

Self Care Beauty CHECKLIST

When it comes to skincare it is important to understand that all skins are different and often there is not a quick overnight "fix" for skin concerns. We've put together a basic checklist for you to use and ensure you are looking after your skin.

At Queen C's we like to look at our skincare ritual as the ultimate self care, taking as little as 5 minutes in the morning and evening for yourself.

BEAUTY AFFIRMATION

Before any self care ritual takes place, it is important to start with our minds. Start by saying a simple beauty affirmation: **"I SEE THE TRUE BEAUTY IN ME."**

DAILY

- Get enough beauty sleep.
- Drink 1 ½ - 2 litres of water.
- Cleanse, then cleanse again..
- Tonic.
- Serum.
- Eye Cream.
- Moisturiser
Massage into skin using crystal roller
(Anti-aging secret shhh!)
- Vitamin C
Essential for all skin types.
- Apply sun screen.

WEEKLY

- Exfoliate face.
- Exfoliate body
-body detox and skin renewal.
- Mask
- Change pillow case.

MONTHLY

- In Salon Skin Treatment
- Pamper Time, just for you
- Relax a little

**"I SEE THE TRUE
BEAUTY IN ME."**