SKINCARE TIPS AND THEIR BENEFITS SLEEP RIGHT Repairs skin

PROTECT YOUR SKIN FROM THE SUN

GET ENOUGH

REST

Prevents damage

FOLLOW MAKEUP BEST PRACTICES

Avoids bacteria build-up

KEEP IRRITANTS OFF YOUR SKIN

Improves skin health

EXER REGU Flushes out toxiles



Keeps skin healthy

AVOID DIRECT HEAT **EXPOSURE**

Prevents inflammation

> EAT HEALTHY

Nourishes skin

STAY HYDRATED Boosts circulation

CHOOSE THE RIGHT SKINCARE PRODUCTS

Prevents breakouts

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