

# Peaceful Product Guide

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[dermazen.co](https://dermazen.co)

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Step-by-step instructions & FAQs



# You deserve peaceful skin and peace of mind.

Our mission is to make that as simple as possible.

This guide walks you through detailed instructions and frequently asked questions for all of our products.

If you have a question this guide doesn't answer, always feel free to contact our Community Support Team at [support@dermazen.com](mailto:support@dermazen.com). We're honored to be part of your healing journey.

## PEACEFUL PRODUCT DIRECTORY

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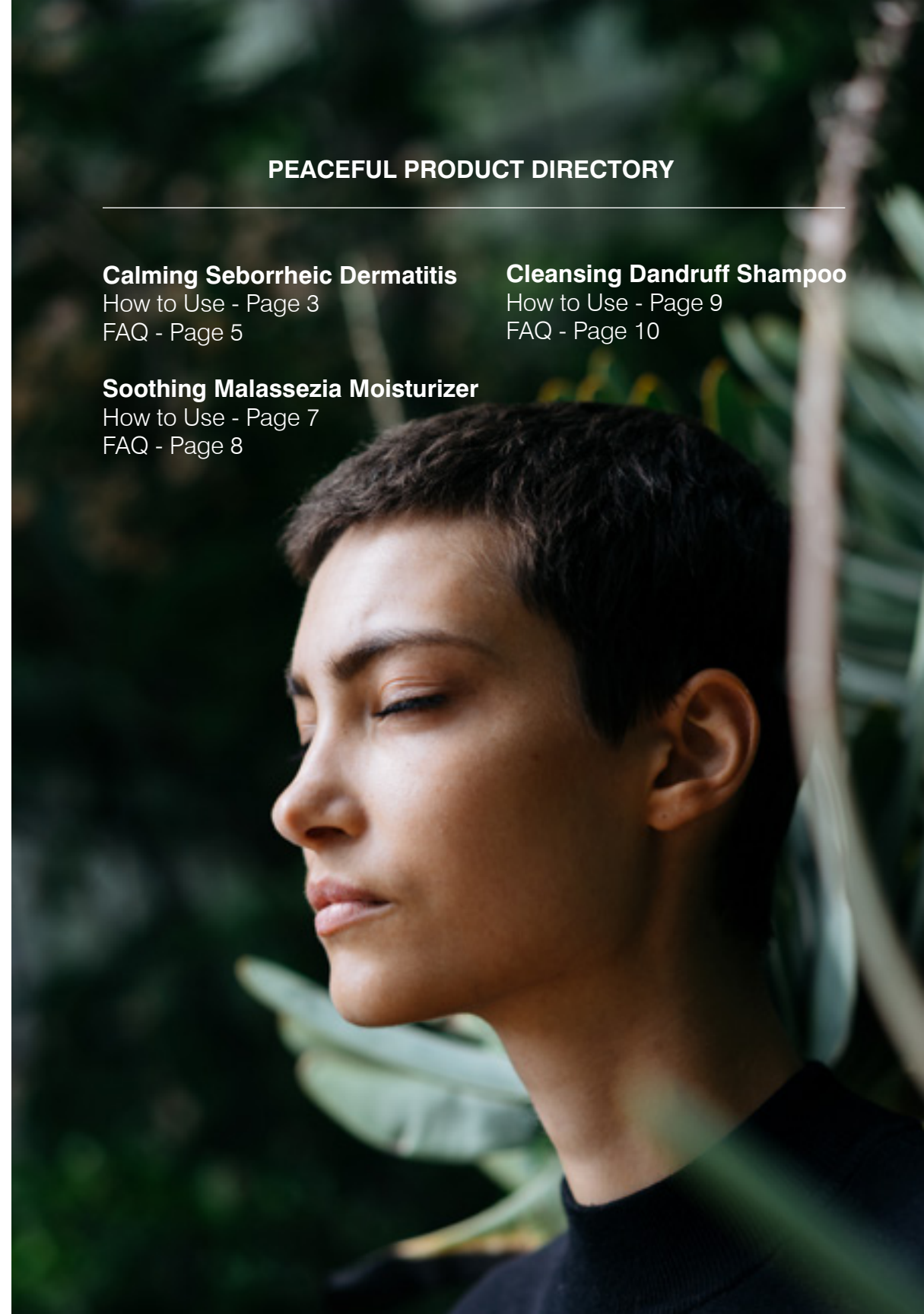
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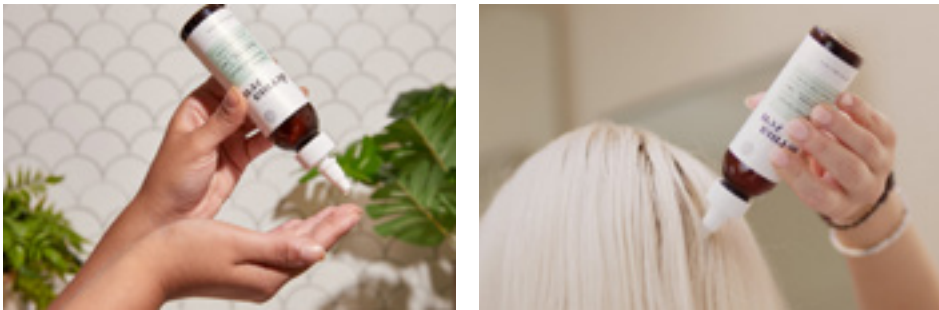
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# Calming Seborrheic Serum

