



## TOP 10: Anti-ageing Beauty Tips

1. Cleanse your skin daily
2. Exfoliate weekly
3. Moisturise daily
4. Always protect your skin from the sun
5. Drink water and stay hydrated
6. Eat healthy, natural foods
7. Exercise regularly
8. Make sleep a priority
9. Take time to laugh and relax
10. Quit smoking and limit your alcohol intake

