



HOLISTIC
SKINCARE

YOUR SIMPLE SKIN RESET

at a glance

AM

Morning

- Gentle cleanse or rinse
- Moisturiser
- SPF

PM

Evening

- Gentle Cleanse
- Moisturiser

||

Pause

- Physical scrubs
- Strong exfoliating acids
- Multiple active serums
- New products
- Anything that consistently irritates your skin



Support

- Eat a varied, nourishing diet
- Stay appropriately hydrated
- prioritise sleep where possible
- Find manageable ways to reduce stress
- Don't turn your skin reset into another source of pressure

Good to know...

And after a few days, don't rush to put everything back.
Instead, reintroduce products gradually and pay attention to how your skin responds

That way your "skin detox" becomes something much more useful than a passing beauty trend:
a chance to work out what your skin actually needs.

For further tips & advice visit: [LIVINGPRETTYHAPPY.COM](https://livingprettyhappy.com)