

## Get Red Carpet Ready!!

### *Insider Secrets to Look Like a Celebrity*



Are you ready to walk the red carpet all month long? This month includes celebrity appearances on awards shows such as the Teen Choice Awards and the MTV Video Music Awards. Isn't it fun watching the rich and famous stroll out on the red carpet looking absolutely breathtaking? Have you ever wondered how they get so flawless? Keep reading for secrets so you, too, can get red-carpet ready.

### **Secret 1: Body Polish**



For smooth, supple skin like the stars, reserve a body polish. A **body polish** is a treatment of the entire body that exfoliates and hydrates the skin. It's like a facial for your body. Use the [Glycolic Body Smoother](#) especially on the elbows, back of arms, back, and knees.

#### **Your skin will:**

- Feel softer and smoother
- Be moisturized and hydrated
- Be free of oil and dirt buildup
- You will be glowing

## Secret 2: Facials



Healthy, radiant skin begins with a proactive [skin care regimen](#). Celebrities don't get their beautiful complexions overnight. Monthly **facials** are a must for glowing, younger-looking skin.

### Monthly facials will:

- Reduce the impact of environmental factors such as sun exposure, smoking, etc.
- Reduce the appearance of dry, wrinkled skin.
- Enhance the effects of cosmetics and health products.

## Secret 3: Healthy Eating and Exercise



Celebrities know that your diet is revealed in your skin. That's why they are adamant about their food and drink choices. The food you eat makes an impact in the health and overall appearance of your skin. Antioxidants found in fruits and vegetables help protect your skin and fight wrinkles. The antioxidants in fresh berries and salmon's omega-3 fatty acids both help improve the health of your skin's cells and slow premature aging. Also, include nuts, legumes, green leafy vegetables, and plenty of water in your diet.

Add to this at least 30 minutes of exercise.... swimming, walking, yoga, spin class...you name it, just get out there, and you will be surprised at how youthful and radiant you look and feel!

Are you ready to get started on your red carpet journey? **Click here for your FREE consultation [Luv Ya Skin](#).**