



DECEMBER'S SKIN TIP

Your 5-Step Skincare Routine for Radiant & Youthful Skin

- Step 1:** Cleansing daily is a must.
- Step 2:** Exfoliating 1-3 times a week is a must.
- Step 3:** Toning daily is a must.
- Step 4:** Applying SPF & moisturizing is a must.

These 4 steps are the essentials for skin maintenance. If you aren't doing these 4 steps don't be surprised if you aren't happy with your skin.

However, as important as these 4 skin maintenance steps are, to actually improve skin conditions like chronic, angry acne, hyperpigmentation, or lax, wrinkled skin you need a 5th step - Correcting the skin.

To repair your skin, deeply hydrate, and firm the skin, correcting it with the proper serums and masques are your missing 5th step.

If you didn't know, **serums and masques are the most potent, active ingredient rich skincare products.** Serums and masques correct those unwanted skin conditions, hitting them with a power punch of ingredients that can transform your skin to the revitalized, glowing, youthful-looking skin you want.

So, if you are being intentional about giving your skin what it needs to be healthy and youthful, but you aren't cleansing, exfoliating, toning, applying SPF and moisturizer, **AND** correcting your skin w/the proper serums & masques - you are missing critical skincare steps.

Need help identifying how to best incorporate any missing steps into your skincare



routine? Book a facial and let's talk about your unique skin needs & game plan!

IMPORTANT REMINDERS:

1. What you eat, what you drink, your gut health, your medications, your stress levels, your toxic load, and your sleep habits all matter... just as much as the products you use on your skin.
2. Facials are an effective corrective way to meet your skincare goals. However, what you do at home (items listed above), in between your facials is 80% of your skin's results.
3. Stop putting your dirty hands on your face.
4. Sleeping on your back is ideal to eliminating daily wrinkling of the skin.
5. Super-hot water is not good for anyone's skin. It strips the skin of its natural oils, compromising the skin's lipid barrier resulting in a myriad of unwanted skin issues. So, ditch the scalding hot water on your face AND body.
6. **BONUS:** Water is the best beauty beverage EVER! Drink LOTS of it daily!!