



User Guide

Natural Demodex Treatment

Unique products and an innovative protocol work together over the entire body, including the face and scalp.

Suitable for all ages, gender and skin types.



Protocol Quick Guide

The Full Treatment: Suitable for Bundles & Kits

For individual products please refer to single pages.

This protocol overview is intended to be used as a quick guide on the steps needed to implement treatment.

Individual product instructions should be read thoroughly to ensure complete understanding.

Ungex Demodex consultants are available for further advice based on individual needs.

How to Use:

1 Demodex Defence Cleanser (DDC) *As required*

- Do not overuse cleanser.
- Does not need to be used every night unless there are visible signs of dirt.
- If the cleanser is not required, cleanse the skin and scalp with water only.

2 Demodex Hair Tonic (DHT) *Every night*

- Spray on the scalp every night.

High-Frequency Instrument (HFI) *Recommended*

- Follow the direct method of application.
- Use once a week up to every night.

3 & 4 Skin Demodex Treatment (SDT) & Pro Demodex Treatment (PDT) *Every night*

- PDT is our strongest solution and SDT serves as the milder version. Both sprays can be used interchangeably for the skin and environment, however, those with sensitive skin may prefer to start with SDT and work their way up to PDT to help reduce any die-off symptoms.

Environmental Cross-transfer:

Demodex can transfer from the skin onto things in the environment through physical contact. It is important to reduce cross-transfer as much as possible and avoid repeat use of objects that come into contact with us daily, like towels, hairbrushes, pillowcases, etc.

To combat this, follow one or more of these options:

- Leave fabrics in the sun for a few hours each day.
- Avoid repeating use of items for at least 52 hours.
- Spray bedding and pillowcases with SDT or PDT nightly before bed.

Tips & Tricks:

- All products are suitable for use over the entire body (except DHT).
- All Ungex products should be used on damp skin/scalp.
- All Ungex products are required to be used in the protocol, although the most important role is the PDT/SDT spray.
- No other products should be used for the duration of treatment. If this is unavoidable, we strongly suggest that other products be used in the morning.
- If skin becomes dry and you know that you are not over-cleansing, try using organic, cold-pressed and extra-virgin coconut oil to introduce some moisture without feeding Demodex.
- The best time to use all Ungex products is at night before bed.
- Shake bottles before use.

Did You Know?

The Ungex protocol is one of the first fully developed treatments that is aimed at Demodex mites in human skin and is not symptoms specific. Ungex natural based products can be adapted to use in all areas, ages, and skin types.

Demodex Defence Cleanser (DDC)

For use on the scalp, face, and body to help skin become a hostile environment for Demodex mites.
For the best results, use in conjunction with Ungex Demodex sprays.

How to Use

1. Read the 'Direction for Use' on the product label.
2. At night, apply cleanser to the skin and lather.
3. Rinse thoroughly after application with warm water.
4. Before exiting the shower, let cool water run over the skin.
5. Avoid products like conditioners, lotions, and moisturisers.

Did You Know?

- Most people lower their skin's ability to protect them by stripping their skin and overusing cleansers, especially the face and scalp areas, further giving Demodex an advantage.
- To help fix this, only use the cleanser when there is dirt to remove from the skin.

Notes

- Avoid cleanser if your skin is not dirty.
- 'Dirt' can be defined by an unpleasant odour, cosmetics, air pollution, etc.
- When skin is clean, shower with plain water only to control oil, massaging the skin as you go.
- Suitable for both skin and hair.
- If skin becomes dry, try reducing the frequency of use or apply organic cold-pressed extra-virgin coconut oil to introduce some moisture without feeding mites.

Important

- Cleansers alone are not enough to eradicate mites.
- For complete Demodex elimination bundles or kits are required.



Demodex Hair Tonic (DHT)

Helps control the density of Demodex mites on the surface of the scalp and soothes itchy or irritated skin. It contains hair growth properties for use exclusively on the scalp to support the treatment and maintenance of mite populations. For best results, use in conjunction with Ungex Demodex sprays.

How to Use:

1. Read the 'Direction for Use' on the product label.
2. Shake before each use.
3. Use on damp scalp.
4. Spray tonic evenly using clean fingertips to spread and massage in an up and down motion.
5. Do not rinse.

Did You Know?

DHT is an optional product in the 'Ungex Care Plan' and although it is recommended for use at night, it may be used in the morning as well for those with special cases of extreme hair loss, and with the advice of a Demodex consultant.

Available with bundle 1 and A1 kits



Skin Demodex Treatment (SDT)

Hit mites where it hurts by using SDT nightly to aid in eliminating Demodex mites as they come to the surface of the skin and gradually reduce populations by repeated exposure.

