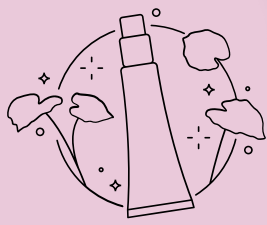


Nighttime Skincare routine



1

DOUBLE CLEANSE

Wash your face twice, with an oil-based cleanser then with a water-based cleanser



2

TONER

Balances the skin



3

SERUM

Treats and protects the skin



4

RETINOL/RETINAL

Reduces fine lines and wrinkles



5

MOISTURIZER

Hydrates and softens the skin



EXTRA TIPS

- Add a face oil to lock in hydration
- Use a few serums for hydration
- Apply products in the order of thinnest to thickest
- Opt for Tretinoin
- Start slow with vitamin A products

DON'T DO THIS

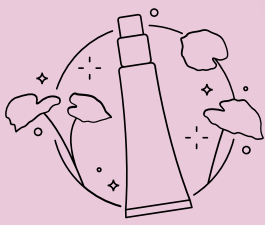
- Skip cleansing
- Over exfoliate
- Go to bed with makeup on



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Morning Skincare routine



1

FACE WASH

Cleanse your face to remove any overnight buildup of oils, dirt, and impurities.



2

TONER

Balances the skin



3

SERUM

Treats and protects the skin



4

MOISTURIZER

Hydrates and softens the skin



5

SUNSCREEN

Protects the skin

EXTRA TIPS



- Start with a good cleanser
- Invest in quality products
- Apply products in the order of thinnest to thickest
- Hydrate with facial sprays
- Exfoliate once every week
- Wear sunscreen every morning

DON'T DO THIS

- Don't use harsh exfoliants that are not meant for the face
- Avoid touching your face
- Skip Your Sunscreen



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