Morning Routines

When Does it Expire?

Unique Skin Care Tips

The Fountain of Youth

Put Your Best Face Forward:

- **SUNSCREEN, SUNSCREEN, SUNSCREEN!**
- **Put on sunscreen** every time you go outside, even if it's cloudy.
- **Apply sunscreen to all areas**, including the back of your neck and arms.
- **Reapply every 2 hours** and after swimming or sweating.
- **Use a broad-spectrum sunscreen** with an SPF of at least 30.
- **Avoid sunburns** by seeking shade, wearing protective clothing, and using sunglasses and hats.

**Health Tips:**

- **Drink water** throughout the day to stay hydrated.
- **Eat a balanced diet** rich in fruits, vegetables, and whole grains.
- **Get regular exercise** to improve overall health.
- **Get enough sleep** each night to allow your body to rest and repair.
- **Limit alcohol intake** to reduce the risk of health issues.
- **Reduce stress** through relaxation techniques like meditation or yoga.

**DIY Face Masks:**

- **Pomegranate Face Mask**
  - 2 tablespoons of honey and 2 tablespoons of buttermilk.
  - Apply to the face for a few minutes then rinse.

**Superfoods:**

- **Dark greens like kale**
- **Sweet potatoes**
- **Superfruit**

**Healthy Snacks:**

- **Eggs**
- **Low-fat milk and cheese**
- **Oats**
- **Fruits like strawberries and blueberries**
- **Nuts and seeds**

**Common Ingredients in Makeup:**

- **Vitamin A**
- **Glycolic acid and retinol**
- **Sunscreen**

**More Tips:**

- **Wear protective clothing** like long sleeves and hats when outdoors.
- **Avoid tanning beds** and harsh chemicals that can damage the skin.
- **Schedule regular check-ups** with a dermatologist for early detection of skin cancer.
- **Remove moles** that are irregular in shape or color.
- **Use sunscreen** on all exposed skin, including on top of clothing.
- **Avoid sunburns** by seeking shade, wearing protective clothing, and using sunglasses and hats.
- **Engage in regular physical activity** to improve overall health.
- **Eat a balanced diet** rich in fruits, vegetables, and whole grains.
- **Get enough sleep** each night to allow your body to rest and repair.
- **Limit alcohol intake** to reduce the risk of health issues.
- **Reduce stress** through relaxation techniques like meditation or yoga.

**Statistics:**

- **Americans will develop skin cancer in their lifetime.**
- **Men spend more time in the sun and are less likely to use sunscreen.**
- **Women spend more time applying cosmetics.**
- **Men and women use eye makeup.**
- **Eye makeup should be replaced every 3 months to a year.**
- **Face powders can last up to 474 days.**
- **Lip gloss and lipstick last up to 2 years.**
- **Perfume and cologne should be replaced every 3 months.**
- **Shower gels last up to 2 years.**
- **Shaving cream should be replaced every 3 months.**

**Health Resources:**

- [webmd.com](http://webmd.com)
- [statisticbrain.com](http://statisticbrain.com)
- [mayoclinic.org](http://mayoclinic.org)
- [health.com](http://health.com)
- [dailymail.co.uk](http://dailymail.co.uk)