

PRANA
SpaCeuticals®

Bikini Home Care Protocol

Intimate / underarm bleaching has become very popular over the past few years. More and more individuals are now becoming more in-touch with their skin's beauty and want to make intimate moments more enjoyable instead of feeling embarrassed or uncomfortable with certain areas of the body due to dark, discolored intimate areas.

This is why Prana SpaCeuticals® has developed a home treatment system to help maintain the professional results that have been administered.



Why is home-care necessary?

The Home-care system is essential to always obtain optimum results. **AHA/BHA Refining Masque** is a critical game player for this treatment. Using 3 days' post-treatment continues with the brightening effects and inhibits melanin production. **Hoo Haa Cleanser** helps to digest the dead skin and prevent itching, the **Bikini Bottom** helps to continue home care brightening effects along with minimizing underarm sweat, the **Hoo Haa Lotion** moisturizes, hydrates, decreases the itch and continues to brighten, as well as an all over body brightener. **Arnica Recovery Gel** helps to calm traumatized skin and will assist in the healing process.

Bikini Home-Care Protocol

SAME DAY OF TREATMENT

1. At least 2-4 hours after the treatment, remove the **AHA/BHA Refining Masque** with the **Hoo Haa Cleanser**.
2. After removing the mask, apply Hoo Haa Lotion to the treated area. (For the next 2 days re-apply the AHA/BHA Refining Masque at night.)

DAY 1-3 DAILY ROUTINE

DAY 1-3

AM

1. Cleanse treated area with **Hoo Haa Cleanser**.
2. Rinse and pat dry. (Friction will cause discoloration)
3. Apply **Bikini Bottom** in case of in-growns or razor bumps and let dry. Allow to completely dry (fan area if necessary)
4. Applying the **Hoo Haa Brite Lotion** to help minimize itch.
5. To prevent further trauma to the delicate skin Apply **Arnica Calming Gel** to affected area. Use as needed or when you feel heat coming on.

For extremely sensitive skin types, sprinkle **Anti-FriXtion Powder**, use as needed throughout the day to prevent further discoloration.

DAY 1-3

PM

1. Cleanse treated area using the **Hoo Haa Cleanser**.
2. Rinse and pat dry. (Friction will cause discoloration)
3. Applying the **AHA/BHA Refining Masque**.
4. Apply **Bikini Bottom** in case of in-growns or razor bumps and let dry.
5. Applying the **Hoo Haa Brite Lotion** to help minimize itch.

DAY 4-7 DAILY ROUTINE

DAY 4-7

AM

1. Cleanse treated area with **Hoo Haa Cleanser**.
2. Rinse and pat dry.
3. Apply **Bikini Bottom** in case of in-growns or razor bumps and let dry. Allow to completely dry (fan area if necessary)

DAY 4-7

PM

1. Cleanse treated area using the **Hoo Haa Cleanser**.
2. Rinse and pat dry. (Friction will cause discoloration)
3. Applying the **Hoo Haa Brite Lotion** to help minimize itch.

DAY 8+ Maintenance

Suggested Maintenance: Bikini Bottom
Hoo Haa Lotion
AntiFriXtion Powder



Products

Arnica Recovery Gel

Arnica Recovery Gel accelerates wound healing and minimizes bruises and other traumatic injuries such as sprains and swelling. Reducing inflammation and decreasing pain, this therapeutic post-procedure gel provides topical relief and hydration to irritated skin. Studies show Arnica Montana has properties that act as an immunostimulant and that it can stimulate the action of white blood cells, increasing resistance to bacterial infections.

Product Objective: To help accelerate healing and eliminate the inflammation.

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Hoo Haa Cleanser

Hoo Haa Cleanser is a gentle intimate foam wash, designed to respect the delicate vaginal ecology, with a refreshing and effective cleansing action.

Product Objective: To digest dead flaky skin and prevent itch.

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Bikini Bottom

Eliminates unsightly embarrassing bumps and redness with natural anti-inflammatory whole plants. Formulated for sensitive skin types, these natural brighteners and Mandelic Acid prevent ingrown hairs, discoloration, and reduce irritation from pre/ post waxing, shaving, and daily friction. Mandelic Acid has been noted to help minimize excessive sweating.

Product Objective: To continue brightening effects and underarm sweating

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Hoo Haa Brite Lotion

Target unwanted discoloration without the use of hydroquinone. Hoo Haa Brite Lotion helps to eliminate P.I.H. - post inflammatory hyperpigmentation. This unappealing discoloration can be caused by friction, waxing, and the use of deodorants. Our dual action brite lotion alleviates itchy dry skin and unwanted irritation that is associated with intimate brightening. Use daily for overall body care.

Product Objective: To hydrate the skin and prevent itchy skin.

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AHA/BHA Refining Masque

The AHA / BHA Refining Masque application is an essential step to the intimate brightening protocol. The idea behind the masque process and duration was designed to intensify the Bikini Peel treatment, by inhibiting the melanin-forming enzyme tyrosinase production. After your professional clinician applies the masque, there will be a time duration recommended for the patient's needs, usually between 2-4 hours. During this time the masque will continue to accelerate the cells turnover and further the peel process by "pushing" present discoloration to the surface eventually softening the harden epidermis, cause by Hyper-Friction™.

Product Objective: To help continue the professional brightening peel process.



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