




Massage & Body Boutique

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Simple ways to help take care of your skin

- **avoid sun exposure between 10am-4pm**-*if you are in the sun wear a hat, sun glasses and sunscreen*
 - **wear sunblock**-*wear everyday, use a moisturizer with sunscreen in it. Use SPF 15 or more.*
 - **protect your lips**-*wear lip balm with SPF*
 - **eat plenty of vitamin enriched food**-*helps prevent premature aging*
 - **limit fats and sugars**
 - **drink plenty of water**-*take your body weight and divide in half. Take that figure and put into ounces, drink that amount every day.*
 - **avoid smoking**
 - **consume limited alcohol**-*alcohol is dehydrating to your body*
 - **get enough sleep**
 - **exercise**
 - **get massage/bodywork**-*oils will nourish your skin even more.*
 - **throw out old makeup products**-*products that are old will have an altered consistency and smell.*
 - **use organic skincare products**-*chemicals are damaging to your skin*
 - **relax and be happy!!**
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