



# 7 Secrets To Changing Your Skin Type

Hi there friend!

I want you to feel empowered today. I want you to know that you are lovely and beautiful. I want you to know that change is possible.

I've created this resource to guide you towards the changes you want to see in your skin. Soak it all up and be consistent! We all know that change doesn't happen overnight. Change comes with {time}. Did you know that time is magical?! Time offers us so many moments, minutes, hours and days to stick with it...to put in the work...and to see great things happen!

In this resource you will receive tangible advice on how to change the skin type you thought you would have forever. Not a fan of your skin? I have amazing news! There is a way to rediscover your natural beauty...are you ready to make simple lifestyle changes? Great! Here we go! ~Hope





# 4 weeks

I want you to commit to one month.  
One month of implementing lifestyle changes  
that are simple and effective.  
And don't worry - I have gladly cut out the  
guessing work for you!

# Seven ways you can change your skin type

Our beauty industry does us an injustice by simply focusing on over the counter skincare products. I am a firm believer that there are many causes to our damaged skin - and I am here to tell you that change is possible. It is possible to focus on a few natural "remedies" that will forever change the course of your skin type.

Follow my 4 week skincare guide and I promise you'll see results.



# Week 1 - Sunday



## **WATER:**

Drinking enough water can be easily overlooked but is an absolute must for glowing healthy skin. Water keeps the body hydrated, therefore, keeping away wrinkles, scars and soft lines. Water gives your skin that elasticity that it needs!

## **CHALLENGE:**

Focus on drinking at least 8 glasses or 64 oz. of water today. Have a water bottle handy wherever you go - maybe even buy yourself a new fun water bottle!

# Week 1 - Monday



## **SUNSHINE:**

Ok, get outside! Enjoy the fresh air. Let all that Vitamin D soak into your skin cells. Our skin needs this nutrient (in moderation) to lessen skin breakouts and can even lessen side effects of dermatitis and rosacea.

## **CHALLENGE:**

Focus on spending time outside today. Go for a walk. Sit out on your porch. Park in the back of the parking lot so you have more time to be outside. Play outside with your kids.

# Week 1 - Tuesday



## FOOD:

I am sure you have already heard this but I'll say it anyway. Girl, the types of food that you consume on a daily basis have a huge impact on your skin. When we eat naturally bio-available food, our body easily soaks up those minerals and nutrients = our skin glows because its receiving all that it needs!

## CHALLENGE:

I challenge you to write down everything you eat today. Then, at the end of the day examine what your body received. Was the food nutrient dense? Did it provide the nutrients your skin needs to thrive? Be honest with yourself and make small changes.

# Week 1 - Wednesday



## **SLEEP:**

Ok, Did you know that the average woman needs 7-9 hours of sleep to be able to function well? Lack of sleep results in numerous challenges from anxiety to decreased sex drive to lowered immune function. AND! How much or how little sleep you get directly impacts your skin.

## **CHALLENGE:**

I challenge you to choose a bedtime today. What do you want your bedtime routine to look like (shower, drink tea, stretch, journal, pray) What time do you want to be in bed with lights out? And then, set an alarm for that time and stick to it!

# Week 1 - Thursday



## **EXERCISE:**

This is one of my favorites because the benefits of exercise to our skin are undeniable. Exercise improves blood flow to our cells, removes toxins from the body, decreases stress and prevents/lessens signs of aging.

## **CHALLENGE:**

I challenge you to exercise for 20-30 minutes today. This can be any type of movement either outside, in your living room to a video or with your kids! Work up a sweat, take a shower and feel the difference in your skin!

# Week 1 - Friday



\*\* Makeup recommendations:  
Young Living Savvy Minerals, Beauty  
Counter, Bare Minerals, Dime

## **MAKEUP:**

We **HAVE TO** pay closer attention to what's in our makeup. Have you ever checked and googled the specific ingredients? Don't be fooled into thinking that your makeup line is toxic free - check and triple check because those chemicals are going into your pores and into your body.

## **CHALLENGE:**

I challenge you to set today aside to check your makeup. Read the ingredients and google them. If you find toxins, stop using and purchase new makeup. Need some tips? I've included some brands below!

# Week 1 - Saturday



## **SKINCARE:**

The cleanser, moisturizer and toner you use are so important to your skincare health. There are hidden chemicals in so much of the products we use and unless we research, we will never know.

## **CHALLENGE:**

Like you did yesterday, I want you to research the products you are using for your daily skincare. I challenge you to face this portion of the guide and do not put it off any longer! If you find chemicals in your products, stop using and gift yourself with natural products that will heal your skin.

# Week 2-4

## WEEK 2

I want you to repeat Week 1 for Week 2. Seriously. You know the rhythm of this guide and now, I want you to give extra attention to the specific focus for the day.

## WEEK 3 & 4

You are going to add all of the lifestyle changes together so that by the end of the week, you have focused on all of them in one day! Yes friend, you totally got this. See below for details!



# Week 3-4

**SUNDAY** - water

**MONDAY** - sunshine + water

**TUESDAY** - food + sunshine + water

**WEDNESDAY** - sleep + food + sunshine + water

**THURSDAY** - exercise + sleep + food + sunshine + water

**FRIDAY** - makeup + exercise + sleep + food + sunshine + water

**SATURDAY** - skincare + makeup + exercise + sleep + food + sunshine + water



## YOU DID IT!!

I just want to tell you how incredibly proud I am that you finished this month long commitment. Like I said in the beginning, change takes time and {time is magical}. We have the glorious opportunity to take every day we have been given and implement the changes we want to see. We don't just have to "wait and see." We can start today.

Now, before you get too far in your to do list, I want you to take a few minutes and journal about this experience. I want to write down how you've seen these 7 lifestyle changes affect your skin + your overall mood! And I cannot wait to hear personally from you - shoot me a direct email at [noblelivingco@gmail.com](mailto:noblelivingco@gmail.com)