

SHINE BRIGHT CHECKLIST

After breaking out of your winter rut, continue your confidence journey and let your inner light shine bright. But how can you stay motivated?

Follow this handy checklist as you transition into the new season to help you stay on track with your new health and beauty routines, making it easier to own and embrace your light.



CHANGE UP YOUR HAIR AND SKIN CARE ROUTINE

Transitioning your skin from winter to spring is crucial to maintain a healthy and glowing complexion.

- ☐ Switch skin moisturizer to a lighter formula
- ☐ Gently exfoliate your way to brighter skin
- ☐ Cut back on heavy moisturizing hair care like oil treatments and heavy conditioners
- ☐ Spring clean your make-up: throw out expired make-up and skin care products



EAT TO GLOW

Spring into a new diet and change up your weekly menu by incorporating fresh and seasonal options like leafy greens, herbs and alliums.

- ☐ Add a hearty salad to your weekly menu
- ☐ Cut out meat once a week
- ☐ Dial up your daily hydration with fruit infused water
- ☐ Eat more antioxidant and vitamin packed foods, like avocados, carrots, strawberries and cherries



SEEK OUT A TRUSTED EXPERT

When it comes to at-home skin care, it's best to stick to what you know or seek out the advice of an expert before trying something new or trendy.

- ☐ Complete Shine Bright checklist
- ☐ Attend virtual Shine Bright workshop hosted by LightRx
- ☐ Schedule Free LightRx consultation
- ☐ Ask about LightRx's Treat2Complete solutions for skin and body
- ☐ Follow LightRx on social media for skin care and selfcare tips and tricks