

Bye to Blemishes Home Care Protocol

Using Your ZAQ Zayn 2.0 on the Blue LED Light Setting

DESCRIPTION OF THIS ROUTINE

This simple at-home routine for sensitive skin using the Hale & Hush Bye To Blemishes Kit and the ZAQ Zayn 2.0 device helps to promote clearer, calmer skin. Recommendation is 3 times per week.

WHAT YOU NEED FOR ROUTINE

HALE & HUSH BYE TO BLEMISHES KIT

CONTAINS THE FOLLOWING:

- Clarify Wash (3.5 oz)
- Hush Hydrate (1.7 oz)
- Relief Bio-Powder
- Mist Me (1 oz. Spray)
- Charcoal Mask (3 oz.)
- Powder Brush

ZAQ ZAYN 2.0 DEVICE

(set to BLUE LED mode for this protocol)

WHAT IT DOES FOR YOUR SKIN

- Fights acne bacteria (without harsh chemicals)
- Reduces redness & inflammation from breakouts
- Clears up skin & controls oil



STEP-BY-STEP HOME ROUTINE

1. Cleanse

- Wet your face with lukewarm water.
- Apply 2 pumps of **Clarify Wash** into your palm.
- Gently massage onto face and neck for 30–60 seconds.
- Rinse thoroughly with tepid water and pat dry with a clean towel.

2. ZAQ Zayn 2.0 Session (5 minutes per area, device will shut off after 5 min)

Goal: Treat 3 areas of your face, neck, and chest.

Total time: 10-15 minutes (depending on how many areas you treat).

Full treatment sessions are best, but shorter sessions are acceptable for maintenance.

Divide Your Face into 3 Treatment Zones:

1. Left lower face (cheek and jaw line), brow, and center to left side of forehead
2. Right lower face (cheek and jaw line), brow, and center to right side of forehead
3. Neck and Decollete

Avoid the thyroid area (center front of neck, just above collarbone).

Continued →

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STEP-BY-STEP ROUTINE *(continued)*

How to Use the Device:

1. Turn on the Zaq Zayn 2.0 and select BLUE LED mode.
2. Press the power button once → starts a 5-minute session.
3. Spray Mist Me lightly on the area you're treating (re-spray as needed).
4. Glide the device in smooth, outward and upward strokes, starting from the center of your face.
5. For cheekbones and brow bones: use a "swoop and hold" motion (glide up, pause 2–3 seconds, repeat).
6. When the 5-minute timer ends, move to the next zone.
7. Repeat until all desired areas are treated.

Tip: Use light pressure – let the device glide. No need to press hard.

3. Apply Charcoal Mask

- After your Zayn session, apply 1 teaspoon or a thin, even layer of **Charcoal Mask** to your face (avoid eyes).
- Leave on for 7–10 minutes (or until it starts to dry).
- Rinse off with tepid (lukewarm) water using gentle circular motions.
- Pat dry.

4. Hydrate, Soothe and Protect

- Apply 2 pumps of **Hush Hydrate** gel to your face and neck. Finish with application of **Broad Spectrum SPF 30**
- **Optional Boost:** Mix a pinch of **Relief Bio-Powder** into the gel before applying (use clean fingers).
- **Extra Calming Step:** Use the Powder Brush to lightly dust **Relief Bio-Powder** over any red or irritated spots.

IMPORTANT SAFETY RULES – PLEASE READ!

DO NOT USE THIS PROTOCOL IF YOU HAVE:

- Open cuts, sores, or wounds
- Broken, sunburned, or rashy skin
- Active cystic acne (deep, painful bumps – Grade 3 or 4)
- Current breakouts with open pimples
- Skin allergies to natural fragrances
- Recently waxed face (wait 3 days before, 1 week after)

CHECK WITH YOUR DOCTOR FIRST IF YOU:

- Are pregnant or breastfeeding
- Are on chemotherapy
- Have a severe autoimmune disease
- Take medications that affect skin sensitivity

OTHER CAUTIONS:

- Avoid eyes at all times.
- Keep products and device away from children.
- Stop immediately if you feel burning, itching, or irritation.

Pro Tip: Take a "before" photo. After 4–6 weeks, compare – your skin will look lifted, brighter, and calmer!