

# SkinCare 101

## Your Basic Guide to Wholistically Beautiful Skin



### GIRL, WASH YOUR HANDS!

- Seriously, wash your hands before washing your face.
- Keep your hands off your face throughout the day.
- Wash your hands frequently.

### CLEANSER PROPERLY

- Remove your makeup with **makeup remover\***.
- Dampen your face with tepid water.
- Squeeze a pearl-sized dollop of **cleanser\*** onto your fingertips.
  - Gently massage onto your skin in upward, outward motions, using only your fingertips, for 1-2 minutes. If it seems like forever; sing your favorite song!
  - Splash your face with tepid water until the cleanser is completely rinsed away.
- No need to towel dry.
  - If you do, make sure you blot with a clean towel each time - washed without dyes, fragrance, or fabric softener.



### FINAL STEPS, EASY AS 1-2-3

THESE STEPS MAY VARY ACCORDING TO INDIVIDUAL NEEDS.

- Splash your **toner\*** into your hands and pat onto your face. Use enough so your face remains damp).
- Immediately apply **serum\*** and gently pat it into your skin.
- Apply **beauty oil\*** and pat onto your skin.
- Apply a pearl-sized drop of **eye cream\*** and pat around the entire eye area.
- Pump about a pearl-sized drop of **moisturizer/moisturizer with SPF\*** onto your fingertips.
  - stipple onto face and gently pat and stroke onto face. No rubbing!
  - Let absorb naturally.

*That's it! You are done and your face thanks you!*

\*To learn more, shop cosmeceutical-grade products, or schedule a consultation visit: [www.wholisticallybeautiful.com](http://www.wholisticallybeautiful.com)



Discover, embrace, & nurture your unique beauty.