

# SKINCARE

Tip number 1. DRINK WATER.

Omg, Omg, OMG. I CANNOT stress this enough! On average, you should be drinkin at least 8 full glasses of water daily. Use this chart to track it!

Tips and recognition!

## DISCLAIMER:

I am not by any means an expert! Please confirm with your doctor or dermatologist before consulting to the following:  
-using new products  
-changing diet

## ~WATER CHART~

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Tip number 2

### AVOID GLUTEN & DAIRY

Another tip that I must emphasise! Consumption of any dairy can contribute to acne and other issues with skin like eczema. In addition to this, it would also be smart to avoid gluten AND processed foods.

- Moisturize your skin regularly
- Don't touch your face (unless hands are thoroughly washed.)
- Eat a healthy diet and avoid gluten, dairy, process foods
- Exercise regularly

After you drink a glass, fill in a cup! Do this for every day!

for face!

Tip number 3

### -AVOID HOT WATER!

Surprisingly, hot water can damage your skin's natural barrier, leaving it vulnerable to bacteria and environmental pollutants. Barely warm water is best!

You should never over-scrub your skin. As I said for the hot water, this can also contribute to breaking the skin barrier.

## IN ALL

Some healthy snack recommendations are

- Avocado -Pumpkin seeds (no shell)
- Black beans -Almonds -Almond chips

Lead a healthy lifestyle. Your skin will be in much better shape if you contribute to these tips. Your skin is your biggest organ-anything you apply to it can get into your blood stream. Always ensure that what you are putting onto your skin is safe.

# THANKS FOR READING!