
6 beauty Tips to get a Fresh Skin!

Do you dream of having smooth and fresh skin like never before? Your skin looks devitalized and tired? Nab the following 6 beauty tips! Now, it's time to regale your skin with a real routine. We are all curious to discover how to get the perfect skin while trying to eliminate excess of sebum and impurities. No more impurities, no more blackheads but only a radiant skin!

1. Simple and easy: Remove your Makeup!

Women pay attention to this crucial step which we call the "make-up removal". Sure thing, it sounds obvious, but we have to admit that somehow after a party or after late hours at the office, whom amongst us went to bed without removing the make-up? Picture it – you come home later after a night out, you are COM-PL-E-TLY tired, and there, you look at your warm, cozy bed, and your eyelids become heavier and heavier... STOP it right now! Of course, no one will judge you, except your skin.

During the night time, let your skin take a deep breath and renew itself while you are sleeping. Wipes, oil, milk, micellar water, creams... You have all the choices in the world, just do it and consider this beauty step as the perfect last relaxing moment of the day.

2. Skin cleansing, the start of a better skin

For the lazy ones, it might be difficult to understand this, but keep your heads up! How can people imagine that skin cleansing only consists in putting water on your face? Fake!

In the morning, wake-up and wash your hands. Apply your favourite cleansing facecare. You'll eliminate impurities and refine pores. Wooow, it sound nice, doesn't it? Then, repeat it in the evening.

3. Moisturize, Moisturize, and Moisturize!

Drinking water is essential, right? Well, the same goes for our skin. You could use a super fancy facecare (with BeautyLine Anti-aging 4ever, for example) to mollycoddle your skin. The idea is to bring all the ingredients you need to get a perfect healthy, smooth and fresh look!

A lack of moisture means dry and greenish skin. That's bad! Try this super-simple way to have a nice skin every day.

For more freshness, put your facecare on the fridge and feel the sensation. Hello, gorgeous!

4. Skin makeover: it's time to scrub

For many exfoliating is not important. Impossible! You need a skincare routine, the

perfect beauty steps. Once a week your skin needs to be stimulated and purified.

Using an exfoliator will eliminate impurities and dead skin cells. Just refresh your skin and it will look smoother! Don't forget: circular motions to improve the results.

5. Get your beauty sleep!

Zzzzz, catch it every night for a healthier skin. Getting a good night sleep is a must, if you want to have a clear and radiant skin.

In order to get the most healthy rest, put your phone aside; Stop with the selfies now! Inhale, exhale, take your FitLine Restorate for a better regeneration and start counting sheep.

6. Facial workout?

Face gym. What a healthy way to tonify our skin! Watch-out, that's Hollywood stuff! We won't need surgery anymore to look younger, but only 5 to 10 minutes a day for exercising our face muscles.

You'll find lots of workouts in concordance to your needs. Curious? Let's try the following one to reduce wrinkles: Face a mirror after showering and try to move all facial muscles for at least 10 minutes.