



Beauty is not in
the face; beauty is
a light in the heart.

~Kahlil Gibran

Q. Theresa, how do I get glowing summer skin?

A.

Summer is a great time to tweak your skin routine. We are all adding sun block to our regiment because of our increased outdoor exposure, but with this special attention needs to be placed on *cleansing* and *exfoliation*.

Sunscreens should ALWAYS be removed before bedtime. Your morning and evening routines should look something like this:

AM:

1. Cleanse
2. Moisturize with an SPF of 30 or more. (Even if your makeup has an SPF)
3. A touch of blush and bronzer
4. Mascara
5. Shiny Lips
6. DONE!

PM:

1. Cleanse
2. Treat (serums, night eye creams, etc)
3. Moisturize
*exfoliating at night is your best defense against breaking out (sunscreens can contribute to breakouts). Do this at least one to two times per week depending on your skin type and daily activity levels. This would be before the 'treat' step.

Have a gorgeous summer!