The 2-Minute Morning Face Read

What Your Face Is Telling You



How to Do It

Take a moment each morning to connect with your face.
See if yo can recognize patterns in your skin's appearance.

See if you can recognize patterns related to:

- **Sleep** — is there puffiness or dullness that wasn't there yesterday? Undereye rings?
- **Tension** — do you notice tightness in your jaw, neck or brow? Can you let go of it at that moment?
- **Hydration** — does your skin look plump and alive, or flat and dry? Under eye puffiness?
- **Emotional well-being** — does your face look rested and open, or drawn and held?

The 2-Minute Morning Face Read

What your face tells you before skincare routines

How to Do It

By observing your face daily, you begin to learn its language — and that changes everything. Puffy under-eyes, a tight jaw, skin that lacks radiance: these are not random. **They are your face reflecting what your body is carrying.** Understanding those signals empowers you to make informed, intentional choices for your skin's health, today and for years to come.

Commit to this two-minute ritual every day this week, observing how your lifestyle choices affect your facial signals.

By developing this habit, you'll forge a deeper connection between your habits and your skin health.

"Your face is a feedback system."

When you learn to read it, you gain something no product can give you — **real agency over how you age.**

