

# 20 Minutes a Day to Better Skin

*Would you like a more youthful appearance? Would you be willing to invest 20 minutes a day to the overall health and appearance of your skin? Just follow this easy guide:*

## Step 1: Night-time necessities

### A. REMOVE

It's a proven fact that sleeping without removing makeup:

- promotes free radical damage
- clogs pores which can lead to blemishes, and
- inhibits the natural overnight exfoliation process necessary for skin renewal.

This habit can lead to prematurely aged skin with a dull, lifeless cast.

So then, **TAKE IT ALL OFF**, even if you're only wearing sunscreen. A quick solution is **MICELLAR WATER**, which pulls makeup and environmental pollutants up to the surface for surprisingly deep, effective and easy clean that will not over-strip your skin.

### B. HYDRATE

Your skin cells are doing their hardest work reproducing overnight, and the more hydrated the body, the healthier and plumper the new skin cells will appear on the surface. Be sure to use a **CLEAN INGREDIENT, NON-TOXIC MOISTURIZER** on

the surface every night after cleansing your face.

Next, drink **8 OZ OF WATER**. Among many other health benefits, drinking a glass of room temperature or warm water helps your body stabilize hormone, vitamin and nutrient levels, which play right into feeding your skin for that overnight renewal process.

### C. MASK

One or two times per week, wear a **CHARCOAL MASK** at night to deep clean and detoxify. These masks extract any free radicals that manage to sneak below the surface.

**Time invested: 7 Minutes**

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## Step 2: Morning magic

### A. HYDRATE

Begin each day with a refreshing glass of **WATER**. Your body has done a lot of work to

process, purge and renew on the cellular level while you slumbered away, so even before that first sip of coffee or tea, rehydrate with pure water. And keep it up throughout the day to keep every cell plump and beautiful.

## **B. CLEANSE**

Don't over-strip your skin, but do a thorough wipe down with a pre-saturated, gentle facial **CLEANSING WIPE**, or use a **CLEANSING BALM WITH A MUSLIN CLOTH**. Why? Because of cellular turnover that took place overnight, there are dead skin cells and even bacteria and airborne environmental allergens that may have accumulated on your pillow.

## **C. SPF**

Makeup or no makeup, if you sit near a window to do the day's work or venture outside, ensure a healthier, even skin tone with **SPF PROTECTION**. Be sure to use a mineral-based sunscreen (also known as physical sunscreen), as opposed to a synthetic or chemical sunscreen, on the outermost layer of your face in a setting powder or mist that you can carry with you. Many synthetic sources of SPF, while initially protecting you from one form of skin cancer, have been shown to cause other forms of skin cancer and health problems long term.

Every two hours, **REAPPLY** with that same convenient SPF setting powder or mist.

## **Time invested: 5 Minutes**

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## **Step 3: Day-time duties**

### **A. FRESH AND RAW**

Bright, glowing skin doesn't come just from a bottle of lotion or container of supplements. **WHOLE FOODS** enjoyed in their natural state as extracted juices, salads, smoothings and toppings on prepared foods do so much more. **FRUITS AND VEGGIES** that are eaten uncooked are rich in minerals and antioxidants, which fight the free radical damage from stress and the environment that cause premature aging, both inside the body and on the surface of the skin.

### **B. GO OUTSIDE**

We were created to gain valuable benefits from **DAILY, DIRECT EXPOSURE TO THE SUN** that causes us to thrive in so many ways. From better sleep cycles to vitamin D production to mood enhancement, these benefits put a smile on our faces that no over-the-counter beauty product can replicate.

## **Time invested: 8 minutes**

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