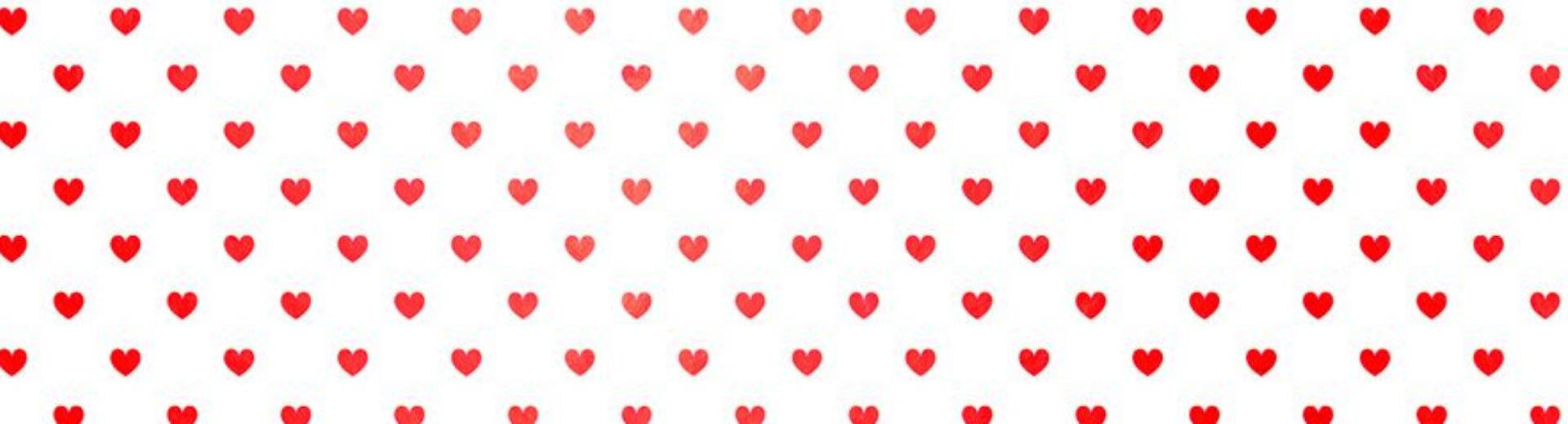
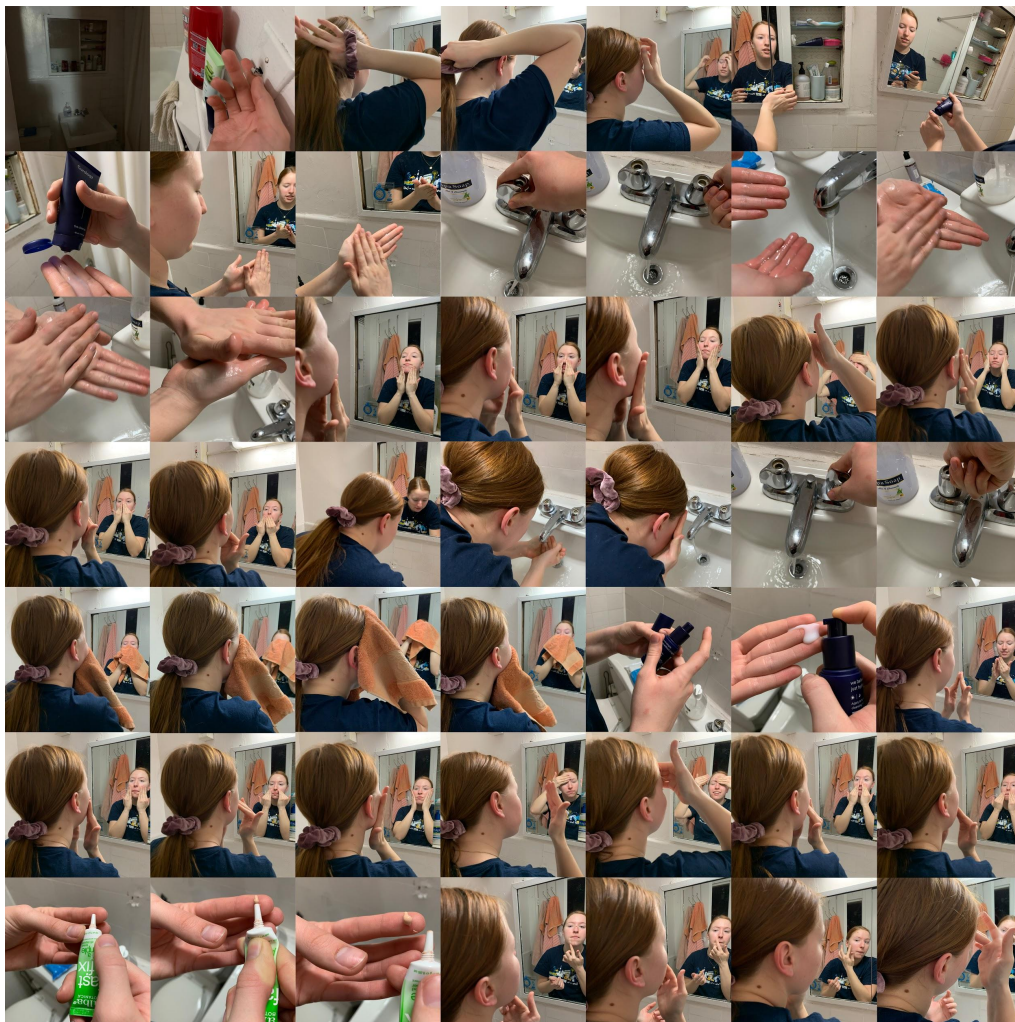


