

What Lauren Loves

FINDING BEAUTY AND STYLE FOR EVERYDAY LIFE



The **Ultimate Beauty-Boosting Selfcare Guide**

FOR BUSY MOMS

7

Tricks You Need
to Try Now to
Get Glowing Skin
& Healthy Hair

Hi there mama! It's so great to meet you!

As a fellow busy mom, I'm so glad our paths have crossed! Gotta love the magic of the internet and social media!

You'll come to learn that I'm a fun-loving, creative mom that is obsessed with making my beauty routine simple and easy to do at home!



If you don't already know, my name is Lauren and I can't wait to help you get the beauty boost you need!

Today we're going to focus completely on YOU, mama! You deserve all of the self-love, care and pampering!

Before we dive into the goodies.... why listen to me? Because I'm a busy mom like you, that has been and always (probably) will be obsessed with trying out new beauty tips and products. You can check out my blog here: LaurenHopeFrank.com if you don't believe me! I've always had a "knack" for applying makeup and over the years, have turned my LOVE for helping busy moms feel beautiful into a business and side hustle with a TRIBE of busy moms that I serve every day.

I know you'll love these beauty-boosting tips that will simplify your routine AND give you some inner peace, confidence and overall that feel-good feeling all of us busy moms want!

Don't just take MY word for it!

TESTIMONIAL



"I have loved learning about this new routine! The system is genius. I love Lauren's tutorials, and that I can reach out to her when I need something, have a small question, or make a major no-no decision. I love this new feature in my makeup routine!!"

Abbe F.
(Los Angeles, CA)

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7 BEAUTY-BOOSTING TRICKS

You Need to Try Now to Get Glowing Skin & Healthy Hair

1. Hydration is the foundation

If you're not drinking a ton of water or at least half your body weight in ounces, every day. Then start now!

2. Take your vitamins!

Biotin is a great supplement to strengthen your hair and some people swear it makes it grow faster too. Nothing wrong with jumping on the collagen supplement fad and add to your smoothie or coffee in the morning. As we age, our skin naturally loses collagen.

3. Eat hair-healthy food

Foods that are heavy on Vitamin C, Vitamin A, Iron, protein, or Omega 3s are great for strengthening your hair and get glowing skin.



4. Keep it Cool!

Take a 10-day no heat, hair challenge. The more you can lay off the heat, the better. Start with 10 days and see how creative you can get with your hairstyles. It might just help you figure out new ways to style your hair and reduce the amount of heat you use permanently!

5. Don't Sleep on It

A few simple swipes of a makeup remover wipe can clean skin of foundation, concealer, and eye shadow. Plus, you get the satisfaction of seeing what has come off of your face on the wipe. Never sleep in your makeup - you want to give your skin time to rest. By the end of the day, your skin can be coated with more than just dirt and oil. So you definitely don't want to skip this!

6. Become a Creature of Habit

If you don't normally wash your face every morning and night, or use a toner, this is the perfect time to start.

Applying toner right before your moisturizer at night, can also help with absorption. Listen, your skin can use all the hydration it can get. You also want to try to avoid using foaming cleansers or gel cleansers in the winter months since these products tend to dry out the skin. Switch to a cream cleanser for the season!



7. Never Forget to Protect

Last, but not least, don't skip the sunscreen. We tend to think it's not as necessary in the winter but and only wear when we go outside or to the beach in the summer, but skin damage happens year round so don't forget your SPF!

What's Next? Learn how to simplify your makeup routine and snag my simple tips for a 15-minute face! Visit my blog: LaurenHopeFrank.com and get your **FREE color match consult!**



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