Ouchie Ointment Guinae-Pig Feedback Journal

Please fill in all the details to the best of your recollection. Try and keep up to date so you remember. State your skin routine and anything you experienced with your skin during the trial. Please note that the Ouchie Ointment should be used everyday, twice a day. Ideal skin routine, Wash and cleanse at night, put your moisturizer on and then dab the Ouchie ointment onto the affected areas that are starting to raise. White powder residue is normal from magnesium sulphate, you can brush off when it’s dried out. I don’t usually like to wash in the morning, it strips all the good your skin has done the night before, so I just use my day cream with SPF and then put the Ouchie Ointment on again on the affected areas. Repeat. Week 1 to 4 should be your skin patch test to see if you have a reaction. Week 5 onward is for when you have confirmed the treatment is working for you. Stop treatment if it become painful or bleeds, you may have a reaction to the natural oils. Consult your doctor if unsure The end column is to indicate with a 🗸 if you had a good skin day or an x for a bad skin day for easy reference. Please fill in the first date of the start of your week next to each week. Send your feedback to [cat@namaste.co.za](mailto:cat@namaste.co.za) or +27651144242 at the end of Week 4,8 and 12. Use the same details for questions and photo submission. Please make sure you take before, during and after photos. Please clean your lens before taking the photo. Sometimes it is better to take the photo further away from the skin and zoom in, rather than get the lens too close to your skin.

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| Name & Surname |  | Guinae-Pig # |  |
| Cell & Email |  | | |
| Normal Care Routine |  | | 🗸X |
| Week 1 - 2020. . |  | |  |
| Week 2 - 2020. . |  | |  |
| Week 3 - 2020. . |  | |  |
| Week 4 - 2020. . |  | |  |
| Week 5 - 2020. . |  | |  |
| Week 6 - 2020. . |  | |  |
| Week 7 - 2020. . |  | |  |
| Week 8 - 2020. . |  | |  |
| Week 9 - 2020. . |  | |  |
| Week 10 - 2020. . |  | |  |
| Week 11 - 2020. . |  | |  |
| Week 12 - 2020. . |  | |  |

**Important Reminder:**Your skin takes 2 weeks to react to new treatment and then another 2 weeks to settle into something new. Which is why we need to give 4 to 6 weeks to see if the treatment is suitable for you. During that period, you may experience a flare up, this is normal. If your skin is still reacting after 8 weeks, then your skin doesn't like the treatment. Fingers crossed for everyone.

Thank you so much for your participation