**The Ultimate Guide to Creating the Perfect Daily Skin Regimen for Healthy and Glowing Skin**

Is your skin screaming at you? You are not doing it right if you splash water on your face and go. I will give you steps and product recommendations, you can get at your local Walmart, Walgreens, or CVS.

1-**If you have any makeup on**, you want to start by removing it with a makeup remover or Micellar Water. \**If you don't have makeup on skip to step 2*.

**No Makeup Start here!**

2-**Damp your face with lukewarm water**. Apply your facial cleanser of choice (use only a pea-sized amount). You don't want to use it too much; it can become hard to remove. Rub the cleanser into your skin, by moving your fingertips in a circular motion, until it lathers up. *\*Do not over-stimulate your skin. Gently lather your face*.

3-**Rinse with lukewarm water.** Once you get a good lather, take a clean washcloth, or facial sponge, wet them with lukewarm water, and wipe the cleanser completely off your face. \**Do not use hot water. It can dry your skin out more*.

4-**Apply your toner.** Toner comes in different forms, such as toners, astringents, and tonics. They help balance the pH (a measure of how acidic your skin is). Apply as a mist or use a saturated cotton round. Let it air dry.

5-**Apply your moisturizer**. This will restore the moisture in your skin. Gently massage your moisturizer into your skin using your fingertips. Moisturizers come in several ways, oil, cream, or gel base. If you are out in the sun often, you can apply your sunscreen after this or during this step. *\*Sunscreen can be used on all skin types. Sunscreen can help protect your skin from sun damage.*

You can do this regimen twice daily when you wake up and before bed. Try this out for 30 days and you will see a difference in your skin.

**Product Recommendations**

**Cleansers-** La Roche-Posey Purifying Foaming Facial Cleansers

Cetaphil Face Wash Daily

Vanicream Gentle Facial Wash

Cerave Foaming Facial Cleanser

**Toners-** Cerave Alcohol-Free No Rinse Hydrating Facial Toner

Neutrogena Alcohol-Free Daily Facial Toner

Thayers Natural Remedies Witch Hazel Alcohol-Free Toner

Witch Hazel

**Moisturizers-**Vanicream Daily Facial Moisturizers

Cerave Face Moisturizer with Sunscreen

Nivea Soft Moisturizing Creme

Neutrogena Hydro Boost Water Gel

Adding a daily skincare routine can change how your skin looks and how you feel about yourself. Skincare is also selfcare, which can wind down a hectic or be a great start to your morning. Remember everyone has a different skin type, take these steps and suggestions and make them your own.

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