

AFFIRMATIONS FOR GLOWING SKIN

**I LOVE AND APPRECIATE MY BEAUTIFUL SKIN
I TAKE LOVING CARE OF MY SKIN BY KEEPING IT CLEAN
AND MOISTURIZED
I EAT WATER-RICH FOODS THAT KEEP MY SKIN RADIANT
AND ELASTIC
I CHOOSE SKIN CARE PRODUCTS THAT SUPPORT THE
NATURAL PH OF MY SKIN
I CONSUME HEALTHY SOURCES OF PROTEIN THAT FEED
MY SKIN'S COLLAGEN
I FEEL YOUTHFUL AND VIBRANT INSIDE OUT
I AM GRATEFUL FOR HAVING SUCH BEAUTIFUL AND
SMOOTH SKIN**

