



# Your Month Of Great Skincare Habits

Daily Habits For Healthy Skin

# Healthy Skin Checklist

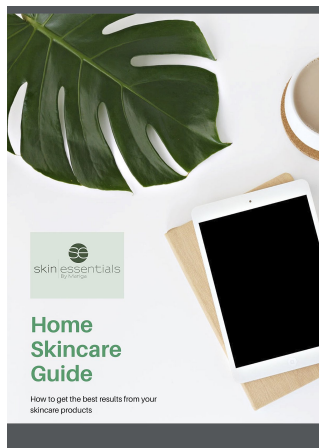
Little things done daily all add up to healthy, radiant skin. Use the checklist daily to see where you can improve your habits and see the results on your skin.

- ☐ Do Morning Skincare Routine - Always Finish With SPF
- ☐ Eat Your 5 a Day
- ☐ Drink 8 Glasses Of Water
- ☐ Spend 20 Minutes On De-stressing. Meditate, Walk or Yoga - Whatever Feels Good To You
- ☐ Get Omegas In Your Diet - Supplements Are Fine
- ☐ Cleanse And Night Skincare Routine
- ☐ Get 7-8 Hours Sleep



# More Helpful Resources:

[How To Choose The Best Products For You  
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