



Body Ceutics™ Use Chart

<u>Body Scrub</u>	Full Body	Spot Treatment	Tips
Avg Size	1/4 Cup	1 Tablespoon	Paint On 1/4 Inch Thick
Big Size	1/3 Cup	1 1/2 Tablespoon	Dry Rub Off

<u>Body Masque</u>	Full Body	Spot Treatment	Tips
Avg Size	1/4 Cup	1 Tablespoon	Paint On 1/4 Inch Thick
Big Size	1/3 Cup	1 1/2 Tablespoon	Damp/ Wet Rub Off

<u>Hydro Soak</u>	Full Body	Spot Treatment	Tips
Water Amt.	1 Gallon (128oz)	1/4 Gallon (32oz)	Towels: Roll or Lay Flat
Soak Amt.	2 Tablespoons	1/2 Tablespoon	

<u>Body Serum</u>	Full Body	Spot Treatment	Tips
Avg Size	1 Tablespoon	1 Teaspoon	Rub In Soon After Applying
Big Size	1 1/2 Tablespoon	1/2 Tablespoon	

<u>Massage Oil</u>	Full Body	Spot Treatment	Tips
Avg Size	1 Tablespoon	1 Teaspoon	Shake Before Dispensing
Big Size	1 1/2 Tablespoon	1/2 Tablespoon	

Spot Treatment = Hips, Buttocks and Thighs / Abdomen / Back / Extremity / Head & Neck

Avg Size = about 5' 5" 150 lbs

Big Size = about 5' 10" 200 lbs

www.rdalchemy.com (619) 825-6078 info@rdalchemy.com