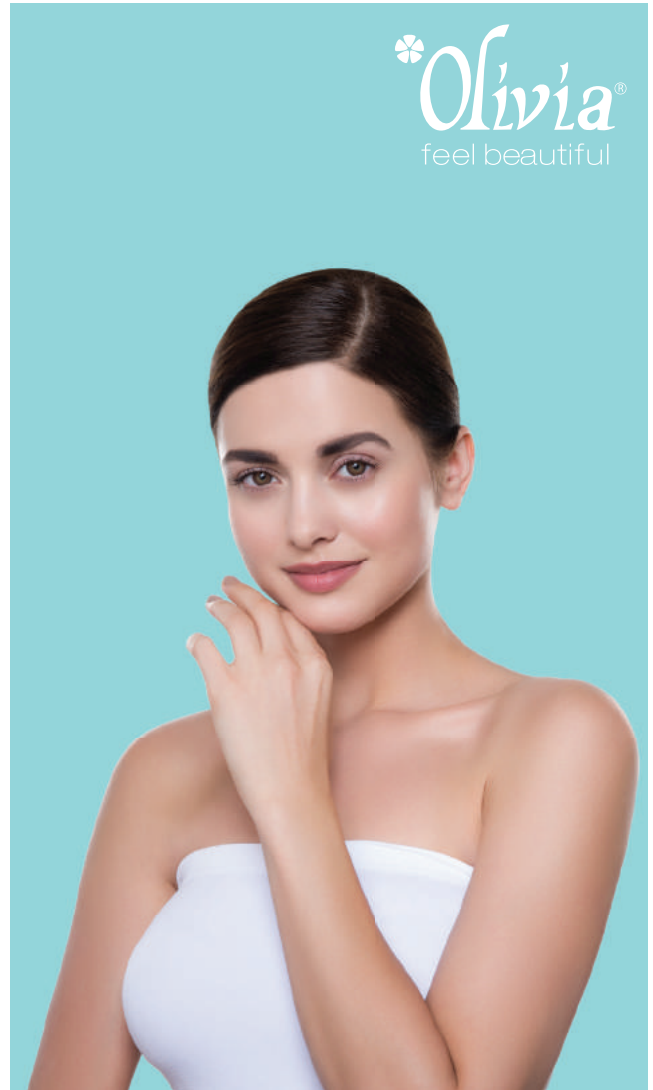




12 TIPS TO KEEP YOU BEAUTIFUL ALL THROUGH



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YOUR SKIN IS WHAT YOU EAT.

Did you know that the skin is the body's largest organ? Let's start the year by making food choices that keep this organ healthy. Eat more nuts, beans, tomatoes, spinach, carrots and foods with omega-3 fatty acids. They help your skin manage Hydration, Oil production and can often reduce acne production.

January

MON	TUE	WED	THU	FRI	SAT	SUN
				01	02	03
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18	19	20	21	22	23	24
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KEEP THE SKIN CHARGED WITH NEW CELLS.

Removing dead skin and making way for new cell production is important to keep your skin smooth and soft. Exfoliate your skin from time to time as it stabilizes the skin's natural pH level, reduces the appearance of wrinkles and gives an overall baby-soft feeling to the skin.

February

MON	TUE	WED	THU	FRI	SAT	SUN
01	02	03	04	05	06	07
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15	16	17	18	19	20	21
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YOUR SKIN NEEDS A WORKOUT.

Regular exercise reduces stress and also helps control inflammation, both of which positively affect the skin in its aging process. It keeps the blood flowing and brings oxygen to your skin cells, leaving you with a naturally healthy glow. Remember, sweat is good for the skin.

March

MON	TUE	WED	THU	FRI	SAT	SUN
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YOUR SKIN LOVES WATER.

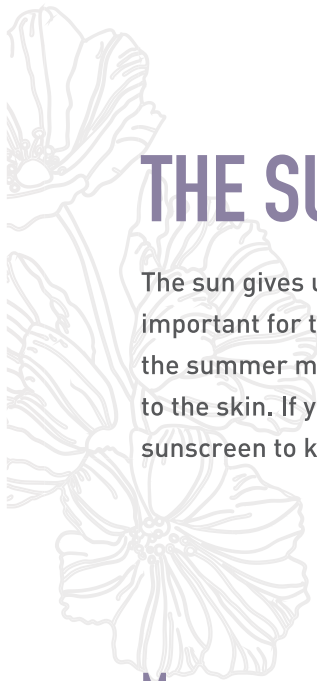
Water is good for the body, but is particularly good for your skin too. It helps replenish skin tissue, moisturizes the skin, flushes out impurities and improves blood circulation, thereby giving your face a nice glow. Don't forget to drink more during summer!

