



www.ElectraLane.com

[@ElectraLane](https://www.instagram.com/ElectraLane)

MORNING SKINCARE ROUTINE

Cleanse

- ★ Using a creamy cleanser, gently apply to dry skin and massage in circular motions
- ★ Wet a soft washcloth with lukewarm water and press to skin, then with very light pressure sweep cleanser away
- ★ Splash face with cool water to remove any leftover cleanser

Tone and Treat

- ★ Splash, spray, or apply a toner with a cotton pad - this step rebalances skin and helps your treatment products sink in
- ★ With your ring finger, gently tap eye cream on orbital bone under eyes
- ★ Massage in a skin-appropriate serum from hairline down to the chest

Hydrate and Protect

- ★ Apply a moisturizer or facial oil by pressing into skin
- ★ Massage in a hydrating lip balm to plump lips (add SPF if in the sun)
- ★ Smooth on an SPF on face, décolletage and back of hands
- ★ Keep a mist on hand to refresh throughout the day

Keep in Mind

- ★ Meet with a dermatologist to discover the best products for your skin
- ★ Facial massage is truly beneficial - get more from your skin by getting regular facials and learning at-home techniques
- ★ Face masks are amazing pick-me-ups, so keep a few on hand like “medicine” for your skin - calming, detoxifying, hydrating, etc.

Did you update your morning skincare routine? Let me know @ElectraLane on Instagram!