



Carson Skin  
REJUVENATION

## JAIME'S 10 TIPS FOR PERFECT SKIN

### Tip #1

Clean up your act: Never sleep with your makeup on....ever!

### Tip #2

Clarify: Make water with lemon your go-to beverage, and drink half your body's weight in ounces of water each day.

### Tip #3

Protect your investment: Wear a lightweight SPF in rain, snow, or shine.

### Tip #4

Don't overdry your skin. Splash your face with water 10-20 times in the a.m. instead of using a cleanser.

### Tip #5

Glow! Take an omega-3 supplement daily.

### Tip #6

Deflate facial puffiness: Avoid salty foods past lunchtime.

### Tip #7

Reduce inflammation by saying no to sugar.

### Tip #8

If you are going to eat dairy, make it organic...no exceptions!

### Tip #9

Drink either a green juice or a shot of chlorophyll every day.

### Tip #10

Exfoliate every 7 days. A gentle enzyme masque is my personal favorite.

### Bonus Tip

Receive a professional facial every 4 weeks.

At Carson Skin Rejuvenation, we believe in the importance of customization when it comes to skin care. Your skin is as unique as your fingerprint, which is why what works for your friend may not work for you and vice versa. Through a personalized combination of facial techniques, result-oriented active ingredients and technology that boosts your skin's natural glow, Jaime will bring out your most radiant skin. When you are in her loving hands, you can be assured that your skin will be gently coaxed into balance. Another bonus is that Jaime's facials can be received alongside treatments being performed at a doctor's office to boost the healing of the skin.

Call Jaime today for a free phone consultation! Radiant skin is just a phone call away.

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