

SILICONE BLEACHING CUPS

INSTRUCTIONS

First cleanse your breasts then pat dry. Apply lemon fresh squeezed juice to your nipple/areolas then fan dry. Use a makeup brush to apply skin bleaching cream/serum to your nipples/areolas without getting any on the surrounding skin. Remove the adhesive then stick the silicone cup to your breasts without smearing the skin bleaching cream. After the silicone cups are hooked & secured, put on a sports bra. This will help support the weight of the silicone cups while you wear them. Wear the silicone cups for up to an hour but not any longer than that. Make sure you're exfoliating your nipples with either Tretinoin gel 0.1% or Saliclear 2-3 times weekly. If you don't have any lemon juice, just skip this step. Like I stated in my 'Skin Lightening Guide' lemon juice boosts the efficacy of any/all skin whiteners & skin bleach. Which gets you faster skin whitening results.

MAINTENANCE & CARE

To prolong the life of your silicone cups always wash them after every use. After removing your silicone cups, rinse them under warm water then wash them with soap. You can also use 99% Isopropyl Rubbing Alcohol, this will remove any oils and embedded dirt/lint/debris from the adhesive side of the cups. After the silicone cups have air dried, replace the plastic sheet on the adhesive side and store the silicone cups in a plastic bag. If the two sheets of plastic become unusable, just cut a large sandwich storage bag in half and use those as plastic sheeting.