

the BEAUTY self care guide

I am honored to share my Beauty Secrets with you with this easy to access, self care guide. I have provided some great guidelines however a personal complimentary consult is also beneficial:

<http://www.infusedmedspa.com/the-beauty-market>

The GOAL of this self care guide is to help you build good long term habits with your skin. I started my good skin care habits when I was 27 and it certainly paid off now being in my 40's.

Fun Facts

The effects of Drinking Coffee

Coffee takes away 2 glasses of water from our body. The importance of water intake is greater than coffee intake. To receive pure energy boost we should be seeking it from the foods and vitamins we eat.

Because coffee takes away 2 glasses of water from our body we then are subjected to being dehydrated. Dehydration is a huge NEGATIVE effect on our energy and skin health. It is the number one cause of the horrendous circles and puffiness around our eyes.

If you absolutely need a caffeine boost Green Tea is an excellent choice. Also, do not have any caffeine after 5pm. In order to get good quality BEAUTY SLEEP we need our body to be caffeine free.

Benefits of Water

Those that know me know this is my ULTIMATE Beauty Secret. I am constantly being told that my skin GLOWS. The answer:

“ I am OBESSED with WATER”

Water is the All Mighty of all beverages, it is what our bodies strive for. When we are dehydrated we feel hungry and tired. We need 8 to 12 glasses of water a day. When we sleep our body loses water while we sleep as we naturally sweat and also through our breath.

Cherish your WATER intake, it is the most valuable SKIN Secret!!!

Super Foods for the Skin

Feed your Skin like a QUEEN:

In taking these OMEGA - R Rich items on a weekly basis will amp up your GLOW!!!

- Avocado
- Spinach
- Kale
- Mint
- Halibut/Salmon/Tuna
- Eggs
- Flax seed/Pumpkin Seed
- Walnuts

Skin Care Regime

MORNING

Cleanse Skin before entering your Morning Shower. Never wash your face while taking shower, your pores naturally open and will suck in all the dirt. The best place to cleanse your skin is at your sink. Cleanse your skin with very COLD water, never luke warm or hot water.

Apply Eye Cream around eye area and laugh lines. I like to give a quick massage. Helps keep the collagen firm under the epidermis layer. I also love using a rose quartz roller as soon as I wake up on my skin/ under eyes. I keep it in the fridge so the cooling & rolling effect instantly stimulates my skin GLOW UP.

Apply the Dermaquest Sheer Zinc Sun Screen and Biophora of choice Moisturizer *note: by booking in a complimentary consult I can customize product suggestions for you!!!

EVENING

Cleanse Skin before retiring for bed. NEVER SLEEP WITH YOUR MAKE UP ON, this is a HUGE factor to aging skin and acne. Cleanse your Skin with cold water at your Skin.

Remove your Eye Make Up with Make Up wipes or Eye Make Up remover

Apply the C Infusion Eye Cream by Dermaquest around the eye and Laugh Lines

Apply Night Cream *either B5 Serum or Retinol Peptide Youth serum by Dermaquest.

Water In-take Guide

Must intake 10 Glasses of Water per DAY!!!

MORNING

- As soon as you wake up drink 2 Glasses of water with 1/2 Lemon Squeezed
- Follow with Suggested Protein Shake Below
- If you don't have the Shake it is best to have 2 eggs with Avacado
- Followed by Vitamin Intake Suggested Below with 2 Glasses of water
- Replace your Morning Coffee with GREEN TEA 1 Glasses of Water
- NO MORE DIARY

MID DAY

- Do not drink any Beverages during your lunch or dinner.
- After eating wait 15min to drink Water 2 Glasses
- In between you finish Lunch and Dinner you must consume 2 more Glasses of Water
- This takes you to 9 Glasses of Water

EVENING

- After Dinner enjoy 1 Cup of Hot Herbal Tea of your choice or my Favorite Hot water with Fresh Ginger - YUMMY!!!!

Vitamin Intake Guide

*please note to consult your physician before intake of vitamins

After Breakfast wait about 15min to start taking your vitamins:

It is important that you INVEST in Good Quality Vitamins. Big No No's are Brands Such as 'One-a-Day' ,Jamenson, Costco, GNC. I prefer Vitamins from a Natural Health food store.

- MultiVitamin 1qty
- Omega 3 3qty
- Evening Primrose Oil 2qty

Shake

Start your morning of RIGHT with a Nutrient Rich Shake. As we get older we need more protein intake than carbs. Protein also does wonders to our skin health. (will need blender)

Here is my super easy and yummy shake recipe:

1 1/2 water (I like to add crushed ice to mine)

1 Handful Spinach

1/2 Avacado

1 Scoop Vega Thore Protein *packed with amino acids

* Alternate some days add 1 table spoon Natural Peanut Butter or 1 table spoon Organic Coconut Shreds

*option to add Greek Yogurt - not suggested to do so every day

I hope that you are able to enjoy the Beauty Self Care guide as a tool to feel inspired to make YOU your #1 priority.

I am looking forward to being your forever Beauty Concierge,



KAVITA SURI