

# EVENING TO MORNING PROTECTIVE SKINCARE ROUTINE

*give your body a break at home*

## EVENING

### *Cleanse and Exfoliate:*

- Wet a Japanese scrub towel.
- Put a few drops of concentrated castille soap, like Dr. Bronner's, on it.
- Lather it up and scrub the whole body to cleanse, exfoliate, polish and rejuvenate the skin. It's important to get rid of bacteria before applying any products.
- Rinse the towel and hang to dry.

### *Deodorize and Moisturize:*

- Put 1 Tablespoon of Castor Oil in the palm of your hand.
- Add 3-5 drops of your favorite essential oil (lavender or sandalwood).
- Apply to one arm pit and work it in. Repeat for the other arm pit. Rub excess into arms, shoulders, neck, and hands.

### *Relax and Enhance:*

- Lay in bed. From your nightstand--
- Apply Castor Oil and 1 drop of frankincense essential oil to your face, eyebrows and eyelashes to lengthen.
- Using a guasha tool, scrape the skin to release facial tension, promote circulation and reduce lines by breaking down muscular tissue that builds up when you scrunch your face.
- Apply organic shea butter to your feet.

## MORNING

### *Rinse and Reset:*

- Wash your guasha tool to remove oil and dust. Place it back on your nightstand.
- Notice that your skin feels supple, looks good, and feels hydrated.

### *Reduce Puffiness and Inflammation:*

- Go to the kitchen with a fresh face.
- Use a vegetable peeler to slice a few pieces of chilled organic cucumber. Cut the slices in half. Place slices under your eyes and the rest of your face if you want. Your "Salad Face" will feel fantastic! Leave on while you do your morning chores or until they dry out and peel off like a mask.
- Make Tuber Tonic as an anti-inflammatory morning beverage to take the chill off. For convenience, brew this at night and chill in the fridge.
- In the morning, reheat and froth in a Breville Milk Cafe and serve in a double-sided mug.

### *Care for Working Hands:*

- Use a scrub brush to save your manicure.
- Wash dishes with diluted castile soap.
- Moisturize hands anytime with organic shea butter or organic coconut oil.
- Buy in bulk, store in a cool place, and put some in small containers for convenience.