



Isle Of Indulgence Spa

Restore. Revive. Rejuvenate



# 15 SKINCARE MISTAKES

You Need to Avoid

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# 15 SKINCARE MISTAKES

You Need to Avoid

- Not Cleaning Your Face Twice a Day
- Not Wearing Sunscreen
- Physical Exfoliator (Scrubs)
- Having a High Sugar Diet
- Not Washing the Pillowcase Frequently
- Not Separating Body and Face Towel
- Using Hot Water
- Blindly Following Skincare DIY's
- Not Getting Enough Sleep
- Using Too Much or Too Less
- Over-Exfoliating Your Skin
- Rubbing the Products Harshly Into the Skin
- Constantly Touching Your Face
- Layering Your Skincare the Wrong Way