

MyCrobz Solution Guide - Personal Care - 2012

1S = 1-Solution FF = Farm & Field BS = Bokashi Starter CR = 1-Cream BHK - Bokashi Home Kit

#	Application	Product	Rate/Dilution	How to Use	Frequency	Notes
1	Pro-biotic Supplement	1S/FF	30ml/day	Drink straight or mix with a little water or juice	Daily	
2	Dandruff/Hair Care	1S/FF	10%	Spray hair, comb in and let air dry, leave in all day or overnight, wash hair - scrubbing well	Repeat every week or as required	
3	Acne	1S/FF	10%	Apply with cotton ball or pad	Once a day	Or apply 1-Cream daily
4	Make-up removal	1S/FF	1:9 (10%)	Moisten cotton ball or pad and wipe off make-up		Or apply 1-Cream to make-up and wipe off
5	Aftershave	1S/FF	5% - 10%	Splash/mist on after shaving	As required	Or apply 1-Cream
6	Bad Breath	1S/FF	10%	Spray in mouth, swish around and swallow	As required	
7	Brush Teeth	1S/FF	10%	Spray into mouth and onto toothbrush before brushing - no toothpaste needed	As required	Add a few drops of mint or other flavouring
8	Cuts and Scrapes	1S/FF	10%	Spray injury, bandage if required	As required	Or apply 1-Cream
9	Instant Bath	1S/FF	5% - 10%	Spray entire body (inc. hair) towel dry		Or apply 1-Cream
10	Body Odor	1S/FF	10%	Apply to problem area	As required	Or apply 1-Cream
11	Athletes Foot/Fungal Problems	1S/FF	10%	Soak feet in dilution, spray all shoes and socks	Weekly or as required	Or apply 1-Cream
12	Itchy Ears	1S/FF	5% - 10%	Mist into ear	As required	
13	Lice	1S/FF	10% - 50%	Spray hair to soak scalp, leave in, comb before hair dries; soak clothes then wash with warm water and 1S/FF	Daily til no sign of adults; repeat 3 days later to ensure all eggs die	This will not kill the adult lice (only the eggs) so you may notice them for a few days
14	Traveller's Diarrhea	1S/FF	30 ml	Drink straight or mix with a little water or juice; start taking 5 days before trip	Daily til you return	Proven to prevent against TD