



Try one challenge or try them all. Check out Maffi Clinics' Daily Glo blog online which will have additional information and resources for all 30 Daily Glo Challenges. We miss everyone and want to hear from you. Keep us updated on how your "Daily Glo" is going thru Instagram, Facebook or send us an email to: hello@maffclinics.com. Join the Challenge!

1. Tweak your face washing technique

Imagine if you committed to washing your face every night for the next 30 days? Optimal skin health can come from just washing your face. Washing your face removes dirt and debris helping to minimize skin irritation, inflammation and acne breakout.

2. Review your morning and evening skin care routine

Your morning skin care routine is about protection from sun damage and environmental damage. Make sure your AM routine includes an antioxidant and sunscreen. Your evening routine is about repair. Incorporate products into your routine that help repair the skin and boost collagen production. This can include retinols and exfoliating acids like glycolic. Our aestheticians can review and fine tune your current routine. Schedule a complimentary virtual consultation to ask your questions! Email your request to: hello@maffclinics.com.

3. Add a lemon

Lemon is loaded with Vitamin C; this natural cleanser can lighten and brighten your skin. A simple at home mask will help brighten and moisturize your face. Mix ½ tsp lemon juice, 1 tsp yogurt, and 1 tsp of honey together and apply to your face. Leave on for 20 - 25 minutes, rinse with warm water.

4. Clean your makeup brushes

Most women clean their makeup brushes less than once a month. Time to change that! Gross things happen without that regular cleanse. Things like bacteria build up, skin irritation, clogged pores and uneven makeup application. Use this time to clean your brushes, wash, rinse, repeat every 7 - 10 days.

5. Nurture your hands

If you have committed to 20-second hand washing to help curb the spread of germs then you may have also developed dry, cracked skin. Frequent hand washing removes the natural, protective oils of your skin causing them to dry out. To nurture your hands, moisturize after washing with a hand cream. Hand creams are oil based and more nourishing. At night apply a thin layer of Aquaphor or Vaseline, follow with a hand balm.

6. Check your skin product expiration dates

All skin care products have an expiration date. Once past the expiration date, the chemistry of the product can change, losing its effectiveness. If you notice your product has an unusual smell or texture, time to toss. Or follow the old adage: "When in doubt, toss it out!"

7. Add an antioxidant

If you are not using an antioxidant, then you are missing the best anti-aging skin care product out there. Antioxidants protect your skin cells from environmental damage, minimizing premature aging. Use an antioxidant every morning; apply to your face, neck and chest.

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