



Halfway through, here are the remaining Daily Glo challenges! These small challenges can have a big impact; pick a couple from the list. Remember, we love hearing from you and sharing what you are doing for the Daily Glo Challenge. Tag us on Instagram, follow us on Facebook, or send us an email [hello@maffclinics.com](mailto:hello@maffclinics.com). Keep your #DailyGlo going!

### 1. Get 8 hours of sleep

Do you feel like the past few weeks seem more like years? Our lives, our routines, even sleep patterns have been turned upside. Good sleep matters! Getting 7 – 8 hours of sleep a night improves your mood, motivation, memory and ability to process information. Do whatever you can to stick to a consistent sleep schedule. Your health depends on it.

### 2. Wash your pillowcases

Most people wash their pillowcases when they wash the sheets. Up that frequency! Your pillowcase can be a cause of breakouts. Dirt from your hair, sweat, other debris can accumulate on your pillowcase even if you wash your face. Wash your pillowcases twice a week to minimize that pore clogging dirt.

### 3. Try a stress reliever like mediation or yoga

Stress can affect your whole body, including your skin. You may notice breakouts or worsening skin problems. Yoga or mediation is a great choice for stress management, helping to relax and decrease anxiety. Ease into it with “30 days of Yoga” by Adriene on YouTube.

### 4. Incorporate a new skin care product

Thought about trying retinol but not sure how your skin would react? Or a hyaluronic acid product? Maybe an eye cream? With time on your side, try something new. Do a “patch” test, try the product on a small area of your wrist. See how your skin responds before moving to your face.

### 5. Exfoliate your lips

Most people skip the lips when exfoliating. Lips can become dry and require moisture just like the rest of our skin. A simple at home lip exfoliating scrub: 1 Tbsp. coconut oil, 1 Tbsp. honey and 2 Tbsps. brown sugar. Mix and apply to your lips with fingertips. Rinse and moisturize with lip balm.

### 6. Apply sunscreen

If the only challenge you commit to is applying sunscreen every day, you will significantly impact your skin’s health. Sunscreen can: dramatically decrease the risk of skin cancer, prevent premature aging, minimize skin discoloration and brown spots, protect you from sunburn and shield your skin from environmental damage. The most important skin care product by far, sunscreen!

### 7. Clean out your makeup drawer

Makeup doesn’t last forever. Old make up can have an uneven application and cause skin irritation. Take this time to clean out your makeup drawer. Here’s how long typical makeup lasts: mascara: 3 months, foundation: 6 – 12 months, lipstick: 12 months, and eye shadow: 12 – 18 months.

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