	AM	PM
MONDAY	1. STRETCH MARK SCRUB (Apply on Areas with Stretch Marks early in the morning, before bathing) Damp skin with water and gently massage. 2. CLEANSE (Black Soap) 3. STRETCH MARK CREAM 1. CLEANSE (Black Soap)	1. CLEANSE (Apply the black soap with some water on Skin, leave for some time before entering the bathroom to bath) 2. STRETCH MARK CLEANSER (Spray the cleanser on areas with stretch, gently rub it into skin, before applying the cream) 3. STRETCH MARK CREAM 1. CLEANSE (Black Soap) 2. STRETCH MARK CREAM
WEDNESDAY	1. STRETCH MARK SCRUB (Apply on Areas with Stretch Marks early in the morning, before bathing) Damp skin with water and gently massage. 2. CLEANSE (Black Soap) 3. STRETCH MARK CREAM	1. CLEANSE (Bath with the black soap with the Exfoliating Sponge) 2. APPLY BLACK SOAP ON AREAS WITH STRETCH MARK OVERNIGHT, wash off the next

		Morning
THURSDAY	1. CLEANSE (Black Soap)	1. CLEANSE
		2. APPLY BLACK SOAP ON AREAS WITH STRETCH MARK OVERNIGHT
FRIDAY	1. CLEANSE	1. CLEANSE
	2. STRETCH MARK CREAM	2. STRETCH MARK SCRUB (Mix some Scrub with water, massage into Skin, after some time (Don't wash off), apply the black soap. 3. APPLY BLACK SOAP ON AREAS WITH STRETCH MARK OVERNIGHT

SATURDAY	1. CLEANSE	1. CLEANSE
	2. STRETCH MARK CREAM	2. STRETCH MARK CREAM
SUNDAY	1. CLEANSE	1. CLEANSE
	2. STRETCH MARK CREAM	2. STRETCH MARK CLEANSER
		3. STRETCH MARK CREAM