

ROLLING TO WIN a Beautiful Appearance



My skin is the largest organ of my body and is constantly in the living process of renewal. Through exfoliation it replaces itself every twenty-seven days. To promote this process, my skin needs gentle cleansing, toning, & nourishment.

	Important	Understand	Started	Habit	
0					A regimen is a set of rules or habits of diet, exercise, or manner of living intended to achieve health goals. My goals in regard to my skin are:
1					1st Rule: DO NO HARM! Avoid sustained, unprotected sunlight exposure & putting untested or toxic chemicals on my skin such as artificial preservatives like formaldehyde & parabens.
2					Exercise, diet, and healthy habits are just as important to a healthy skin as it is to my total body.
3					Gentle Daily Cleanser. Gently cleanses my skin to remove impurities, excess oils, & dirt without drying or irritating my skin.
4					Hydrating Toner. Restores proper pH balance, removes excess oils from the pores, hydrates the skin, & improves healthy tone by tightening the skin & drawing pore openings together.
5					Daytime Emulsion. Delivers intensive, all-day moisture, while nourishing & protecting my skin with antioxidants, vitamins, flavanoids, & phytonutrients.
6					Night Renewal. Works through the night to deliver vital nutrients & moisturizers to my skin during the time cells are most receptive to re-vitalization.
7					Energizing Shower Gel. Purifies my skin as it softens and hydrates. It washes away impurities to reveal healthy-looking skin that feels clean, refined, and revitalized.
8					Revitalizing Shampoo. Gently cleanses & nourishes my scalp, rebalances natural oils in my hair leaving it soft, shiny, & full of body leaving a fragrance that refreshes my spirit.
9					Nourishing Conditioner. Instantly moisturizes, nourishes, & protects my hair with vital nutrients & botanical extracts, leaving my hair radiantly smooth & silky.
10					Firming Body Nourisher. Sweeps away dry patches & gives my skin a youthful, radiant appearance while leaving it feeling hydrated, firm, & incredibly soft.
11					Intensive Hand Therapy. Rejuvenates my hands with an intense moisture treatment & helps remove rough, dry patches.
12					Natural Toothpaste. Helps me maintain healthy gums and teeth. Contains Poly C, green tea extract. & baking soda without the potentially harmful effects of fluoride.