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Instructions and useful tips for your reusable
organic cotton and bamboo pads.

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An Introduction to Reusable Cotton Bamboo Pads

Congratulations and thank you for purchasing reusable cotton bamboo pads.

Your purchase means you no longer need to go to the store to buy disposable cotton pads that end up in landfill or contaminating our oceans.

Use as part of your daily skin-care regime to remove make-up, cleanse & exfoliate the skin, baby care, pet eye-care and add to your travel essentials. An inexpensive start to using organic zero waste products in your home, made from sustainable materials.

How long will they last? In the long term you will also save time and money as 1 pad can be washed up to 1000 times.

The natural antioxidant properties of bamboo skin prevent bacterial growth. These high quality pads are made from certified organic cotton and bamboo making them safe for all skin types.

Bamboo can grow up to 1m per day! It is a renewable and easy-to-grow material that requires zero chemicals and pesticides and can be harvested in one to five years depending on the species. Bamboo production and manufacturing also provides job opportunities in less developed countries that need social and economic sustainability.

Please read below for information on how to use your reusable cotton bamboo pads.



**How to use your reusable cotton bamboo pads.
A better, safer, sustainable option.**

To gently cleanse and exfoliate your face:

1.



Wash your hands thoroughly before handling pads.

2.



Apply cleansing liquid or water to the long-loop exfoliation side of your pad.

3.



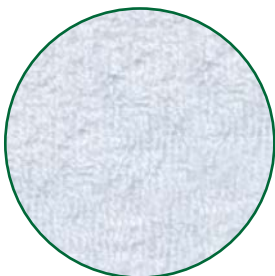
Using a clean pad, gently press against the surface of the skin and wipe in a sweeping up motion.

4.



Be sure to turn the pad as you clean, to ensure all clean surfaces absorb the oil, dirt and/or makeup from the skin.

5.



Turn the pad over to the smooth short-looped cleansing side.

To gently cleanse and exfoliate your face: (continued)

6.



Apply toner or water to pad.

7.



Gently wipe to remove any excess dirt or residue from the skin.

8.



You can use your face pad to clean all areas of the face and neck. In fact you, can use them all over the body.

9.



Treat yourself.

10.



.... and your family

To gently cleanse and exfoliate your face: (continued)

11.



For happier, healthier, cleaner skin today.

12.



and have more time to enjoy the more important things.

To gently clean delicate areas of your beloved pet:

Before you start if you notice redness, inflammation, or cloudiness in your pet's eyes, do not clean them. Instead take your pet promptly to the vet as you may need medicine to treat the area.

Better and safer than using chemically produced disposable cotton!

These organic reusable cotton bamboo pads are gentle and leave no trace of fibres that cause eye irritation.

Clean monthly to prevent mucus, bacteria and infection leaving your pet clean and happy.

1.



Wash your hands thoroughly before handling pads.

2.



Apply water to your pad

3.

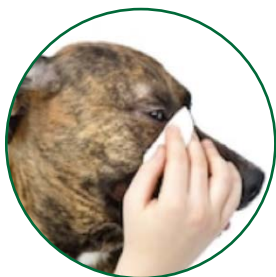


Using a clean pad, gently wipe the eye area. Turn the pad as required to ensure the clean surface makes contact.

Some cats including Persians are more prone to eye problems due to the short gap between the tear duct and nose, which encourages liquid to spill out onto the fur as a "tear stain".

To gently clean delicate areas of your beloved pet: (continued)

4.



Carefully wipe the pad across the lower eyelid. Take care not to make contact with the eyeball itself. Never clean the inside of the eyes.

Some dogs including Poodles, Cocker Spaniels and Shih Tzus are commonly affected by tear stains, and their coarse fur can irritate their eyes and increase production of discharge.

5.



Ensure your pet is comfortable. This process will usually need to be repeated several times to fully remove unwanted discharge.

Some dog breeds including Pugs, Bulldogs, Chihuahuas and Pekingese are more prone to experiencing discharge from the eyes due to their protruding eyes being less protected.

6.



You can also clean your pet's ears.

7.



Reward your pet with a treat before and after cleaning. This will motivate them to look forward to cleaning time and hopefully encourage them to cooperate with you.

To clean smart devices:

Safe for smartphone devices and tablets.

1. Apply screen cleaning liquid to your reusable cotton bamboo pad
2. Gently press the pad against the screen and wipe in one direction.

To use as effective nursing pads:

The three layer organic pads will keep you covered!

Prevent leakage and wear comfortably as nursing pads.

Change as often as needed to stay comfortable.

1.



Wash your hands thoroughly before handling pads.

2.



Lay the pad inside your nursing bra between your nipple and inside of the bra.

How to clean and maintain your pads:

1.



Always keep your clean and dirty pads stored separately. AICO make up storage bag and AICO laundry bags are provided within your AICO set, to make this easier for you.

2.



Place dirty pads into your AICO laundry bag and into the washing machine:



40 DEGREE WASH



TUMBLE DRY



DO NOT BLEACH



COOL IRON
PRESS IF NEEDED



Treat yourself.
With natural facial recipes.

Simple Natural Facial and Face Mask recipes:

To help reduce wrinkles while improving your skin's elasticity and shine.

Lemon Honey Facial

Why this natural facial works? Lemons are high in Vitamin C which is essential for the synthesis of collagen. It is also an antioxidant that helps reduce skin damage caused by free radicals. It also works as a toner reducing blackheads and can improve skin elasticity. Honey is also an anti-oxidant and anti-irritant that cleansers and can tighten the skin. Olive oil is high in antioxidants, Vitamin E, and beta-carotene which contain at least 9 different categories of polyphenols, or anti-inflammatory properties. Great for feeding your skin naturally and bringing back your youthful glow.

Ingredients

Equal parts:

- Freshly squeezed lemon juice
- Organic or unrefined olive oil
- Raw or unfiltered honey

Instructions

1. Mix all ingredients together and rub the mixture all over your face and neck avoiding your eyes
2. Allow it to soak into the skin for 10 minutes
3. After 10 minutes, apply warm water to your face and use your AICO pads to help remove the facial.

Simple Natural Facial and Face Mask recipes: (continued)

Chocolate covered banana face mask

To nourish the skin after a busy day, in a tasty way!

Why does this mask work? Yoghurt contains lots of healthy bacteria and cocoa powder is full of antioxidants that can help repair your skin cells and neutralise harmful free radicals.

Ingredients

- ½ ripe organic banana
- ¼ cup organic plain greek yoghurt
- 2 tsp unsweetened cocoa powder

Instructions

1. Mix all ingredients together using a fork to mash up all the banana
2. Avoiding the eyes, use your fingers to apply the mask to your face and neck
3. Leave on for 5-10 minutes
4. Rinse off with warm water and remove remaining residue with your AICO face pads
5. Rinse again with cold water and dry with your AICO face pads.

Green Tea Scrub

To remove dirt and impurities from your skin, leaving a healthy glow.

Why does this scrub work? Green tea is an excellent anti-inflammatory that helps soothe skin including scars.

Ingredients

- 2 green tea bags
- 1 cup white sugar
- ½ to ¾ cup of soft or melted coconut oil
- Optional: 1 tbsp ground edamame beans

Instructions

1. Mix all ingredients together and apply to your skin as a scrub
2. Wash off with warm water and remove excess using your AICO pads.

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Thank you for your purchase.