquid as well. (Tip: put a small amount of Neutralizer Gel and liquid in the refrigerator for an extra cooling effect).

## **PREVENTION AND TIP GUIDE**

**PREVENTION :** A vast amount of women today cannot take bubble baths on a regular basis. With these products there is never a need to worry about feminine irritation or infections.

**PREVENTION :** Use Soap of choice to cleanse thoroughly around intimate areas and under arms. This will help prevent body odour throughout the day – especially those extra hot days.

### **Miracle II Products disclaimer**

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