

# 7 TIPS FOR HEALTHY WINTER SKIN!



Hey, Hey!

As the weather changes, so  
should your skincare!

Winter weather tends to  
dehydrate and dry out your  
skin & require you to take  
extra precautions to maintain  
your hydration.

Hydrated skin is Healthy Skin!

# TIP #1

## RUN A HUMIDIFIER AT NIGHT

Dry Heat will dehydrate your skin. Run a humidifier while you sleep at night to maintain your skin's health and hydration.



# TIP #2

## GENTLE CLEANSING

Cleanse with a gentle hydrating cleanser that cleans and nourishes your skin.  
(Only use exfoliating cleansers at night)



# TIP #3

## TONERS/HYDRATORS

If you don't use one already, add a toner or hydrator to your regimen. Cleansing tends to strip your skin and raise your pH, toners will bring your pH balance back and prepare your skin for the next product.



# TIP #4

## SERUMS

Serums are concentrated ingredients that absorb quickly. Adding hydrating serums to your regimen will boost your hydration quickly!



# TIP #5

## MOISTURIZER

Moisturizers are water-based products meant to add hydration and moisture to your skin. Make sure you have a moisturizer that is best for your skin type.



# TIP #6

## OIL

### DON'T BE AFRAID TO USE OIL!

Oil doesn't provide moisture or hydration, but it seals in your water-based hydrating products. Try applying a light oil after your moisturizer and watch your skin maintain its moisture level longer.





# TIP #7

## SPF

ALWAYS, ALWAYS, ALWAYS  
Use SPF.

Not only does your SPF provide protection from UV rays, some also have nourishing ingredients that protect the skin from harsh environmental conditions.



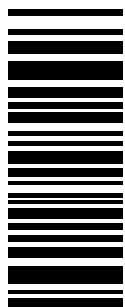
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*-Shawnee*

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