

# SKINCARE TIPS AND THEIR BENEFITS

**GET  
ENOUGH  
REST**  
Repairs skin

**PROTECT  
YOUR SKIN  
FROM THE SUN**  
Prevents  
damage

**FOLLOW  
MAKEUP  
BEST  
PRACTICES**  
Avoids  
bacteria  
build-up

**KEEP  
IRRITANTS  
OFF YOUR  
SKIN**  
Improves  
skin health

**EXERCISE  
REGULARLY**  
Flushes out  
toxins

**SLEEP  
RIGHT**  
Keeps skin  
healthy

**AVOID  
DIRECT  
HEAT  
EXPOSURE**  
Prevents  
inflammation

**EAT  
HEALTHY**  
Nourishes  
skin

**STAY  
HYDRATED**  
Boosts  
circulation

**CHOOSE  
THE RIGHT  
SKINCARE  
PRODUCTS**  
Prevents  
breakouts



# Skin Head To Toe Tips For Health And Beauty

**Sandi Brenner**



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