



# ERIN'S QUICK GUIDE TO HEALTHY & GLOWING SKIN



# HEY GIRLIE!

happy christmas



## 5 STEP SKINCARE

Are you excited to get started on your new skincare regiment? I'm excited for you! Before you get started I just want to go over the best practices for optimal results! I was told you have combination skin (just like me!) and this set is perfect for your skin type. Also bonus! This brand is vegan so it means it hasn't been tested on animals!

# WELCOME TO THE WORLD OF SKINCARE

don't be shy, ask questions!



## MAKEUP BUTTER CLEANSER

Cleansers are a great way to start your skin care routine. It essentially removes all the dirt, makeup, and bacteria on the skin, leaving you with a clean face ready for facial products!

### IMPORTANT TIPS & INSTRUCTIONS

Always use this product first. If you have any acne washes apply them after this cleanser. I did the mistake of using an acne wash first then cleanser for YEARS, don't be like me. First get a pea size amount using the back of your nail to prevent bacteria build up. Next, melt the product in your hand and massage it on your face. This is safe for your eyes so don't be afraid to apply on your lashes and eyelids. Add water to your face and lather your face up, the product should be foaming now! Once its foamed up, you can fully wash off the product. Now you have a clean face!



# CLEANSE & EXFOLIATE

get rid of the toxic cells in your life



## 2 BAMBOO BOOSTER

This is your exfoliant, great for eating away dead skin cells. As we age, we don't shed dead skin cells at the same rate and oil production decreases. As a result, our skin can become drier and buildup.

### IMPORTANT TIPS & INSTRUCTIONS

Add a dash of this exfoliant to your cleanser before washing your face. Only exfoliate your skin once or twice a week. You can either exfoliate during the day or night.



# TAKE AWAY YESTERDAYS STRESS

life is too short to worry



## 3 RETINOL CREAM

By far my favorite product, I personally use this one specifically on the daily.

A form of Vitamin A, retinol helps stimulate skin cell turnover which decreases overtime with age. By using retinol you are refining and resurfacing the skin to improve the appearance of wrinkles, texture, and undertone. Now Erin, you're maybe like "I'm 22, I don't need anti-aging cream, I don't have wrinkles yet!" but many experts say otherwise. The younger you start, the more gracefully your skin will age with the aid of retinol cream. The reason being, once you see wrinkles, the harder it is to make them go away.

### IMPORTANT TIPS & INSTRUCTIONS

Out of all the creams you have, this one is the most potent and if not applied properly, can lead to skin peeling and irritation. Only use this cream once a week,

preferably at night, UV rays are known to cause skin irritation when wearing retinol. Start with a small pea size amount and work it through your skin. If you don't feel comfortable with using a retinol cream yet, feel free to skip this step.

If you ever run out of this retinol cream, or would like to try a new cream, make sure you stick to retinol and not retinoid. Retinoid is an even more potent form of vitamin A and can cause extreme irritation on younger / sensitive skin.



# ADD SOME FRESHNESS TO THE MIX

h<sub>2</sub>O hell yeah



## 4 INTENSIVE HYDRATION SERUM

This lightweight serum delivers steady hydration all day as it visibly diminishes drabness, dryness, and fine lines (it's also great for winter). Your skin will appear healthier, brighter, and more youthful.

### IMPORTANT TIPS & INSTRUCTIONS

If using the retinol cream, squirt a pump of this stuff into the mix to protect your skin from dryness. If you're not using the retinol, Two to three pumps should be enough to cover your face.



# THIS CREAM IS A DREAM

moisturize & prioritize

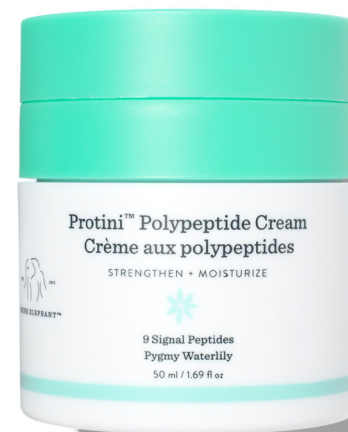


## 5 POLYPEPTIDE MOISTURIZER CREAM

Abundant with proteins and nutrients, this moisturizer replenishes and restores skin to a visibly strong, healthy state. It's also fragrance free!

### IMPORTANT TIPS & INSTRUCTIONS

One pump should be enough. If you have any left over massage some into your neck and backs of your hands! Also pro tip (this goes for all creams and serums) make sure you are gently rubbing the product in your skin in an upward motion, dragging the creams down can cause future wrinkles.



# MORNING & NIGHT ROUTINE

pt.1 – morning



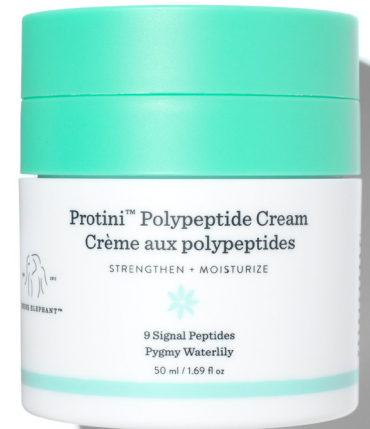
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# MORNING & NIGHT ROUTINE

pt.2 - night



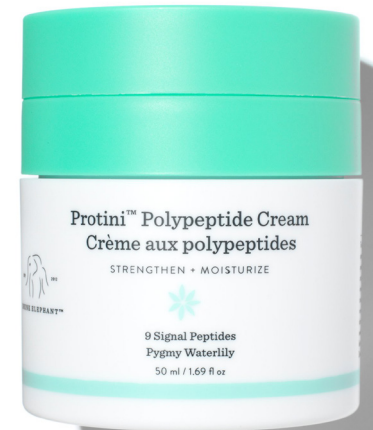
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# ON THE GO!

when life doesn't stop



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