

## Beauty Tips for a Glowing Skin

1. Cleanse your face twice a day.
2. Apply a moisturizer every morning and night.
3. Use a sunscreen with at least SPF 30 daily.
4. Exfoliate your skin 1-2 times a week.
5. Drink plenty of water to keep your skin hydrated.
6. Get enough sleep to allow your skin to repair itself.
7. Eat a balanced diet rich in fruits and vegetables.
8. Avoid smoking and limit alcohol consumption.
9. Manage stress through exercise, meditation, or hobbies.
10. Use gentle skincare products that suit your skin type.