

## Skin Remedies Using Kagen Water

### Condition – Acne:

1. Rinse with pH 11.5 Strong Alkaline Water (Top Hose) to remove excess oils from the skin.
2. Cleanse with non-soap cleanser and pH 4-6 Mild Acidic Water (Top Hose).
3. With a cotton swab dab pH 2.5 Strong Acidic Water (Bottom Hose) on any active blemishes or broken skin.
4. Tone with pH 4-6 Water in a glass bottle with a fine spray mister.
5. Repeat morning and bedtime.
6. Tone multiple times per day to keep skin hydrated.

### Condition – Eczema and Psoriasis:

1. Rinse with pH 11.5 Strong Alkaline Water (Top Hose) to remove excess oils from the skin.
2. Cleanse with non-soap cleanser and pH 4-6 Mild Acidic Water (Top Hose).
3. With a cotton swab dab 2.5 Strong Acid Water (Bottom Hose) on any broken skin.
4. Tone with 5.5 Beauty Water (Top Hose) in a glass bottle with a fine spray mister.
5. Repeat morning and bedtime.
6. Tone multiple times per day to keep skin hydrated.

### Condition – Rashes and Burns:

1. Rinse with pH 11.5 Strong Alkaline Water (Top Hose) to remove excess oils from the skin.
2. Cleanse with non-soap cleanser and pH 4-5 Mild Acidic Water (Top Hose).
3. With a cotton swab dab 2.5 Strong Acid Water (Bottom Hose) on any broken skin.
4. Tone with pH 4-6 Mild Acidic Water (Top Hose) in a glass bottle with a fine spray mister.
5. Repeat morning and bedtime.
6. Tone multiple times per day to keep skin hydrated.

### Step Away From The Antiperspirant!

1. Sweat is one of your body's natural methods for ridding itself of toxins, so stopping that natural function can create a serious backlash in your lymphatic system. Odors are simply bacteria thriving in the dark, damp area. So to stop the odor simply mist with pH 2.5 Strong Acid Water. If you tend to sweat a lot keep a small spray bottle in your purse or desk drawer for occasional touch ups throughout the day.

## Condition – Diaper Rash:

1. Cleanse with non-soap cleanser and pH 4-5 Mild Acidic Water (Top Hose) & pat dry.
2. With a cotton swab dab 2.5 Strong Acid Water (Bottom Hose) on any broken skin and let dry.
3. Hydrate the skin with pH 4-6 Mild Acidic Water (Top Hose) in a glass bottle with a fine spray mist setting.
4. Repeat after each diaper change. Diaper rash begins with urine and feces that are too acidic. To prevent diaper rash begin by making certain that your baby is properly hydrated with pH 8.5-9.5 Alkaline Drinking Water (Top Hose). Next replace baby wipes with a container filled with soft cloths or unbleached paper towels and Mild Acidic Water (Top Hose). Use to cleanse diaper area each time you change your baby, pat dry and then apply a very fine mist to the skin. This assists in keeping the pH of the skin balanced.