

SECRET CERES PRODUCT GUIDE



Updated: 04/02/2016

Hello Beautiful,

Please take the time and carefully read through the following instructions. This will allow you to get the most out of your Secret Ceres.

If there is anything this guide doesn't answer, please feel free to contact me.

I'm here for you.

Adina Rivers

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LETTER FROM ADINA

Congratulations on receiving your Secret Ceres! Whether you purchased it for yourself or you received it as a gift, rest assured you are on your way to a sexier, confident and healthier you!

Your Secret Ceres is 100% organic and natural, made from ancient holistic ingredients, and free of chemicals and preservatives. Each Secret Ceres is individually handmade therefore the size, shape and weight may vary.

Your Secret Ceres will last between 6 to 12 months depending on the frequency of use. With each use the healing herbs and kaolin will be dissolved and absorbed which is why it reduces over time.

I hope you find the Secret Ceres Product Guide helpful. As always, feel free to contact me at any time if you have questions that haven't been answered.

Please take the time to watch our video instructions:

<http://sproutvideo.com/playlists/ee9adab91360>



Secret Ceres has helped thousands of women all over the world and it can do the same for you.

I'm here for you.

Adina

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THE POTENCY OF SECRET CERES

The healing herbs in Secret Ceres help with the biological exfoliation of the callus inside of the vagina. It sensitizes, cleanses and regenerates the vagina as well as having a positive effect on the consistency and aroma of its secretion. By shedding off the dead skin cells of the superficial layers of the vagina's epithelial skin, Secret Ceres help regenerating and balancing the vaginal micro flora while sustaining the humidity level and substance balance of the vagina. The synergetic interaction of selected herbal extracts, minerals and crystals balances structural deficiencies of the body while accelerating the cell renewal process in the body.

Due to the unique composition, it's processing and the synergetic interaction of selected herbal ingredients and minerals, Secret Ceres tightens the vagina while simultaneously stimulating the body's own cleansing mechanism as well as the regeneration of skin tissue in a completely natural manner. Secret Ceres active ingredients' antifungal and antibacterial properties effectively counteract conditions that arise as a result of a state of imbalance of the flora, such as fungal infections (Vaginal Candidiasis) vaginal dryness inflammation of the vagina (Vaginitis) unpleasant odor (Vaginosis) or discharge (Leucorrhoea).

Here are some examples of how our customers use Secret Ceres:

#1 Rejuvenating the Vagina

Secret Ceres helps to rejuvenate the vagina. The combination of natural ingredients works wonders to restore the vagina to a firm, healthy appearance, creating beauty from the inside out. It stimulates the body's natural cleansing process, which means a healthy, balanced, odor-free, fresh vagina.

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#2 Eliminating Vaginal Odor

Bad vaginal odor can be an embarrassing issue. Every woman's vagina has a natural scent, but when this scent becomes overwhelming or unpleasant, you need to take action. A stronger scent always is an indication for an imbalance (i.e. infection) in the intimate area. By supporting the body's own cleansing mechanism Secret Ceres can help you get rid of vaginal odor.

#3 Tightening the Vagina

Secret Ceres helps you regain a tight vagina: it's more pleasurable for both you and your partner during sex and it can make you feel more youthful and therefore more confident which in turn again can affect the quality of your sex life. The tightening effect can be felt immediately after the first application.

#4 Rejuvenating a Dry Vagina

A dry vagina can have negative effects on a woman's sex life and how comfortable she is with herself. Many women have used Secret Ceres to restore an appropriate level of humidity. It uses a combination of natural botanicals to promote good vaginal humidity and health. You will feel a higher level of humidity after the first 3-5 applications.

#5 Healing Vaginal Infections

Secret Ceres can support the healing process of different types of vaginal infections such as mycosis, vaginitis, yeast infection, vaginal discharge, vaginal itching, bacterial vaginosis etc. by exfoliating the vaginal callus sanitizing, cleansing and regenerating the vagina.

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#6 Healing External Skin of the Body

Secret Ceres can also be used externally on larger skin parts (i.e. stretch marks), for facial masks or treatments of small skin parts (i.e. pimples, smaller wounds and injuries, insect bites, scars etc).

VAGINAL APPLICATION OF SECRET CERES

Use Secret Ceres 1 time per week; it supports a clean, tight & healthy vagina and helps rebalancing the vaginal flora in case of e.g. vaginal infection, menstrual or menopausal issues, decreased libido.

1. Make sure your Secret Ceres is not damaged.
2. Briefly wet Secret Ceres under running water and insert it up to two thirds into the vagina holding it with your thumb and index finger at its end.
3. Leave Secret Ceres inserted for a maximum of 90 seconds. Your pelvic muscles stay relaxed.
4. After the application rinse the stick under running temperate water and then carefully dry it with a towel.
5. Store the product in its original packaging.

Shortly after using Secret Ceres the tightening effect can be felt. In case of imbalances in the vaginal flora a noticeable burning and itching sensation can be felt during and after the application. The burning sensation indicates the antibacterial effect and regeneration process. The unpleasant sensations will diminish after a couple applications.

