**Upgrade Your Skincare Routine**

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Although most of skin appearance can be improved by diet and drinking more water, there are steps you can take to really glow. Exfoliation and moisturizing can help your skin look youthful. You don't have to spend a fortune on skincare products, either! Baking soda and coconut oil are cheap and common household items that get the job done.

While you shower, you can take a teaspoon of baking soda and wet it enough to form a thick paste. You can spread it all over your face and gently rub in circles to exfoliate. Since your pores will be open in the steam, the baking soda will cleanse your skin and stimulate better blood flow.

Exfoliation encourages the growth of new skin cells and this can improve the appearance of any skin type. Even using baking soda on scars can help your body heal until it's barely visible.

After you shower, your skin will be more at risk of drying out. Moisturizers work best at the end of your cleansing routine to seal the moisture inside your skin. Coconut oil has many uses for the body, one of which is maintaining smooth skin. Take a dab of coconut oil and massage it into your skin for desirable results. By massaging, you will increase the circulation in your skin, which allows your blood to supply nutrients and remove toxins.

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