LOVE your SKIN



HEALTHY SKIN tips

Do these 4 things each day, not only will your skin thank you, but your whole body will feel different.

1. **Drink your water.** Your whole body needs hydration, and your skin will look plumper and firmer with the extra water.
2. **Sleep is essential** to cell turnover and rejuvenation. Try to clock 7-9 hours sleep every night.
3. **Eat whole foods** and **supplement with LLV.**



4. **Establish an easy skincare routine.**

SEE BELOW FOR IDEAS

GET THE glow



In a 2 oz dark glass bottle add:
½ oz Rose Hip Oil
½ oz Jojoba Oil
½ Sweet Almond Oil
20 drops Blue Tansy
15 drops Copaiba
15 drops Frankincense
5 drops Rose (optional)

Shake together before use. Apply to the face after cleansing and allow it to soak into the skin.

WITCH HAZEL toner



IN A 4-OUNCE SPRAY BOTTLE MIX:

5 drops **Tea Tree**
5 drops **Geranium**
5 drops **Frankincense**
1 oz Witch Hazel
3 oz Distilled Water

Shake and spray on Face before applying serums and lotion.

CUE THE cucumbers!

Let's add some spa vibes to your routine!

- Encourage and **stimulate blood circulation** to the face
- **Reduce swelling**, and puffiness
- **Minimize redness** and pores



- **Promote tightening** of the skin
- **Soothe irritation**, such as breakouts, itching & redness
- **Promote lymphatic drainage**

Grab a wax cucumber, peel off 2 inches on one end, wrap in wax paper or foil, and place in your freezer.

Once frozen, massage your face.

3 STEP skincare



This easy double cleansing routine will radically change your skin. This process is so simple and it removes all the dirt and oil from your face so it doesn't clog your pores.

Step 1: Use a carrier oil of choice (FCO, Jojoba, Rosehip), and massage onto your face with 2 drops of Lavender, Copaiba, or Geranium for 1-2 minutes. Wipe off with a hot damp washcloth.

Step 2: Cleanse with your favorite cleanser. (I swear by the Verage® Cleanser and the Essential Skincare Line Facial Cleanser.)

Step 3: Roll on Immortelle® Blend and a few drops of Yarrow | Pom and press into your skin to hydrate and moisturize naturally.