

# 5 Ways to Look Hot Without Breaking the Bank

Beauty shouldn't rely on expensive make-up. Healthy skin is naturally beautiful. And while your skin type won't change drastically over time, a few simple habits and lifestyle choices can affect your skin's appearance. Here are five easy tips to help you discover your natural beauty without a hefty price tag.

## 1 Eat Clean and Drink Your H2O



Your diet definitely affects your looks. Tasty fruits and veggies are a great source of vitamins and minerals that form a foundation for healthy, vibrant skin. But if you're looking for healthy oils that can improve your skin's appearance, try eating sashimi or cucumber salad with olive-oil dressing.

>>Water is essential for youthful-looking skin. Stay hydrated and support the growth of healthy, new skin cells by drinking 8-10 glasses of water per day.

## 2 Get Your Beauty Sleep

Nighttime is when your skin repairs any damage from the day. Sufficient rest also reduces the appearance of circles under the eyes. Get 7-8 hours of sleep a night to allow your skin time to rejuvenate and build new cells.

>>Give nature a boost and wake up to gorgeous skin. Slather on **Night Renewal Crème** every night before bed.



## 3 Take Your Vitamins

Not only do vitamin and mineral supplements provide the essential nutrients you need to stay healthy and energized, they also play a part in your outward appearance. For example, vitamin C is known for supporting collagen production. Essential fatty acids help maintain your skin's elasticity. And antioxidants help defend your skin against the effects of exposure to harsh environmental factors such as the sun.



>>Get all the good stuff you need to get a glowing complexion from the inside out with **HealthPak™**. Add it to your Autoship order and not only will you look fantastic, you'll also look smart because you will be saving time and money!



## 4 Protect Your Skin From Mother Nature's Jealousy

You look good, and Mother Nature knows it. Which is why she is constantly finding ways to rob your skin of its natural glow with everything from sunlight to extreme temperatures to harsh winds. Sense's proprietary topical nutrient blends are power players in reducing the appearance of environmental damage.

>>Pamper your skin every day with **Daytime Protective Emulsion**.



## 5 Listen To Your body

Your body will let you know if you're doing something it doesn't like. If you notice that your skin is rapidly losing moisture and forming wrinkles, that's your body's way of telling you to look at your lifestyle.

>>Cut down on excessive caffeine, alcohol, and stress. Then reduce the appearance of damage with targeted anti-aging treatments like **Perfecting Essence, Serum Intensive, and Eye Nourisher**.

