

TIPS

All About Skin, Hair, and Makeup

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Skin

TAKING CARE OF YOURSELF = GOOD SKIN

Your skin will look its best if you:

- ★ Eat healthy foods
- ★ Drink LOTS of water— It gives you energy and gives your skin a nice glow.

—Moisturizers—

Oily Skin:

In the A.M., avoid moisturizers. Use oil free sunscreen. In the P.M., use moisturizing cream on dry spots, zits, and under eyes.

Normal Skin:

In the A.M., use moisturizing lotion with SPF 15. In the P.M., use moisturizing lotion— no SPF is necessary. Use an eye cream under eyes.

Dry Skin:

In the A.M. use moisturizing lotion with SPF 15. In the P.M. use creamy moisturizer and and eye cream.

***SPF stands for Sun Protection Factor. SPF numbers on a package can range from as low as 2 to as high as 100. These numbers refer to the product's ability to screen or block out the sun's burning rays.

—Face Masks—

Pore-cleaning Rub-off Masks:

Masks that roll off your face when you rub really hard. These masks are a pain but leave skin really smooth.

Peel Masks:

These masks can be used all over or just on the T-bone or chin.

Clay Masks:

For oily or blemished skin, but moisturize afterward.

Exfoliate, Or A Grainy Scrub:

For your face, find a formula that isn't too harsh, so that you don't irritate your skin. Don't use scrubs everyday, and be sure to moisturize.

Hair

-Tame the Mane-

Frizz- Free:

The drier your hair, the more prone it is to frizz. Washing your hair too often will strip it of its natural moisture, creating a frizzy look. Washing too little can cause your hair to look flat or have build up depending on your natural oils. Many beauty gurus recommend clients to get a haircut every two months.

-Healthy Oils-

Coconut Oil:

Coconut oil acts as a heat protectant, intensely moisturizes hair strands, prevents damaged hair and breakage, helps to prevent hair loss, as well as aids in hair growth.



Argan Oil:

Just a few drops of Argan oil will not only protect your hair from heat, nourish, and moisturize it, but it will also reduce dryness, brittleness, and frizziness, leaving your hair soft and manageable.

Castor Oil:

Castor oil works in controlling hair loss, fighting scalp infections and dandruff, conditioning and moisturizing the hair, as well as preventing split ends.

***A tiny bit of castor oil can also be applied to your lash line to promote thick, long eyelash growth.

Makeup

-Makeup Hacks-

Petroleum Jelly:

Put vaseline on your eyelashes before applying mascara for longer lashes.

Foundation:

Use natural oils when applying foundation for a dewy or less dry affect. (Coconut oil)

Primer:

Mix a teaspoon or two of moisturizer to a drop of pure aloe vera gel and apply all over your face as a primer. Aloe vera gel will soothe redness and the moisturizer combination is a great way to maintain a dewy finish



without looking oily.