

FROM THE KITCHEN OF
A PASS EDUCATIONAL GROUP

THE RECIPE FOR A LIFETIME OF HEALTHY SKIN

INGREDIENTS:

- 1 Tbsp. Skincare health awareness
- 3 Cups Skin protection
- ½ Cup No smoking
- 4 Tsp. Healthy diet
- 2 Tsp. Gentle skincare treatment
- 1 Tsp. Stress management

INSTRUCTIONS:

1. Protect yourself from the sun's ultraviolet rays by using sunscreen, seeking shade, and wearing protective clothing.
2. Quit smoking as a key ingredient of healthy skin and to limit the risk of skin cell cancer. Smoking can cause the skin to look older and contribute to wrinkles.
3. Maintain a healthy diet of fruits, vegetables, whole grains, and proteins to promote healthy skin.
4. Be gentle in caring for your skin by monitoring bath time, avoiding strong soaps and cleansers, shaving carefully, patting dry, and moisturizing daily.
5. Promote a healthy state of mind to maintain healthy skin. Uncontrolled stress can trigger acne outbreaks and other skin problems.

