

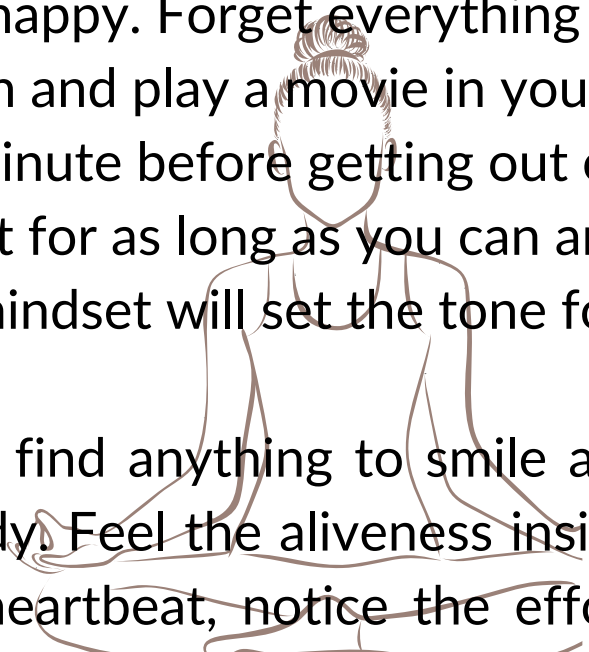
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WORKBOOK



BEGIN EACH DAY WITH A POSITIVE MINDSET

Before you get out of bed each morning as soon as you feel just aware that you are awakened, with your mind's eye, place your attention on something that makes you happy. Forget everything else. Take a deep breath and play a movie in your head for just one more minute before getting out of bed. Hold that thought for as long as you can and smile. This optimistic mindset will set the tone for a great day.



If you can't find anything to smile about then focus on your body. Feel the aliveness inside of you, try to hear your heartbeat, notice the effortless breath in and out, wiggle your toes and feel the energy. The goal is to be fully present in your body when you open your eyes and look out of the window to notice the morning sun. Practice this each morning and you'll reset the mind's program that causes stress.

Take a deep breath now and feel more aligned
throughout the day.



**HAVE A POSITIVELY
RADIANT SKIN!**

To follow this easy but rewarding plan I recommend getting to bed 1 hr earlier. Don't rush the morning routine and leave the house prepared to have an awesome day!



PERFECT START TO EACH DAY

Mood Booster:

If everything worked out today, what would you love to have happen. Set the intention now and go about your day. Notice at the end of the day how much more relaxed and focused you were throughout the day.



*PERFECT END
TO EACH DAY*

Life is good!

How did your day go?

What went well today?

Even small things matter here.

Please jot it down.



PERFECT START TO EACH DAY

Skin Care Routine 1 min and 20 sec each day

Apply a great cleanser to your skin, be generous and don't rush the process. Tap the under eye area back and forth for 20 sec. Very light pressure. Massage the cheeks in a circular fashion making big circles on each cheek. 1/2 lbs pressure for about 1 minute.

You can rinse it off in the shower or just wash it off. Your skin just received a stimulation to help flash out the toxins and bring new energy into the tissues. Now it is ready to absorb the nutrients.

While the skin is still damp apply your favorite serum and an eye cream.

PERFECT END TO EACH DAY

What made you smile today? What are you grateful for. Forget the things that were not so good. Just jot down 5 small things that made you happy so that you can re-read it in a month and see that life is good to you.





PERFECT END TO A WEEK

Face Masking and a Workout (5 min)

Apply a great cleanser to your skin, be generous and don't rush the process. Give your body a quick workout, you can run in place, jumping jack or go up and down the stairs a couple of times to get your heartbeat up.

Rinse off the cleanser and apply a DIY mask you can make from egg yolk, over ripen avocado or from greek yogurt.

Place your fingers under the eyes and gently tap back and forth for 30 sec. Next rub your cheeks in an upward fashion for another 2 min. Use pressure. Then, cross your hands and place your palms on the neck, run all of the fingers towards the center for 2 min. Make sure you have the mask on your neck so that the fingers slide on it. Add water to your hands if it feels that the mask is drying too quickly. Finish the daily routine on the forehead. Apply all of your fingertips to your eyebrows and push them up in a straight line 20 times and then across for another 20 sec.



Skin reglowing cleanser/exfoliant.

Use it twice a week.

Don't use this product to massage the face.

Puffy eyes remedy, dark circles solution.

Non fragrant gel. .



Firming Eye Cream

Alpha Lipoic Acid to firm and moisturize
the skin without oiliness.

One drop under and over the lid of each eye.



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