

skyn

ICELAND®

Solutions for Stressed Skin

What's Stressful About Summer?

HIGH HEAT AND HUMIDITY ... STUCK IN THE CITY ALL WEEKEND ... MAKEUP MELTING OFF...UGH! THOSE EXTRA POUNDS ... SWEATY CROWDS ... OUCHY SUNBURN ...



skyn tips on how to **SLOW DOWN AND COOL DOWN**

Skin Superfoods: When you are stressed and overheated your body craves 'skin vital' potassium. Seek out foods high in potassium like sweet potatoes, bananas, or raisins.

Make Plans With Yourself: Everyone's out of town. Instead of feeling sorry for yourself, head home and plan some "me time." Light a candle, rent a movie, have a glass of wine and relax!

More Vitamin D, Better ZZ's: Low levels of vitamin D disrupt your sleep cycle and leave you feeling groggy. Make sure you get your 15 minutes of sun a day to boost skin's vitamin D levels so you feel more energized. (Don't forget your SPF!)

Sun Burn?: Avoid direct sun from 12 pm to 3 pm, but if you accidentally get a little too much, treat skin with cold compresses, pure aloe vera gel and use Skyn's Antidote Daily Cooling Lotion to get the sting out.

Winter lbs = Summer Stress: Maybe your New Year's resolution wasn't as successful as you had planned. Don't stress and embrace your body, because confidence is sexier than any bikini.

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*Offer is valid until 7/31/2013 and cannot be combined with any other offer, promotion or promotional giftcard. Limit one per customer.

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