

# Skin Care **GUIDE**

from the Founder and President of L'BRI, *Linda Kaminski*



*For over twenty years, we have been sharing the power of aloe-based skin care and experienced the amazing impact it has on so many. That is why I am so passionate about helping others discover the benefits of our products and proper skin care. Taking just a few minutes each day can make all the difference for your skin. Here are a few of my favorite insights for helping your skin look its best.*

1. Beautiful skin begins with the basics—quality products that are designed to work together for optimum results to clean, freshen and moisturize twice daily.
2. Use a facial sponge with cleanser to wash your face. It will help to remove oil, dirt, makeup and stimulate your skin to give it a healthy glow.
3. Avoid harsh ingredients and soaps that can strip your skin and rob it of moisture.
4. Extend your skin care to include your neck and hands. Apply lotion and sun protection daily to hands and firming cream to the neck area – no turkey neck!
5. Protect your skin every day with a sunscreen SPF 30 or higher. Of all the aging free radicals that harm your skin, the sun does the most damage.
6. Exfoliate twice weekly to remove dull skin cells and reveal glowing skin. This allows your moisturizer and other products to penetrate more deeply and to work better.
7. Never go to bed with makeup on! Your skin naturally heals itself while you sleep, so you'll want to rid your face of impurities by cleaning each night. This allows your skin to breathe and absorb an enriching moisturizer.
8. Limit touching your face throughout the day. Your hands carry bacteria and can irritate your skin. Resist the urge to squeeze a pimple. It can cause scarring and damage the skin plus spread bacteria which can cause more blemishes.
9. A healthy lifestyle can dramatically improve your skin. Eat healthy, get adequate sleep, moderate exercise and reduce stress. Drink lots of water to keep skin glowing and radiant.
10. No one product fixes a problem. To make a difference, clean your skin twice a day, balance its pH to keep it healthy and moisturize deeply to soften fine lines and wrinkles. Beautiful skin takes a lifetime of care.