# WELCOME

to the

# Glow Squad

a few things to know before we get started



## SKINCARE IS STEP ONE OF YOUR MAKEUP ROUTINE

If your makeup never sits right, 9 times out of 10 it's not the makeup's fault.
High maintenance skin routine = low maintenance makeup routine. We'll get there

## YOU DON'T NEED 99 PRODUCTS- YOU NEED THE RIGHT ONES

I only talk about what I actually use and love - nothing I wouldn't put on my own face. When I recommend something, it's because it works, not because it's trending.

## GLOWING SKIN STARTS ON THE INSIDE TOO

Hydration, protein, gut health - what you're feeding your body shows up on your face.
Topical products can only do so much. We'll talk about the internal side too, not just what's in the jar.

## "SOFT FOCUS, NOT SPOTLIGHT" IS BASICALLY MY WHOLE PHILOSOPHY

We're not doing full glam at 7am. We're doing "did she get more sleep than me?" makeup. Subtle wins, every time. I will include some full glam for date nights here and there 💋



## MY TOP 3 HACKS FOR YOU TO TRY THIS WEEK

Blush goes higher than you think - cheekbone up, not just the apples.
Concealer sets better when skin's hydrated first. And less is more with brows after 40: fill, don't draw.

## I SHOW UP AS YOUR BESTIE- NOT A GURU

Questions, fails, "does this even work" moments - all welcome here. DM me anytime.. I actually read them.

**SEE YOU IN YOUR FEED BABE**

Roxee