5 Healthy Skin Care Tips

1. **Wash Your Face Twice a Day**
   - Use warm water instead of hot water when cleansing your face.

2. **Eat a Balanced and Healthy Diet**
   - Skin-healthy foods include: avocados, nuts & seeds, tomatoes, mangos, kale, fatty fish, green tea, coconut & olive oils.

3. **Use Sunscreen**
   - Use a broad-spectrum sunscreen with an SPF of at least 15.

4. **Drink Plenty of Water Each Day**
   - Drinking plenty of water hydrates your skin and flushes out toxins. Try adding a squeeze of lemon for flavor and additional health benefits!

5. **Manage Your Stress**
   - Stress can trigger skin sensitivities & breakouts. Get ample sleep, simplify your to-do list, and make time to do the things you enjoy!