

## What is your skin type?

Normal: Firm, supple and equally balanced

Dry: Prone to ashen tone, aging, and fine pores

Oily: Appears shiny and oily with enlarged pores and acne breakouts

Combination: Has both dry and oily areas needing various care

Sensitive: Easily irritated or inflamed and requires very specific care

## Recommended Daily Routine

### AM ROUTINE -- Odd Day

Cleanse

Exfoliate

Tone

Restore

Moisturize

### AM ROUTINE -- Even Day

Cleanse

Massage/Restore

Refine

Moisturize

### PM ROUTINE -- Everyday

Cleanse

Restore

Moisturize

## Cleanse

### A.R.T. Gentle Foaming Cleanser

Gently cleans the skin without irritation or dryness.



### Orange Blossom Facial Wash

Gentle, nonabrasive, free rinsing cleanser that removes dirt and makeup without stripping skin of natural oils.



## Exfoliate - Satin Mint Facial Scrub



It allows dead skin to be removed, and new cells to flourish.

It also promotes absorption of nourishing serums and moisturizers designed to prolong a youthful appearance!

## Tone - A.R.T. Purifying Toner

\* Utilizes benefits of Sandalwood & Frankincense—known for their ability to:

- visibility revitalize skin
- reduce the appearance of pores
- minimize oily shine

\* ART Toner also increases blood circulation to give your skin a healthy glow



## Restore

### A.R.T. Renewal Serum

\* Intricate blend of exotic orchids petals and essential oils

\* Protect, revitalize, strengthen & hydrate skin



### Essential Beauty Serum

\* Uses blends of pure essential oils and carrier oils

\* Ease in application and absorption without over drying or clogging pores



## Essential Oils for My Signature Massage Blend

### Normal Skin

- Rosewood: nourishing
- Geranium: revitalizing
- Patchouli: calming
- Lavender: balancing

### Sensitive Skin

- Jasmine: restorative
- Geranium: revitalizing
- Neroli: healing
- Palmarosa: soothing
- Lavender: balancing

### UV Damaged Skin

- Rose: elevating
- Fennel: toning
- Vetiver: grounding
- Frank: supportive
- Clary Sage: calming

### Acne Prone

- Juniper: purifying
- Melec Alt: clarifying
- Cypress: invigorating
- Frank: balancing
- Myrrh: nourishing

## Moisturize

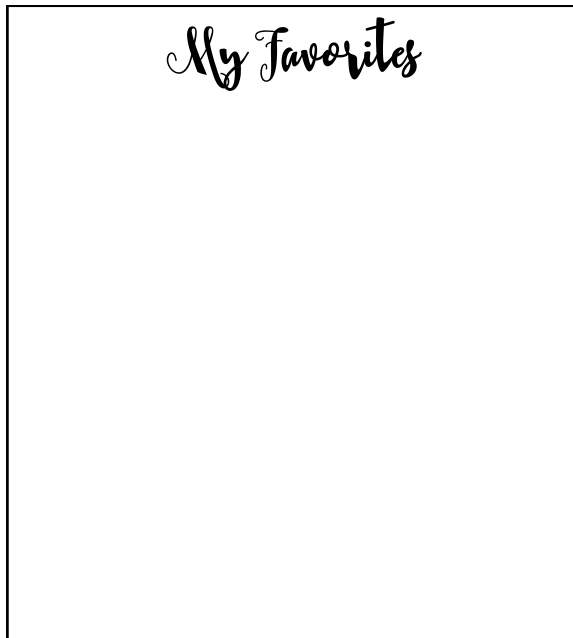
\* A moisturizer protects & hydrates your skin, which is essential no matter your age or skin type

\* Each YL moisturizer is enhanced with essential oils to support your individual needs





Refine



My Favorites

### What Is Your Acne Telling You?

Follow this guide to discover the possible imbalances that may be causing YOUR breakouts!

**1, 2, & 13 ~ Digestive System:** Work towards eliminating processed foods, hydrogenated oils and saturated fats. Increase water intake and natural fiber.

**3 ~ Liver & Allergens:** Limit alcohol consumption, greasy foods, and dairy. Get enough sleep! Maintain a light exercise regimen. This is the zone where food allergies can FIRST show up.

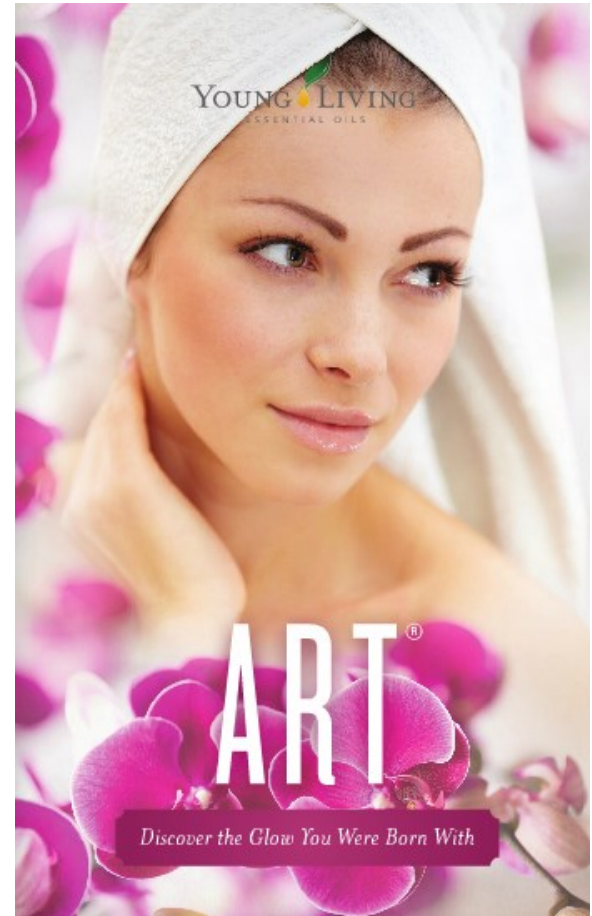
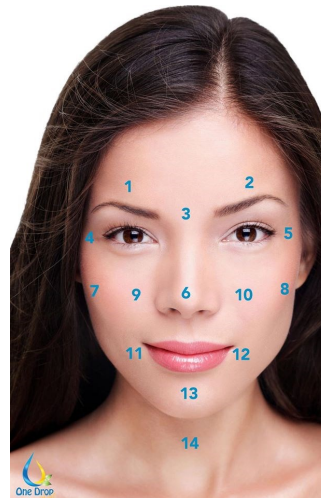
**4, 5, 7 & 8 ~ Kidneys:** Any blemishes around this area, including dark circles under the eyes, can point to dehydration.

**6 ~ Heart & Environment:** Monitor BP. Make dietary changes such as: limit red meat & eliminate food high in saturated fat and limit sodium intake. Breakouts in this area can also be due to environmental factors: check the expiration date on your makeup and clean your cosmetic brushes regularly.

**9 & 10 ~ Respiratory & PH:** Avoid exposure to environmental pollutants. You could have a pH imbalance. Eat more cooling foods such as green leafy vegetables and reduce inflammatory foods, especially sugar.

**11 & 12 ~ Hormones & Stress:** Getting your hormones into balance will play a key role in eliminating breakouts in this area. To reduce your stress, take time out to do things you enjoy: relaxing walks, deep breathing, music, light exercise, etc.

**14 ~ Immune:** If your immune system is struggling, you will see your breakouts here. Take a break, get some rest, and build up your immune system.



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