



# HEALTH AND WELLBEING CHECKLIST

Date 

47

## Skin Health and Hydration

Keeping your skin hydrated promotes elasticity, reduces dryness, and enhances your overall complexion. Use this checklist to maintain healthy, glowing skin.

### Drink Plenty of Water

- Aim for 8-10 cups of water daily to support hydration from within.
- Carry a reusable water bottle to help track your intake.



### Use a Gentle Cleanser

- Wash your face twice daily to remove dirt and impurities.
- Choose a hydrating cleanser that suits your skin type.



### Moisturise Daily

- Apply a moisturiser immediately after cleansing to lock in hydration.
- Use one with ingredients like hyaluronic acid or ceramides.



### Protect with SPF

- Use sunscreen with at least SPF 30 every morning to prevent UV damage.
- Reapply every two hours when outdoors or exposed to sunlight.



### Eat Skin-Friendly Foods

- Include foods rich in vitamins A, C, and E, plus omega-3 fatty acids.
- Example: Avocados, salmon, berries, and sweet potatoes.



### Exfoliate Regularly

- Use a gentle exfoliant once or twice a week to remove dead skin cells.
- Avoid over-exfoliating to prevent irritation or dryness.





# HEALTH AND WELLBEING CHECKLIST

47

## Skin Health and Hydration

### Use a Humidifier

- Add moisture to the air in your home, especially during winter months.
- Place the humidifier in your bedroom for overnight benefits.



### Limit Hot Showers

- Use lukewarm water to avoid stripping your skin's natural oils.
- Keep showers short to minimise dehydration.



### Stay Consistent with Skincare

- Follow a morning and evening routine tailored to your skin type.
- Be patient; consistent care delivers the best results over time.



### Monitor Your Skin's Needs

- Adjust your routine seasonally or as your skin changes with age or lifestyle.
- Look for signs like dryness or sensitivity to make necessary updates.



[CLICK HERE FOR MORE!](#)

