

Glowing Skin Routine

Follow these steps to have healthy glowing skin!

Cleanse



Washing your face in the morning and night is important for glowing skin. Use warm water to rinse your face, making sure to wash away all traces of your cleanser and scrub. Use a towel to pat your face dry. Try not to rub your face when you dry it, since this can encourage wrinkles and irritate the skin. A good cleanser should pull impurities out of your skin, open up the pores, and clean the dead skin, dirt and bacteria away from your face.

Find my favorite cleansers here: <https://ssarabella.myrandf.com>



Tone

Toning goes a long way in helping to remove dead skin cells. After cleaning your face using a good toner will help to take advantage of open pores and get those important ingredients in the skin. A toner will also balance the pH of the skin which resolves oily or dryness and kills the bacteria stored deep in the cells.

Find my favorite toner here: <https://ssarabella.myrandf.com>

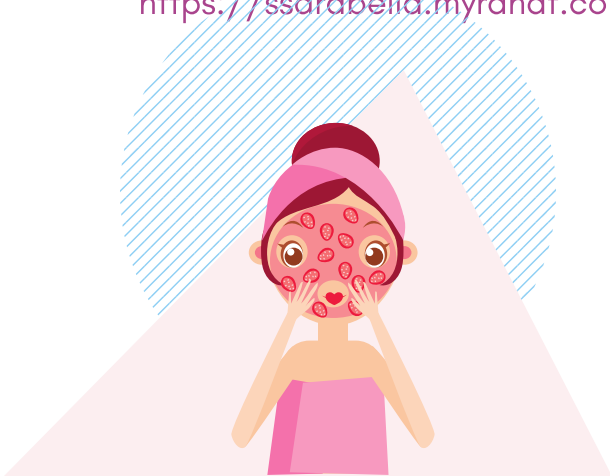


Exfoliate

Exfoliation improves the appearance of the skin and works as a gentle resurfacing and can help to reduce and remove fine lines and wrinkles. Exfoliation helps to stimulate skin cell production and as we age the renewal cycle of cells starts to slow down. The longer dead cells stay on the skin it will result in dry, thicker, and duller-looking skin.

Exfoliation not only removes the build up of dead dull cell but exposes the younger, living cells underneath resulting in more vibrant, glowing skin and reduced appearance of fine lines and wrinkles. Find my favorite exfoliator here:

<https://ssarabella.myrandf.com>



Treatment

This step will close pores, keep the good ingredients in and the bad stuff out, including pollutants, bacteria and more. Restoring the skin's natural moisture will slow down the aging process, help out with sensitivity and keep your face looking and feeling better all around

Find my favorite treatment for skin here <https://ssarabella.myrandf.com>



Protect

Finish off with a vitamin-packed serum. This will help make you look fresh on the big day. A good serum will work to even your skin tone.

Find my favorite serum's here <https://ssarabella.myrandf.com>



Get a free skin consultation to figure out the best products to get glowing skin by emailing

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