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!

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