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# RAG Chat Assistant



Recommend me a full skincare routine from a European brand that doesn't test on animals.



Creating a comprehensive skincare routine using Lush products, which is a European brand that doesn't test on animals, can be both effective and ethical. Here's a well-organized plan tailored for morning and evening routines:

## Morning Skincare Routine

- Cleanser:** Start with the **Lush Cleansing Cubes**. These gentle cubes, infused with jojoba beads, effectively cleanse without irritation.
- Toner:** Use the **Lush Konjac Sponge** to tone your skin. Wet the sponge and gently sweep it across your face to balance and soothe your skin.
- Serum:** Apply **The Serum** by Lush, rich in hyaluronic acid, to hydrate and plump your skin for a dewy complexion.
- Moisturizer & Sunscreen:** Finish with the **Lush Sunscreen Face Cream SPF 30**, providing broad-spectrum protection against UV rays without leaving a greasy residue.

## Evening Skincare Routine

- Cleanser:** Begin with the **Lush Dead Sea Scrub** to thoroughly cleanse and gently exfoliate your skin, removing impurities and makeup.
- Toner:** Follow up with another pass of the **Konjac Sponge**, this time focusing on any leftover residue or impurities.
- Serum/Essence:** Use **The Black Mask** by Lush as a repairing serum to detoxify and clear impurities while you sleep.
- Moisturizer:** End with the **Lush Sleeping Mask**, a rich moisturizer that repairs and hydrates overnight, leaving your skin soft and rejuvenated in the morning.

## Considerations

- Product Suitability:** Ensure each product suits your skin type. For sensitive skin, the gentle jojoba beads in Cleansing Cubes are suitable.
- Application Tips:** Use warm water with Cleansing Cubes for better effectiveness. The Konjac Sponge can be used wet or dry depending on preference.

This routine offers a balanced approach to skincare, utilizing natural and ethically sourced products that work synergistically to maintain healthy skin.

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