



TRANSFORM YOUR SKIN IN 30 DAYS



welcome to
the road to glowing skin!

I'm Kristina, the owner of Kristina Marie Beauty. I'm passionate about helping you achieve the healthiest, most radiant skin. In this guide, you'll learn the essential tips, recommendations, and professional treatments to elevate your skin game.

THE SKINCARE BASICS
UNDERSTANDING YOUR SKIN TYPE

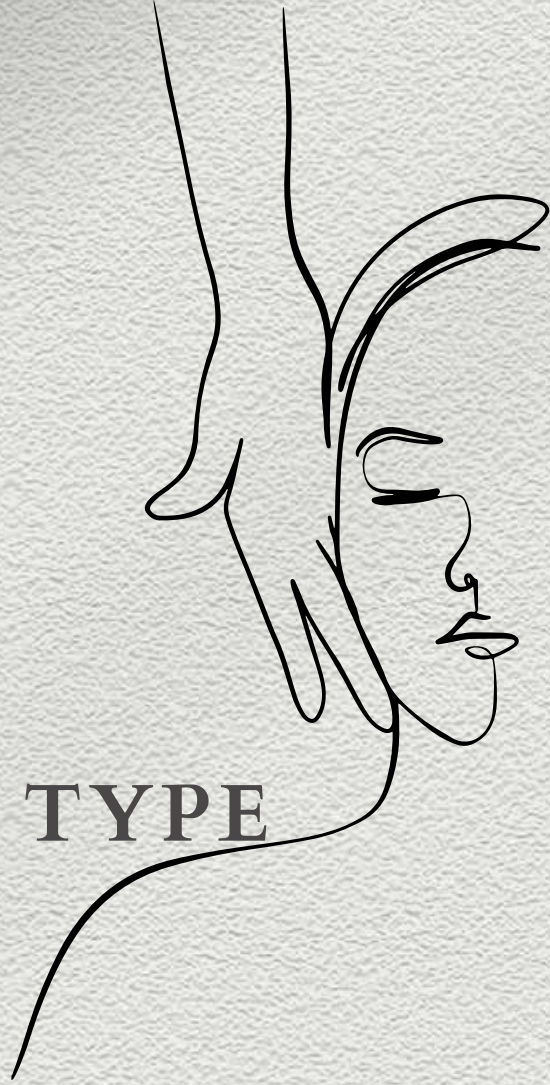
NORMAL : Not too dry, not too oily

OILY : Produces excess sebum, large pores

DRY : Lacks moisture, can appear flaky or tight

COMBINATION : A mix of oily and dry areas

REACTIVE : Turns red or irritated very easily



THE SKINCARE BASICS
THE ESSENTIAL ROUTINE



CLEANSE : Remove dirt and oil

TREAT: Apply serums and actives to help target your specific skin concerns

MOISTURIZE : Lock in hydration and protect the skin.

PROTECT: Always apply SPF to protect against harmful UV rays.

THE SKINCARE BASICS

MORNING ROUTINE

1. Cleanser - A gentle, hydrating cleanser.
2. Serum - A light chemical exfoliant to target your specific skin concerns.
3. Moisturizer - Lightweight but hydrating
4. Sunscreen - A broad spectrum SPF or higher

EVENING ROUTINE

1. Cleanser - Always double cleanse to fully remove makeup and impurities.
2. Exfoliation (2-3 times per week) - Use a gentle exfoliant or enzyme based scrub.
3. Serum - To target your specific concerns (anti aging, acne, etc.)
4. Moisturizer - Richer cream for nighttime repair



THE SKINCARE BASICS

COMMON SKINCARE MISTAKES

1. Over- Exfoliating : Too much exfoliation can damage the skin barrier.
2. Skipping sunscreen : Uv Damage is the lead cause of aging and skin damage. It doesn't matter how many amazing products you're using if you aren't protecting your skin daily.
3. Using Products not suited for your skin :
Make sure to use products customized to YOUR skin, not someone else's.
4. Not hydrating enough : Hydration is key to healthy, glowy skin. Drink plenty of water and make sure to hydrate your skin.



THE SKINCARE BASICS
**PROFESSIONAL TREATMENTS
TO BOOST YOUR SKIN**

HYDRODERMABRASION - Deep cleansing, exfoliating, and hydrating.

MICRODERMABRASION - Exfoliates to reveal smoother, brighter skin and improve texture.

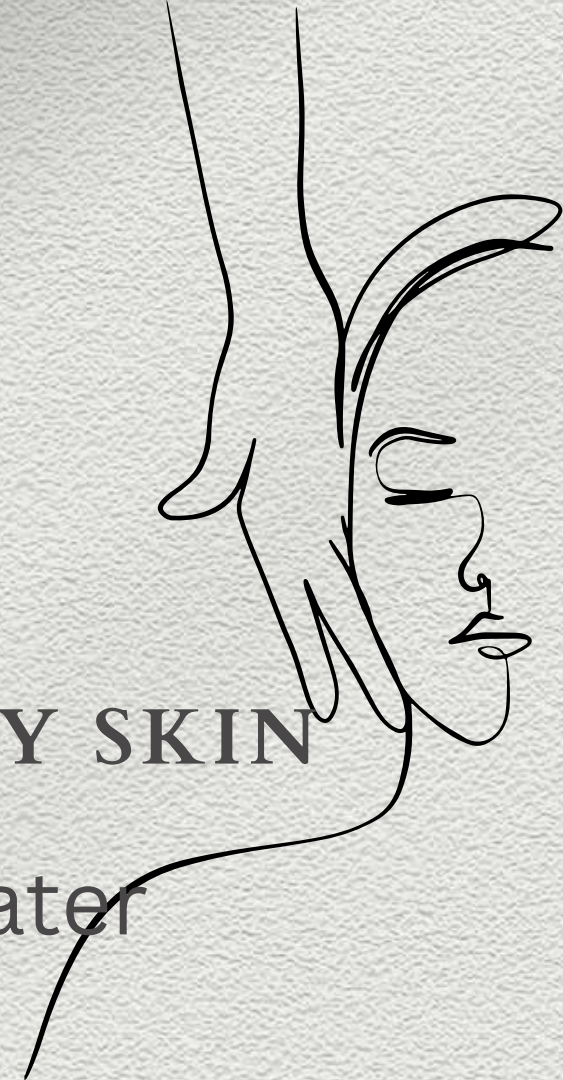
MIRONEEDLING - Stimulates collagen products, great for fine lines, wrinkles, scarring and pigmentation

CHEMICAL PEELS - Removes dead skin cells to improve skin texture and tone.

RADIO FREQUENCY - Tightens and lifts the skin to improve texture and tone



THE SKINCARE BASICS
LIFE STYLE TIPS FOR HEALTHY SKIN



STAY HYDRATED - Drink plenty of water throughout the day.

EAT A BALANCED DIET - Foods rich in antioxidants, vitamins, and omega 3s support healthy skin.

GET ENOUGH SLEEP - Aim for 7-9 hours each night for skin regeneration.

MANAGE STRESS - Stress can affect your skin , so take time for relaxation to help destress.



EXCLUSIVE OFFER

As a thank you for downloading this E- Book ,I would like to offer you **10% off your first facial treatment** at Kristina Marie Beauty! Book your appointment today and experience the benefits of customized treatments tailored to your skins needs

Thank you for choosing Kristina Marie Beautyfor your skincare journey. We look forward to helping you achieve healthy, glowing skin!

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