## How to Use



### For Your Scalp

1. Start with freshly washed or damp hair. This helps the serum to spread more easily through your hair and allows the hyaluronic acid to pull moisture into your skin.
2. Apply a generous amount of serum to your scalp.
3. Massage in the formula as you thank your body for all its hard work. Repeat the mantra, "I am healing head to toe everyday."
4. Allow the serum to absorb fully by leaving it on overnight or for at least one hour.
5. Wash the serum out with water or the shampoo of your choice. We recommend the Cleansing Dandruff Shampoo for extra relief.



### FOR ABSOLUTE BEST RESULTS

Wash your hair at night with a malassezia- safe shampoo to clear away dirt and increase blood flow to your scalp. Once your hair is slightly damp, apply the serum and allow the ingredients to work their magic overnight. Then wash your scalp again with shampoo and a silicone scalp scrubber the next morning. This will give you a fresh scalp free of flakes and itching.



## For Your Face and Body

1. Start with freshly washed, damp, or dry skin. The serum contains purified water, so it's already capable of moisturizing dry skin.
2. Apply a generous amount of serum to your beautiful / handsome skin.
3. Massage in the formula as you thank your body for all its hard work. Repeat the mantra, "My skin shines with the radiant glow of health."
4. Allow the serum to absorb fully by leaving it on overnight or for at least one hour.
5. You may rinse the serum off or leave it on completely until your next application. Once the serum is dry, you can enhance results by adding the Soothing Malassezia Moisturizer.

### **When Combining with Moisturizer:**

Some people experience a gumminess or peeling if they use the moisturizer too close to the serum. If you notice a gummy layer after combining both products, it usually helps to apply them at different times of the day. For instance, you could use the serum overnight and the moisturizer in the morning.



# Frequently Asked Questions

## **How long will it take to see results?**

Every body is unique. Most people notice more peaceful skin after their first 2-3 applications. For others, it can take a week or two of daily application before their skin is noticeably calmer.

## **Is it supposed to sting?**

Stinging is normal - especially if your skin is already inflamed. The sensation is mostly caused by the Dead Sea salt and pure tea tree essential oil. As your skin heals, the stinging should subside significantly. The aloe vera and MSM will also soothe your skin. The stinging is perfectly safe and the irritation will calm as your skin finds peace.

