

RADIANCE GUIDE

DISCOVER YOUR MOST RADIANT SKIN

Here are a few ways to incorporate our 3 principles into your daily routine, so you can truly embody your most radiant self from the inside out.

OUTER CARE

THE EXTERNAL SURFACE, TRADITIONALLY KNOWN AS "SKINACRE"



- Create a simple yet effective daily skincare routine. It can be as minimal or elaborate as you desire, the key is consistency. Morning time, we recommend a cleanser, vitamin C serum, moisturizer and SPF. For the evening, we recommend double cleansing and moisturizing.
- Exfoliate and detoxify your skin once to twice per week, using a chemical exfoliant such as our Clarify & Brighten Face Mask. This helps to lift dead skin cells, diminish acne causing bacteria, smooth fine lines and purify clogged pores which leads to less breakouts and softer, more even toned and radiant skin.
- Body brush to promote lymphatic drainage, which boosts blood and oxygen circulation and exfoliation. Do this ideally before stepping in the shower, a few times per week.
- Treat yourself to a regular massage to release built-up stress and tension in the body.

INNER NOURISHMENT

INTERNAL VITALITY IS CULTIVATED THROUGH OUR INTAKE OF VITAMINS, ANTIOXIDANTS, PROTEINS AND GOOD FATS.



- Boost your diet with a variety of anti-inflammatory foods, rich in vitamins, antioxidants and nutrients, which benefit your skin, digestive and hormonal health. Anti-inflammatory foods like spinach, cucumbers, avocados, berries, wild salmon, walnuts, carrots, and dark leafy greens contain a rainbow of nutrients, vitamins, and antioxidants to fuel your body, skin cells and overall wellness..
- When building your plate (or smoothie), look for the protein (ex. salmon), the greens (ex. green beans), the fat (ex. avocado) and the complex carbohydrate (ex. sweet potato). This will ensure your meal is well-balanced, satisfying and that it will have a smooth and stable effect on your blood sugar levels.
- Stay on top of your hydration. Replenish yourself after a long night's sleep with warm water and lemon in the morning, and continue to hydrate throughout the day with room temperature water. This helps to promote circulation, detoxification and stable energy levels.
- Create a simple supplement routine to help boost your intake of vitamins. A few of our favorite skin-loving supplements include: zinc, magnesium, probiotics & vitamin C.

MENTAL WELLBEING RITUALS

A MINDFUL STATE OF BEING - AN AWARENESS OF HOW OUR EMOTIONAL LIVES IMPACT OUR OVERALL HEALTH, INCLUDING, OF COURSE, OUR SKIN'S.



- Calm the mind and heal your skin internally by listening to our free guided Clear & Healthy Skin Meditation. Just 10 minutes can make the world of difference to how you feel and move through your day. Lower levels of stress and cortisol are linked to lower levels of inflammation, improved digestion and better internal harmony, which greatly affects the quality and health of our skin.
- Gently move your body to release a build-up of stress & energy blockages - we love gentle walks and stretches.
- Practice gratitude. Notice the good things, look out for them and truly appreciate them. Allow these beautiful moments and things, however big or small, to swell in your heart with love. Express gratitude towards yourself and others. Either do this internally, or make a habit of noting down a few of the beautiful things and moments that happened that day, to really soak in the good energy.
- Practice good sleep hygiene. Have a consistent nightly bed time, and simple routine to set you up for a great night's sleep. A calming shower, evening walk, a good book and a calming pillow mist can really help to soothe and relax you before bed, promoting deeper sleep. Limit screens and bright lights which can delay and hinder proper melatonin production. Sleep is deeply restorative and healing to the body and skin.

Aim for consistency over perfection, and see your skin connected to your entire body and wellbeing. Keep these three principles in mind when you go about your day, and aim to nurture each one to truly tap into your most radiant, clear and healthy skin

Follow along for more tips and wellness advice on our IG @nourished3 ♥