

25 Skincare Tips

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Tip 1

Stay hydrated. Drink plenty of water throughout your day.

Tip 2

Consume a *mostly* clean diet. Eat fewer processed and sugary foods.

Tip 3

Consume less carbs. Ultimately, carbs are sugar.

Tip 4

Consume primarily meals with clean ingredients.

Tip 5

Eat out less frequently.

Tip 6

Work out daily to release endorphins and mitigate stress.

Tip 7

Use the wet and dry sauna to extract impurities from the skin and body.

Tip 8

Consume plenty of raw veggies throughout your day to create a constant flow of dense nutrients.

Tip 9

Take an extended break from sugar (e.g., desserts, candy, alcohol, sugary drinks, highly processed snacks).

Tip 10

Wash your bedding and pillowcases 1-2 times weekly with gentle detergent.

Tip 11

Build your immune system naturally with herbs:

Garlic, Clove, Echinacea, Goldenseal, DIM, Milk
Thistle, Dandelion, Burdock, Turmeric, Activated
Charcoal, and Oil of Oreganol.

A robust immune system helps produce healthier skin
outcomes.

Your skin reflects the state of your immune system.

Tip 12

Take walks daily to mitigate stress, increase blood flow, and decrease blood pressure.

Tip 13

Speak positive affirmations over your skin:

My skin is healthy, smooth, even-toned, glowing,
flawless, moisturized, and perfect.

Tip 14

Avoid touching your face unless you're cleaning it,
and don't allow others to touch it unless their hands
are clean.

Always make sure you clean your hands before
touching your face.

Tip 15

Laugh often. Laughter is the best medicine for a healthy body and healthy skin.

Tip 16

Use fewer ingredients on your skin. Less is more.
Your skin doesn't need a lot.

Tip 17

Don't over-experiment with skin products.

Tip 18

Avoid putting your face on your pets.

Tip 19

Let your skin air dry after washing instead of drying it with a towel.

Tip 20

You are what you eat, and your skin is a direct reflection of a few factors:

1. What you eat
2. Your habits
3. Your environment

Keep track of all these to ensure you're doing your best for your skin.

Tip 21

Change out the filters in your home to ensure you're getting clean air and don't have allergens circulating.

Tip 22

Think, feel, and speak positively about your skin.

Tip 23

Use SPF daily to prevent sun damage -- no matter how much melanin you have.

Tip 24

Hydrate your skin by drinking plenty of water and utilizing a non-comedogenic (non-clogging) moisturizer.

Tip 25

Contact a dermatologist if your skin is out of control and needs additional help.

Thank You For Reading

Thank you for reading this book.

Stay loved, blessed, lucky, favored, aware, joyous,
enlightened, and committed to bettering yourself.