

# TOP 5 SKINCARE MISTAKES YOU ARE MAKING

## Exfoliating too often

*Recommended is  
1-2X/weekly only to avoid  
overuse & skin irritation*

## Ignoring dehydration

*Tight, dry & flaky skin  
are the major signs of  
dehydration signaling  
you to rehydrate!*

## Rubbing & pulling on your skin

*Causes skin to lose  
elasticity over time*

## Rubbing & pulling on your skin

*Causes skin to lose elasticity  
over time*

## Not cleaning makeup brushes

*Washing with soap at  
least once a week*

5