# Self Care = Self Love

Cassidy Hatch





### Steps:

1. I go into the bathroom and turn on the lights
2. Then I go to the sink and look in the mirror and tie my hair back with a scrunchie
3. Next I open the mirror to get my curology cleanser out of the cabinet
4. I then squeeze out some of the cleanser into left hand (1 PUMP)
5. I then rub together my left hand with the cleanser on it with my right hand
6. Then I turn on the water with my right hand
7. I turn the hot water knob and cold water knob on till the water is lukewarm
8. Then I lather up the cleanser in my hands with some water in the sink
9. I then start rubbing it into my face from my chin then to my nose and cheeks and then rub it into my forehead and back down again to my cheeks to my nose to above my lips and my chin again
10. Mental notes: (I try not to think too much about the blemishes on my face, I try to look at my skin and think about how having acne is normal and it's good for my health and skin that I'm even taking these steps to cleanse and purify it to try to keep it clean, calm, and moisturized. There's nothing to get too insecure or worry about because acne is normal. I also try to take this time to remind myself to not pick or squeeze anything even when I really want to because I know that just makes everything worse)
11. Next I bend over the sink and cup water into my hands and splash and rub my face to remove the cleanser
12. Then I turn off the hot and cold water knobs with my right hand
13. Then I grab my face towel and gently pat my face from my chin to my forehead to my chin again
14. Next i take my curology moisturizer out from the mirror cabinet and squeeze some out onto my left fingertips (3 PUMPS - pump out however much you feel you need to use based on the dryness of your skin)
15. Then I rub it together with my right fingertips
16. Next I start to rub it in on my cheeks down to my chin to my forehead nose and above my lips
17. Next I take my pimple cream from alba botanica since I ran out of my curology cream
18. I squeeze a tear drop size amount onto my left pointer finger tip
19. Then I spot treat my pimples and rub and dab the cream into my acne on my face with my right pointer finger
20. Mental notes: (I try to remind myself not to touch my face for the rest of the night and let the cream do its work because I can sometimes touch my face again without realizing if i'm tired and still doing some homework at my desk and resting my chin on my hand and not realizing that that's rubbing away the acne cream. I also try not to worry too much about any spots that I feel self conscious about because they are so big, that they will eventually go away on my face in a couple of days.)





Soothing



Purifying

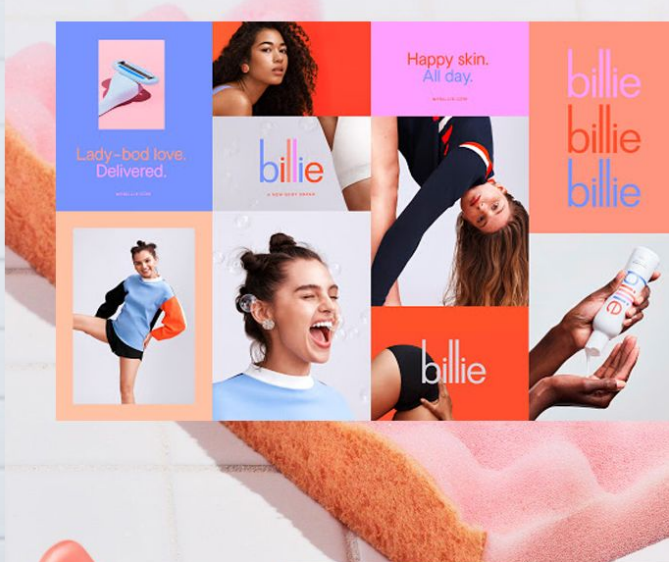


Nourishing

# Curology







BE YOU  
DO YOU  
FOR YOU

DO SOMETHING  
TODAY THAT YOUR  
FUTURE SELF WILL  
THANK YOU FOR.

