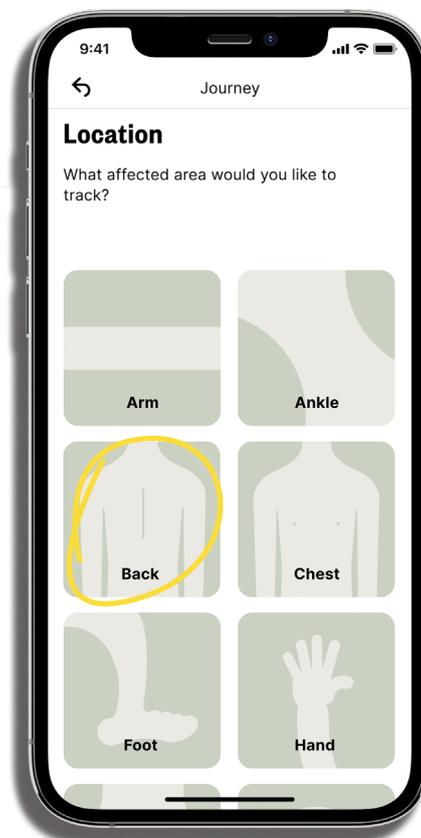
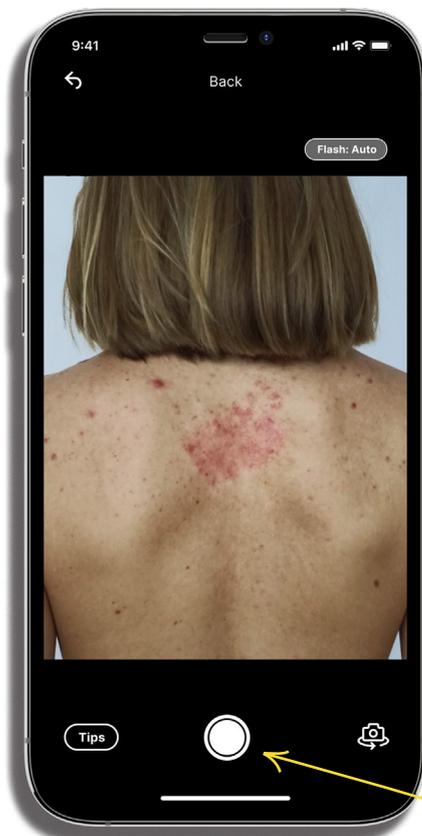


# KNOW YOUR SKIN WITH TIMELAPSE

## CHOOSE PART OF BODY

**Choose the part of your body that you want to document**, for example, your back. The idea is that you and your doctor can get a clear picture of your rashes and progress. Your documentations are placed under “My progress” named, for example, as “Back” so you easily can localize among your documented body parts.



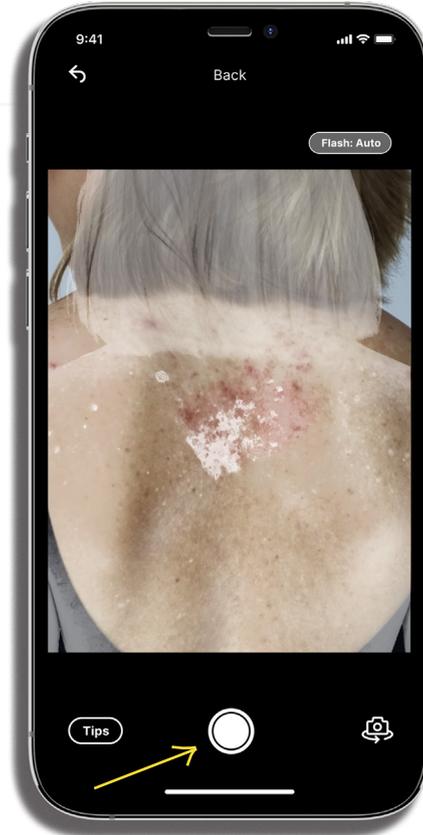
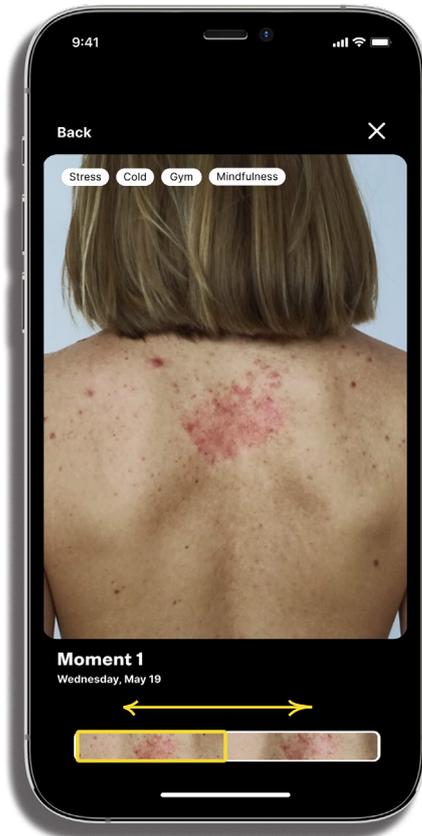
## START DOCUMENTING

**Take your first photo.** Our recommendation is to get as close to the skin as possible without losing focus, preferably in daylight with a neutral background. It's also good to get skin with and without rashes in the picture to analyze your condition.

**Add what time you took the photo.** You can choose to get notified to remember the next one!

## TIME FOR NEXT PHOTO

**Take a new photo.** When you're taking your next entry, choose "Add new entry". Your first picture will create a template for the additional pictures. We recommend taking photographs continuously to get a clear insight into what's working for you.



## FOLLOW YOUR PROGRESS

All your pictures get automatically edited into a short timelapse. On every frame, you're able to see activities, triggers, and treatments logged that day. This makes it easy for you to scroll through your timelapse and understand what surroundings make your skin react.

You can create multiple Timelapses for different parts of your body. So, next time you're wondering how a certain product or diet affects your skin, remember that Timelapse is a great tool to improve your self-care.

**DON'T FORGET TO SHARE YOUR #ITCHYJOURNEY**

## WHY TIMELAPSE?

When you're trying out different treatments and methods, a lot of time is needed. So it can be challenging to keep track of what exactly affected your skin at a specific time. Timelapse makes it easy for you to keep track and learn what conditions make your skin react or look a particular way.