



## Pretty Woman Wellness Guide

*Follow these suggested guidelines to live healthy and maintain a youthful appearance*

1. Incorporate more whole foods, especially organic fruits, vegetables and nuts & seeds into your diet everyday. Choose fresh culinary herbs to season your foods. Whole foods contain essential nutrients and fiber that are vital for the healthy functioning of our body and skin. Eat these foods generously throughout the day.
2. Eat mindfully by reducing packaged and processed foods that contain large amounts of sodium, unhealthy fats, sugars, preservatives and artificial colors. Replace dairy products with plant based milk alternatives such as almond milk, coconut milk or cashew milk. Include healthy fats into your diet such as those found in flax seeds, fish and avocado.
3. Replace simple carbohydrates and refined sugars such as pasta, bread and sugary desserts with whole grains and fresh fruits. Elevated blood sugars can have negative long term effects and lead to complications as we age.

2. Hydrate by drinking plenty of water daily. Our skin requires ample water to maintain proper function and eliminate toxins. Add fruits such as lemon, orange, cucumber, watermelon and berries to your water for extra flavor and nutrition.

5. Exercise daily and stretch regularly. Yoga and Pilates support a healthy lifestyle while strengthening and elongating core muscles. Consider supplements that assist in maintaining and improving muscle and joint health.

6. Sun Protection is your best defense against premature aging, pigmentation and skin cancers. Avoid direct sun exposure and use a sunscreen daily that is professionally recommended for your skin type and lifestyle.

7. Stop Smoking. Skin may have negative long term effects from smoking such as increased wrinkles around the mouth and a sallow complexion. Choose foods high in anti-oxidants to support the body and skin from the adverse effects of long term smoking.

8. Reduce or eliminate completely, alcohol and caffeine in your diet. Support a healthy lifestyle with beverages that include but are not limited to herbal tea, kombuchi and fruit infused waters.

9. Rest well. Lack of quality sleep contributes to puffy eyes and fatigue. Meditation has proven to be beneficial for quieting the mind and allowing us to rest more peacefully. Diffusing essential oils may support relaxation and promote sleep.

10. Monthly facials maintain and support healthy skin. Facial treatments improve texture and tone while reducing concerns such as moisture loss, breakouts and aging.

*Pretty Woman Day Spa takes a personalized approach to skin wellness, customizing to one's individual needs and tailored to achieve ultimate results.*

Pretty Woman Day Spa  
843.815.2200      prettywomandayspa.com

