Install the Action

1. Launch Photoshop and open the Actions panel with Window > Actions (Alt-F9).
2. Look to the top right of the Actions panel for the flyout panel menu. Select Load Actions.
3. Navigate to the .atn file that was extracted from the downloaded zip file. Then press the Load button.
4. Verify the action loaded by looking at the bottom of the list of actions in the Actions panel. The new action should have been appended to the end of the list.

Use the Action

1. Input the image first, then click Window > Actions
2. And click the action folder that you installed first
3. Then click in the folder and click play. Enjoy the action