## **Can I apply the serum more than once per day and/or combine it with other treatments?**

Absolutely. The Calming Seborrheic Serum is versatile. You can leave it on for as long as you'd like, apply it multiple times per day, and combine it with other treatments like apple cider vinegar, ketoconazole shampoo, or a topical cream from your dermatologist.

## **I'm still experiencing flakes - what else can I do?**

Washing your hair often with a non-drying shampoo helps reduce the amount of flakes. If you are using the serum without washing your hair afterward, the flakes might be due to dried serum rather than dandruff. That's why we recommend washing the serum out of your hair before styling it.

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## **NOTE**

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To further reduce your flakes, you can alternate between using the serum and MCT (medium chain triglyceride) oil overnight. Look for an MCT oil without lauric acid (C11), only capric and caprylic acid (C8, C10), all of which should be listed on the label. You can switch between applying the serum to your hair one night, washing it out in the morning, then applying MCT oil the following night. You can also combine them in the same night as long as you use the serum first.

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## **Is this product safe to use while pregnant?**

We formulate our products without harsh chemicals or hormone-disrupting ingredients. Our goal is to make them safe for everyone. However, we always recommend checking with your doctor or birthing specialist before adding a new product to your routine. There are a number of pregnant and breastfeeding customers using our formulas, and we haven't heard any negative feedback from them. But to be safe, we recommend checking with your doctor first.

## **Why do you use colloidal silver? Isn't it toxic/dangerous?**

Fortunately, there is no evidence that using silver topically can cause argyria or any unwanted side effects. And we only use a small amount of colloidal silver (about 20 parts per million) in the serum. The medical concerns around colloidal silver only come from ingesting large amounts of low quality silver salts over a long period of time. If there was any potential danger from using silver topically, we would remove it. But it's a perfectly safe and effective method of disrupting the fungal biofilms and clearing away malassezia naturally.

## **Can I use the serum on my eyebrows, ears, etc.?**

Definitely. The Calming Seborrheic Serum is safe to use anywhere topically. Of course some areas, like the genitals, are extra sensitive. In those areas, we recommend diluting the serum by 50% with purified or distilled water.



## FOR EXTRA SENSITIVE SKIN

The Calming Seborrhic Serum is suitable for almost every skin type. However, some members of the Dermazen community find the serum to be too intense at full strength.

If your skin continues to be inflamed after 3-5 applications, we recommend diluting the serum by 50% with purified or distilled water.

Several community members were ready to give up hope and return the serum until we encouraged them to dilute it. After using the diluted version, they achieve peaceful skin and many have written 5-star reviews.



lbeth q. 2/16/2022 | Verified purchase

★★★★★

...the first time I started using the serum, I felt discomfort (skin irritation) after using it for a few days. Then I decided to contact DERMAZEN, since I thought that the product would not work for me. I was pleasantly surprised because DERMAZEN very kindly and quickly responded to the email I sent them, giving me a tip that worked perfectly for my skin. My skin has improved a lot in these few days using the serum (diluted with purified water), but I must say that it is definitely necessary to read the guide. Here you'll find plenty of information that people with dermatitis should know. I am so happy to have found this product, because I am tired of visiting different dermatologists and using the creams that they prescribed me. These





# Soothing Malassezia Moisturizer

This gentle moisturizer hydrates, calms, and protects skin without feeding malassezia fungus. You'll be amazed at the peace and health of your skin after using this holistic moisturizer.

## How to Use

1. Starting with freshly washed or damp skin, use a generous amount of moisturizer, focusing on the T-zone and any spots already inflamed.
2. Massage in the moisturizer and recite the mantra, "I love myself and I am worthy of care."
3. Massage in the formula as you thank your body for all its hard work. Repeat the mantra, "I am healing head to toe everyday."
4. Allow the formula to absorb into your skin overnight or anytime of day. (There's no need to wash it off.)
5. Enjoy the peace of mind brought to you by peaceful skin.