How to Use:

1. Lightly dampen skin with water & mist over problem areas directly.
2. Use every night before bed.
3. Do not rinse.

Hint:

Those with sensitive skin, severe symptoms or are treating areas such as the lash line may need to introduce the product slowly by diluting with purified water and gradually increasing the strength. In case you experience this please do the following and contact your Demodex consultant directly to ensure you are using correctly.

Recommended Ratios:

Sensitive:

50% water mixed with 50% product and gradually increase the ratio according to skin tolerance.

Extremely Sensitive:

- 1st week: 2 parts product to 10 parts water
- 2nd week: 4 parts product to 10 parts water
- 3rd week: 8 parts product to 10 parts water
- 4th week: Full strength product

Die-off Reaction:

Also known as a 'healing reaction,' it can sometimes be experienced in those with a high population density of Demodex mites during the first months of treatment. This is normal and a good sign that products are doing their job.

USE THE PLASTIC CAP TO MIX AS NEEDED



Pro-Demodex Treatment (PDT)

Highly concentrated PDT helps target mites on contact when used in nightly routine. Also suitable to stop cross transfer when applied to fabrics that come into contact with affected areas. Suitable for use to help prevent mites on the skin and within the surface environment.

How to Use:

1. Spray problem areas directly.
2. Use every night before bed.
3. Do not rinse.

Hint:

A little bit of PDT goes a long way. Mites live off your skin for several hours so changing your pillowcase nightly and any other items that come into contact with your skin may reduce cross transfer.

If in doubt, contact your Demodex consultant directly to ensure you are using correctly.

Die-off Reaction:

Also known as a 'healing reaction', it can sometimes be experienced in those with a high population density of Demodex mites during the first months of treatment. This is normal and a good sign that products are doing their job.

Did You Know?

Ungex products may also be effective on other insects and mites that may plague people. Since 2012 we have helped clients at all ends of the infestation spectrum help take control back of their skin.

USE THE PLASTIC CAP TO MIX AS NEEDED



*PDT is a powerful formula and can be used the same as you would SDT.
Sensitive skin or bad die-off? Follow the dilution recipe on the SDT page.*

High Frequency Instrument (HFI)

The HFI is a recommended technology that can be used in conjunction with Ungex products to speed up the process of your treatment. Not only does it host a lot of benefits, but it also compliments your 'Ungex Care Plan' by better penetrating Ungex products onto the skin as well as eliminating mites.

This instrument is suitable for use externally over the scalp, face, and body. It is advised that this is not available for purchase from Ungex directly.



How to Use:

1. Read the manufacturer's manual before use.
2. Clean and sterilise the electrode before use with PDT or SDT.
3. Switch on and insert the appropriate attachment.
4. Glide on or around problem areas in circular motions, not leaving in one spot for longer than 10 seconds.
5. Adjust the intensity of the frequency to your personal preference.
6. May use for at least 10 minutes at a time.
7. Adjust the intensity to 0 before switching off and remove the attachment.
8. Sterilise with PDT or SDT after use.

Disclaimer:

This is a promotional item and does not belong to Ungex, although it may be offered with first orders, exclusively on Bundles.

Please contact your Demodex consultant directly for further assistance.

Tips & Tricks:

There will be a sharp smell created by ozone that is normal and is not a sign of a problem. It can be helpful to practice on the back of your hands to get a feel of the machine before use.

STOP BAD HABITS

- Reduce the consumption of fried and greasy food.
- Avoid sharing items that come in direct contact with the skin.
- Reduce sedentary lifestyle, smoking, and alcohol consumption.
- Reduce any stress and pressure that may impact the immune system.

FOLLOW GOOD HABITS

- Rinse skin in warm water, then finish with cool water.
- Stay hydrated, exercise regularly, and take some time to relax.
- Optimise your sleep routine to ensure your body has had plenty of rest.
- Try to maintain a positive outlook; laughing and having fun can benefit the body and mind.

Precautionary statements:

- Read the label before use.
- Keep out of reach of children.
- If medical advice is needed, have a product container or label at hand.

Conditions for safe storage, including any incompatibilities:

- Store in original containers and keep away from incompatible materials.
- Ensure all lids and caps are tightly sealed after each use.
- Store in a clean, cool, dry, and well-ventilated area.
- Store between 5°C to 28°C (41 - 82.4 °F).

First Aid Measures:

- For external use only
- May be harmful if large amounts are swallowed.
- Full strength material may be irritating to the eyes and cause some reactions in sensitive individuals.
- Full strength material should not cause any irritation to the mucous membrane and upper airways.
- Not considered an irritant through normal use. Full strength material in repeated or prolonged contact with skin may be irritating.

OTHER INFORMATION

The information herein is accurate to the best of our knowledge. However, it is meant to describe the safety requirements of our products, thus this shall not constitute a guarantee for any specific product features and shall not establish a legally valid contractual relationship. No warranty is expressed or made as to this document's accuracy, reliability or completeness. Users have the sole responsibility to determine the suitability of the materials for any use and the manner of use contemplated.

General Tips

