



Your First Application Checklist for Pure Royal Jelly

Step 1: The Patch Test (48 Hours)

- Apply a tiny amount of pure royal jelly to your inner arm or behind your ear.
- Cover with a bandage and leave it for 24-48 hours.
- Do not wash the area.
- Proceed only if there is zero sign of redness, itching, or swelling.

Step 2: Prep Your Canvas (The Night Of)

- Wash your face with an extremely mild, non-stripping cleanser.
- Do not use any active ingredients (retinols, acids, scrubs) beforehand.
- Gently pat your skin dry with a clean towel. Your skin should be clean and calm.

Step 3: The Application (The 15-Minute Rule)

- Scoop out a rice-grain-sized amount of pure royal jelly. Use a clean spatula, not your fingers.
- Mix it with a drop of aloe vera gel or your fragrance-free moisturizer (optional, for sensitive skin).
- Apply a thin, even layer to your face, avoiding the eye and lip area.
- Leave it on for no more than 15-20 minutes. Do not sleep in it.

Step 4: The Rinse & Seal

- Rinse thoroughly with lukewarm water.
- Gently pat dry—do not rub.
- Apply your regular, gentle moisturizer to support the skin barrier.

Step 5: The Golden Rule (The Next Morning)

- Apply a broad-spectrum sunscreen of SPF 30 or higher. This is non-negotiable, as brightening work is wasted without sun protection.