



Thanks for buying **NuTan Triple Strength Patches**. Please read the info below before applying them for the first time.

Important; Please ensure the area you are applying them to is clean of any body lotions, creams or deodorants. Please do not use the patches within 4 hours of medication (including birth control) as this may affect the way the patches are absorbed into the body.

Application and use of the Triple Strength Patches:

Depending on how fast you want to see results:

For optimum results: Every second day – one patch every second day. UV session every second day – 10 Minutes in a tancan / Sunbeds: follow your normal sunbed routine as these may vary from sunbed to sunbed / 30 minutes in direct sunlight. **(Please wait until after the 3rd patch or until you notice freckles darken before you have UV Exposure).**

For quick results: Every third day – one patch every third day. UV session every third day – 10 Minutes in a tancan / Sunbeds follow your normal sunbed routine as these may vary from sunbed to sunbed / 30 minutes in direct sunlight. **(Please wait until after the 3rd patch or until you notice freckles darken before you have UV Exposure).**

Instructions on how to apply the patches:

Open the pouch carefully, remove one patch from the holder, Peel the outer cover (the white part around the edge) from the patch taking care not to touch the inside of the patch where the micro bristles are. Then, stick one patch to your skin and press it down with your palm / thumb firmly to make sure that the micro structures enter your skin properly. You should feel it like bristles on your skin. It can be placed on the top of your arm or 3cm to the left or the right of your navel (belly button) or on the inside of your wrist, these areas are where the skin is the thinnest and absorption is better. Never rub the patch when applying as this can damage the micro bristles

Attach the patch before you go to bed and remove it the next morning. This is the best way to make sure that it dissolves completely.

To ensure that the patch is ready to be removed, press down on the patch. If you feel nothing, the patch can be removed. If there is still a slightly prickly sensation, leave the patch on for longer.

The glue on the patch may leave a slightly red mark for a few hours after the patch is removed. Other than this, there are no side effects.

KEEP YOUR PATCHES AWAY FROM EXTREME HEAT AND DIRECT SUNLIGHT.

High heat and humidity will make the micro bristles melt and your patch will not easily stick to your skin.