Audience - teen(male & female)
Problem - pimples on face
Solution - the perfect skin care routine.

## Subject line:

Want clear skin? Try this...

#### **Preview Text:**

Get clear skin within a month!

### Body:

#### Pimples!

The word that everybody hates.

Having to wake up and **hope** to not see anything on your face.

But once looking in the mirror.

Boom.



You come to find out that there is not only one pimple, but multiple of them!

It's like a bad dream, making you feel isolated, avoiding the world so no one sees your face.

You feel lost, not knowing where to start or how to stop this endless torment.

Trying new ways to stop the pimples from occurring, such as trying a new skincare routine.

But just end up making your condition even worse.

Leaving yourself feeling even more desperate and depressed.

Finding the best skincare routine can seem like an impossible task.

But what if I told you that there's a way out of this cycle.

I have 4 tips (<u>Scientifically proven</u>) that you can start applying into your skincare routine that actually works.

9 out of 10 teenagers who took these 4 tips and implemented them, gotten results within a month – Max.

So if you want clear skin as all the other teens who implemented these exact steps, you can get the same results as they've gotten!

Here are the 4 tips that you should implement to start having clear skin:

# Tip1 - Cleanse

Cleansing is the foundation of any good skincare routine.

It's essential for removing dirt, oil, and impurities that accumulate on your skin throughout the day.

Steps:

- Wash your face both in the morning and night.
- At night, cleanse to clear the gunk your skin collects during the day.
- Even if your skin feels fresh, always cleanse your face to start your day.

Pro tip: Wash your pillowcase to remove sweat and oils

# Tip2 - Exfoliate

Exfoliating is a fantastic way to remove oil, debris, and dead skin cells that clog your pores, leading to clearer skin.

## Steps:

- Exfoliate twice a week to prevent overdoing which can lead to dryness and irritation.
- Choose a gentle exfoliant suitable for your skin type.

Warning: Over-exfoliating can cause dry, red, or irritated skin. You want to avoid all this!

# Tip3 - Moisturizer

Regular moisturization helps and prevents dry and flaky skin.

Properly moisturised skin can reduce the overproduction of oil, which can lead to fewer acne break-outs.

#### Steps:

- Use a moisturiser suitable for your skin type.
- Apply it twice a day after cleansing.

**Benefits:** Regular moisturisation helps the over-production of oil, leading to few acne break-outs.

# Tip4 - Apply SPF

Sun protection is essential for maintaining healthy skin and preventing damage caused by UV rays.

#### Steps:

- Use a broad-spectrum SPF, even on cloudy days.
- Re-apply every two hours if you're spending time outside.

**Benefits:** Using SPF helps prevent sunburn and also keeps your skin comfortable and prevents premature ageing caused by sun exposure.

Following these 4 steps will get you results within a month!

This won't work if you are not consistent, so remember to never miss out on applying – implementing these tips **every single day**.

And if you are not sure on which products to use on your face.

You can ask me more about it, click here

To have clear skin,

- {Sign-Off}