

SKINCARE REMINDERS

do this



- ✓ *Start with a good cleanse*
- ✓ *Invest in creating your own products from kitchen ingredients*
- ✓ *Double Cleanse at Night*
- ✓ *Beauty is not your aim. Wellness is!*
- ✓ *Give your Skin Time*

not that



- ✓ *Don't forget sunscreen*
- ✓ *Don't exfoliate everyday*
- ✓ *Don't touch your face*
- ✓ *Don't over-wash*
- ✓ *Don't expect results over-night.*