

Again....

## Self care

Face-

Clear skin: skin care products

- Cleanser
- Moisturizer
- Toner
- Face masks
- Serum
- Gua sha

diet

- Fruits
- Veggies
- Non oily foods
- Not too much sugar

face shape/structures

- Gua sha + moisturizer
- Massage face daily
- Ice face often

Make-up

Do it how you want and dont be shy.. here is what I want mine to be in exact order..

- Skincare
- Powder
- Eye shadow (pink or light glitter)
- Mascara
- Curl lashes
- Eye liner (brown and black) (liquid or pencil)
- Chapstick
- Eye brow wax
- Color in eye brows
- Shape eye brows
- Concealer
- Bronzer
- Highlighter
- Lip tint
- Lip liner
- Lip stick/ lip gloss

Hair care

soft hair

- Coco oil

• Conditioner

• Hair masks

untangle hair

• Conditioner

• Detangler

• Scalp massager

curly hair (mine)

Conditioner

Mousse

Oil

Hair creme

Gel

Body care

• Body wash

• Exfoliate

• Shave

• Cleanser for body

• Baby oil

• Lotion

workout (mine)

• The workout I posted

• 100 jumping jacks.

100 burpees.

Two sets of 10 jump squats.

Plank crawls (for the duration of the song "I'm Fearless")

Two sets of 10 plank up and downs.

Two sets of 10 plank twists.

Three sets of 25 crunches.

Now my workout

Stretches

100 jumping jacks.

50 leg raises

30 squats

Stretch legs

100 burpees.

Two sets of 10 jump squats.

Plank crawls (for the duration of the song do not touch by misamoo")

Two sets of 10 plank up and downs.

The rest of my workout

Squats (20)

Crunches (100)

Plank twist 100

Planks 1 minute x 2

I do le seerafim workout above and my work out in any order..

Foods I eat for healthy diet

- Avoid soda
- Avoid candy
- Limit sugary things
- Avoid over eating
- Salad is a basic option but it helps
- Eggs good source of protien
- Avoid oily foods
- Eat lots of fruits
- Try to eat more veggies

you just have to eat healthier avoiding calories and cholesterol

But you don't have to diet every day and you can reward yourselves at times or just eat whatever you want but workout extra hard...



A large rectangular area with a double-line green border. Inside, there are 20 horizontal green lines, providing a space for writing.







