

## Bio-Identical Hormone Cream Application Directions

1. It is important to use only the thin skin down **the front** of the body as the 'outside' skin is too thick for the creams to be absorbed. The most common areas to apply is the inner arms, inner thighs and torso area.
2. The cream is usually applied after a shower while the skin is freshly washed.
3. It is also essential that an area **the size of a dinner plate** be used so the cream can cover as much skin as possible with the dose prescribed.
4. The cream should not be applied to the same area of skin every day. Those skin cells will become 'full' and will stop absorbing the hormones from the cream. It is usual to find 6-7 separate areas of skin, one for every day, so that the skin has a week to 'recover'.
5. When using the arms, please use the whole length of the arm, from wrist to armpit. When using the thighs, the inner thigh will be sufficient.

For any further questions you may have please feel free to contact us via phone or email and speak to one of our staff.

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