April

MON	TUE	WED	THU	FRI	SAT	SUN
			01	02	03	04
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12	13	14	15	16	17	18
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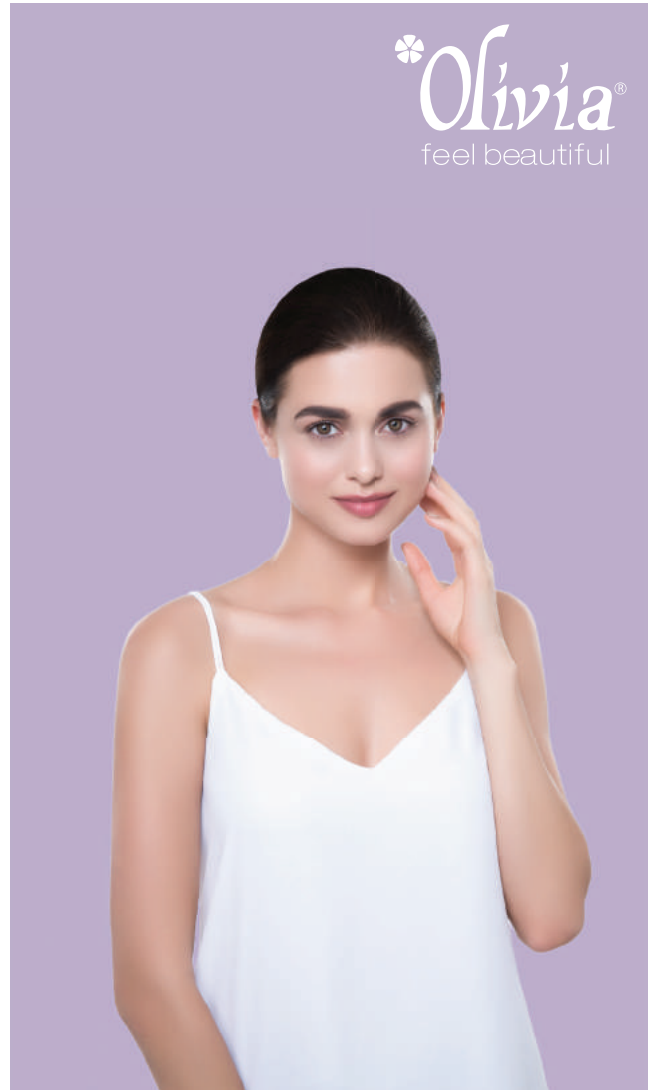
THE SUN CAN BE HARSH.

The sun gives us essential Vitamin D which is very important for the body and your skin, however, during the summer months, it can be harsh and cause damage to the skin. If you do get out, remember to apply sunscreen to keep your skin protected.

May

MON	TUE	WED	THU	FRI	SAT	SUN
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DON'T TAKE LIFE TOO SERIOUSLY.

Just as stress affects your brain, it also affects your body and even your skin. When you experience stress, your adrenal glands release cortisol, high levels of which cause skin issues. Exercise and meditation are known to reduce stress drastically and keep your skin happy. So take a deep breath and take it easy!

June

MON	TUE	WED	THU	FRI	SAT	SUN
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21	22	23	24	25	26	27
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SLEEP WELL, AND YOUR SKIN WILL LOVE YOU.

Ask any health expert and they will tell you just how important sleep is for you. And whatever is good for you is also good for the skin. It's recommended to get at least 7-9 hours of restful sleep each night to improve skin hydration and skin texture. So tuck yourself in nicely and sleep away!

July

MON	TUE	WED	THU	FRI	SAT	SUN
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
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WASH YOUR FACE REGULARLY.

This might sound very basic, but it's probably the most important step for a beautiful facial skin. Our exposure to pollution and dust can affect the skin in many ways. A good face wash not only removes dust but also keeps you fresh and active through the day.

August

MON	TUE	WED	THU	FRI	SAT	SUN
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23	24	25	26	27	28	29
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KEEP AN EYE ON WHAT YOU'RE USING.

Strong soaps and detergents can strip oil from your skin. It's always a good idea to choose mild cleaners, shaving creams and soaps with minimal ingredients. In fact, many people choose not to use soap on their face as this can dry out the skin. So avoid the strong stuff!

September

MON	TUE	WED	THU	FRI	SAT	SUN
		01	02	03	04	05
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SAY A BIG NO TO SMOKING

Smoking makes your skin look older, contributes to wrinkles, damages the fibres that give your skin strength and elasticity, and depletes the skin of oxygen and nutrients that are important to skin health. Not to mention the amazing advantages of not smoking to your entire well-being. Kick the habit!

October

MON	TUE	WED	THU	FRI	SAT	SUN
				01	02	03
04	05	06	07	08	09	10
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18	19	20	21	22	23	24
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KEEP YOUR SHOWERS SHORT.

As winter approaches, it's soothing to turn up the heat and have a long hot shower. However, hot showers and long baths are a big no-no. Not only does excessive hot water dehydrate you, it also strips away necessary oils from your skin. After a shower, if your skin is irritatingly red and itchy, it's a sign that you're overdoing your shower. Keep it short and simple.

November

MON	TUE	WED	THU	FRI	SAT	SUN
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22	23	24	25	26	27	28
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MOISTURIZERS ARE A MUST.

To fight the winter dryness, make it moisturizes are a must to take good care of the skin. Apply moisturizers immediately after washing to lock in as much moisture as possible and don't forget to include your hands and your feet, the most hardworking parts of your body!

December

MON	TUE	WED	THU	FRI	SAT	SUN
		01	02	03	04	05
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20	21	22	23	24	25	26
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