

WEEKEND *beauty* CALENDAR

SATURDAY

AM

WHITE TEA

- ◆ INSTEAD OF COFFEE

COLD EYE CREAM

- ◆ LOOK FOR "CAFFEINE" ON THE LABEL & KEEP IN THE FRIDGE

PM

OIL IN MOISTURIZER

- ◆ ADD 1-2 DROPS ARGAN OIL TO YOUR NIGHT CREAM

EXFOLIATE

- ◆ APPLY ALPHA HYDROXY ACID SCRUB OR CLEANSER WITH A WARM DAMP WASHCLOTH

SUNDAY

AM

WHITE TEA

- ◆ INSTEAD OF COFFEE

COLD EYE CREAM

- ◆ LOOK FOR "CAFFEINE" ON THE LABEL & KEEP IN THE FRIDGE

PM

OIL IN MOISTURIZER

- ◆ ADD 1-2 DROPS ARGAN OIL TO YOUR NIGHT CREAM

AVOCADO HAIR MASK

- ◆ LOOK FOR "AVOCADO OIL" ON LABEL. USE INSTEAD OF CONDITIONER; COMB THROUGH & LEAVE IN 3-5 MINUTES