### **When Combining with Serum:**

Some people experience a gumminess or peeling if they use the moisturizer too close to the Calming Seborrhic Serum. If you notice a gummy layer after combining both products, it usually helps to apply them at different times of the day. For instance, you could use the serum overnight and the moisturizer in the morning.



# Frequently Asked Questions

## Can I use the moisturizer on my scalp?

You certainly can. The thickness of the moisturizer can make it difficult to spread between your follicles, but wetting down your hair will make it much easier. Typically, we recommend the serum and shampoo for the scalp and the serum and moisturizer for the face and rest of the body.

## What Is malassezia?

This is the fungus causing seborrheic dermatitis, fungal acne, and several other conditions. Malassezia feeds on most oils such as coconut, jojoba, hemp, etc. The Soothing Malassezia Moisturizer is unique because it doesn't contain any oils that the fungus can feed on.

## Can I still use other moisturizing products while using the Soothing Malassezia Moisturizer?

As long as they are free of oils that feed the malassezia fungus (such as coconut, almond, jojoba, hemp, etc.) then they should be safe. [Sezia.co](https://sezia.co) is an unbiased third-party website with approved product recommendations for people with malassezia overgrowth. [Click here](#) to find a list of fungus-feeding ingredients you'll want to avoid.

## Is this moisturizer comedogenic?

While we haven't put the formula through an official comedogenic test, it contains ingredients designed to clean, exfoliate, and shrink pores. There are several people in our community who make it their goal to avoid comedogenic products and they use Dermazen formulas with great success. Can I use the moisturizer more than once per day? Yes. We recommend using it daily, but you are welcome to use it a few times a day if you feel your skin would benefit from it.

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# Cleansing Dandruff Shampoo

Give your hair and scalp a fresh start. This holistic shampoo clears away malassezia fungus, dirt, and oil while promoting hair growth.

## How to Use

1. Wet your hair in the shower or bath.
2. Apply a generous amount of this deeply cleansing shampoo.
3. Massage the holistic formula into your scalp as you thank your body for all its hard work. If you have a silicone scalp scrubber, brush it through your hair to remove fungus, exfoliate dead skin, and increase blood flow.
4. Allow the shampoo to absorb for 2-5 minutes. Use this time to cleanse and appreciate the rest of your body.
5. Rinse with water.
6. Enjoy a happy scalp and healthy hair.





# Frequently Asked Questions

## **Why oil-free shampoo?**

Dandruff is caused by a fungus called malassezia which feeds on oils. Most shampoos contain oil and promote the growth of malassezia. Dermazen formulas give unique relief because we never use lipids that feed the fungus.

## **Can I use my regular conditioner after I use the dandruff shampoo?**

As long as it's free of oils that feed the malassezia fungus (such as coconut, almond, jojoba, hemp, etc.) then it should be safe to use. Most people find the Cleansing Dandruff Shampoo makes their hair so hydrated and manageable that they don't need a conditioner. (However, we're formulating a malassezia-safe conditioner which should be available before Summer 2022.)

## **If combining the shampoo with the Calming Seborrheic Serum, which product do I use first?**

It's best to use the serum overnight, then wash it out in the morning with the shampoo. For extra relief, you can wash your scalp with the Cleansing Dandruff Shampoo before applying the serum, then clean your scalp again in the morning before styling your hair.

## **How often should I use the dandruff shampoo?**

As often as you'd like. Though many experts suggest it's not ideal to shower everyday. Showering every other day is usually a healthy rhythm to stay clean while preserving your body's natural oils and beneficial bacteria. Yes. We recommend using it daily, but you are welcome to use it a few times a day if you feel your skin would benefit from it.

## **Is the shampoo safe for color-treated hair?**

Both the Cleansing Dandruff Shampoo and Calming Seborrheic Serum are designed to be color safe. While we have not conducted a certified color-safe test, none of the ingredients are known for bleaching or disrupting the color of hair. There are a number of hair stylists in the Dermazen community who recommend these products on a regular basis. To the best of our knowledge, both products are completely safe for hair of all kinds and colors.



Thank You

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