



Skin Care Routine

The list below are things I do regularly as part of what I believe contributes to healthy skin.

Start day with hot water with lemon

Lots of water

Prioritized sleep

Washing face before bed

Holistic Emerald Aging Gracefully face oil (morning and night)

EltaMD SPF - I do allow small doses of sun on my face for color but its strategic

Clean makeup like Typology

Minimize refined sugar

Working out at least 3 days a week

Red light therapy mask

Finding joy in life!