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@mafficlinics.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@mafficlinics.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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8. Avoid processed foods
Processed foods contain an excess of sugar. Excess sugar changes the skin's appearance, causing inflammation and affecting collagen and elastin, the foundation of skin. Minimizing processed foods and sugar will have an amazing effect on your skin's radiance and glow.

9. Exfoliate
Regular exfoliation rejuvenates the skin by stimulating cell turnover and removing the top layer of dead skin cells. Dull skin looks bright, smooth and radiant following exfoliation. You can physically exfoliate at home with cleansing scrubs, loofah or body brushes, and DIY masks. SkinCeuticals Microexfoliating Scrub is a simple way to exfoliate your face. Ask our aestheticians about ways to exfoliate at home using our complimentary virtual consultations.

10. Apply a hydrating mask
Hydrating masks help soothe dry skin by deeply penetrating the skin. Used in combination with your favorite moisturizer, a hydrating mask is the perfect at home treatment. SkinCeuticals Biocellulose Restorative mask adheres to the face, locking in moisture. Create your own hydrating mask with a ripe banana or half an avocado. Mash the fruit; add 1 - 2 tablespoons of warm olive oil. Mix until smooth and creamy. Massage in to face and neck, leave on for 20 minutes. Remove with cool water, and then apply moisturizer.

11. Go makeup free
If ever there were a time to go makeup free this is it! Wearing makeup can clog your pores causing acne, age your skin from the chemicals, or even stimulate allergic reactions. Take this time to let your skin breathe. Send us a picture of your makeup free face!

12. Destress with lavender oil
Imagine your calming, stress free space. Lavender can help get you there. Known to be a calming and relaxing herb, lavender can help ease stress. Add 10 - 12 drops to an air diffuser and let the fragrance fill your room. Or add 5 - 6 drops to your bath water, sink down and relax.

13. Find the right skin care cleanser
A good skin cleanser should work with your skin type. Avoid a cleanser that is too harsh causing skin dryness or too rich causing oiliness and breakouts. Picking the right one can be challenging. Ask our aestheticians! You can discuss your skin type with them; they can make a cleanser recommendation.

14. Drink 8 glasses of water
What most people do is consider increasing their water intake but don't. Here are 8 reasons why you should: helps fight infection, boosts skin health, benefits digestion, helps control calorie intake, removes toxins in the body, protects your joints, improves exercise performance and raises your energy level.

15. Don't neglect your neck
Treat your neck with the same love as your face. The skin is thinner, it deserves some extra TLC. Apply an antioxidant and sunscreen daily to your neck and décolleté. Moisturize at night. Follow the same anti-aging treatments for your neck that you do your face!

TRY MAFFI'S DAILY GLO CHALLENGE TODAY!