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2-3 days after the first applications of Secret Ceres a shedding of thick, white dead skin cells from the intimate area may be experienced. The active ingredients contained in Secret Ceres revitalize and regenerate the vaginal skin helping dead skin cells on top of the superficial layer of the vaginal skin to be peeled off. This process is part of the regeneration and rejuvenation process and contributes to a clean and functioning intimate flora.

SIDE EFFECTS

In case of an infection or imbalance of the intimate flora, a mild to strong burning sensation can be felt during the application. Whenever the skin inside the vagina is inflamed due to a condition of imbalance you will experience a burning sensation when inserting Secret Ceres. This feeling can vary from a mild tingling sensation to an uncomfortable burning sensation. The intensity of the burning varies according to the state of the imbalance and indicates the regeneration process. Normally this feeling will decrease and eventually disappear after a few applications once the intimate balance has been restored. Discontinue the use if the burning sensation is too uncomfortable or does not diminish after the 3rd application.

IMPORTANT NOTE:

DO NOT insert the product fully. Do not use a damaged Secret Ceres internally, do not drop it and don't leave it inside for more than 90 seconds.

EXTERNAL APPLICATION OF SECRET CERES

Secret Ceres can also be used externally on larger skin parts (i.e. stretch marks), for facial masks or treatments of small skin parts (i.e. pimples, smaller wounds and injuries, insect bites, scars etc.):

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1. Wet the entire stick under warm, clean water.
2. Repeatedly rub it over the desired areas for approximately one minute.
3. Leave the residue of Secret Ceres to dry on the skin or affected area and be absorbed as long as possible, preferably overnight.
4. Thereafter rinse Secret Ceres with water and dry it with a towel.

Repeat the process twice a day.

Using Secret Ceres to treat small skin parts (e.g. pimples, smaller wounds and injuries, insect bites, scars, etc.):

1. Wet the tip of the stick under lukewarm water.
2. Press it onto the affected area for approx. 2 minutes.
3. Leave the residue of the stick to dry on the affected area.
4. Thereafter rinse the Secret Ceres with water and dry it carefully with a towel.

Repeat the process at least twice a day.

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WARNINGS

As with every other product there are things to know and consider before using Secret Ceres.

Secret Ceres is a cosmetic product and does not replace your requirement for your usual consultations with your medical practitioner, in particular in relation to permanent symptoms requiring medical supervision.

- Please do not use Secret Ceres in the vagina during menstruation.
- Secret Ceres is a natural cosmetic product intended to enhance the condition of your skin and at no time a substitute for a doctor's diagnosis, prescription or treatment.
- Please do not use Secret Ceres under the shower or in the bath. Humidity or water will decrease the lifespan of the product, as it dissolves when in contact with water. To maximize the lifespan, always dry Secret Ceres carefully with a towel after rinsing it with water after every use, to avoid it getting porous.
- Do not clean Secret Ceres with soap, any disinfectants or detergents. Secret Ceres is an entirely natural product and should not be brought in contact with chemical substances.
- Do not use very hot or very cold water to rinse Secret Ceres. The crystals do react to temperature changes and will either expand or contract which might cause the product to crack or break. Please make sure the water has room temperature whenever you wet or rinse Secret Ceres.

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- Please avoid contact with eyes; in the case of eye contact please rinse the eye with cold water.
- Secret Ceres is very fragile; please handle with utmost care, especially when placing on any hard surface. Be careful not to drop Secret Ceres as it might break.
- To avoid any adverse reaction of the skin, please cleanse your vagina thoroughly with water of residues of any chemical substances (i.e. lubricants, douches, soap, special foams or serums that contain chemical substances, etc.) before inserting Secret Ceres.
- Please always use WATER ONLY to wash the outer (area between the inner and outer labia) and inner parts (entrance) of the vagina. We generally recommend avoiding chemical products on or inside of your vagina (unless otherwise prescribed by your doctor).
- During cold weather conditions, especially minus degrees it is recommended to keep Secret Ceres at room temperature for a minimum of 24 hours before the first application, so that the crystals can become acclimatized to the room temperature, in order to avoid possible cracks in the material that can occur due to extreme changes in temperature.
- In the unusual event of Secret Ceres breaking inside of the vagina, please flex your PC muscle to push out the remaining piece. This is best achieved in a squatting position and while simultaneously pulling the piece out with your fingertips. Alternatively you may wait until the piece has dissolved into a soft paste after approximately 24 hours that you can wash out with plenty of warm water using your indicator finger. Taking a hot bath can help you to relax your vaginal muscles and will accelerate the piece to dissolve inside of you.
- Please use only as directed.

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- Keep away from children.

HELPFUL LINKS

Video Instructions:

<http://sproutvideo.com/playlists/ee9adab91360>

Product Page:

<http://mytinysecrets.com/shop/intimate-beauty/8-secret-ceres.html>

Support Page:

<http://support.mytinysecrets.com/hc/en-us>

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