Glutathione Balm Application

Glutathione Balm usage

Apply Glutathione Balm as you would any other lotion. It is best to start with a pea-sized amount of the balm rubbed onto your inner thigh or upper arm to determine if you will have a Herxheimer reaction. The amount of balm can be increased daily until you reach the desired amount. For maximum absorption, rub the balm on your neck and face. Balm should be applied directly to areas that are inflamed or injured twice daily. The only known side effect is difficulty sleeping if too much is applied. If this occurs, simply apply less on subsequent days.

If your balm is liquified

If your balm has liquified during shipping, please shake well (until the color is uniform) and place it in a refrigerator to harden. Once hardened, your balm will remain firm up to 72°F.