Today  
I will not  
stress over things  
I can't control

self love baby  
self love

beauty  
doesn't  
rinse off.

5 MINUTE SELF-CARE

- WRITE DOWN 3 NICE THINGS ABOUT YOURSELF
- STEP OUTSIDE FOR SOME FRESH AIR
- DRINK SOME WATER
- DO A SHORT MINDFULNESS BREATHING EXERCISE
- BOOK THE APPOINTMENT YOU'VE BEEN PUTTING OFF
- LISTEN TO A SONG THAT MAKES YOU SMILE
- FIND A VIDEO OF CUTIE ANIMALS ONLINE

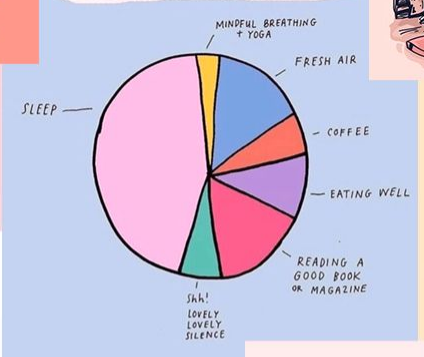
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Treat yourself



CIRCLE OF SELF-CARE



SELF-CARE ISN'T SELFISH.

I LIKE WHO I'M BECOMING  
A LOT.

SEE GOOD  
in all things

YOU CAN



find THE good



more self love

Life is tough  
but so are you

good things  
take time



KEEP GOING  
KEEP GOING  
KEEP GOING  
KEEP GOING  
KEEP GOING  
KEEP GOING  
KEEP GOING



Idea #4  
Same sort of idea as #3 but with self care bars



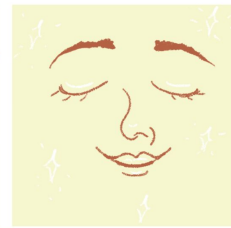
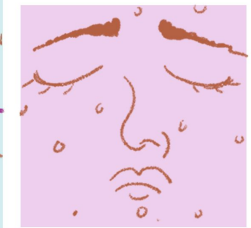
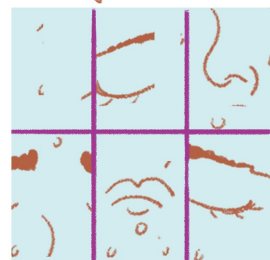
then self love pops up at end 2  
Self care is self love.



then as you use the face products the bars disappear

Idea #3  
Starts with sibling puzzle

keep going Treat Yo 'Self  
You got this good things take time  
More self love My skin is beautiful



Can't move a piece until you hit a self love mantra

once you hit all of them, clear skin pops up  
pop up  
Self care is self love.

Idea #2

Same idea as #1 but more simple shapes



1 2 3 4  
big each one to feel rid of pimples

see some message but not look

Idea #1  
diff take colors of water



② each time dry it, rest pimples  
④ at end happy clear skin



Washed clay each product to face  
merge pop up of skin care = self love

Self Care is Self Love

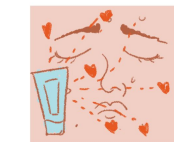
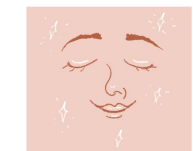
Idea #5

Skin care products cupboard circle on



can scroll through

then clear skin + re-mega  
Self care is self love.



then the product shows face with movement cover face

Clear skin takes time and love

I take good care of my skin and my skin is happy

Find acceptance within yourself

I love my skin and I treat it with care and respect

My skin takes care of me and I take care of it

My skin is beautiful and I love it

Be you, do you, for you

I treat my skin gently and with love



You are beautiful inside and out no matter where the breakout is

Today I will not stress over things I can't control

Self-Care isn't selfish

Every day I send love to my skin

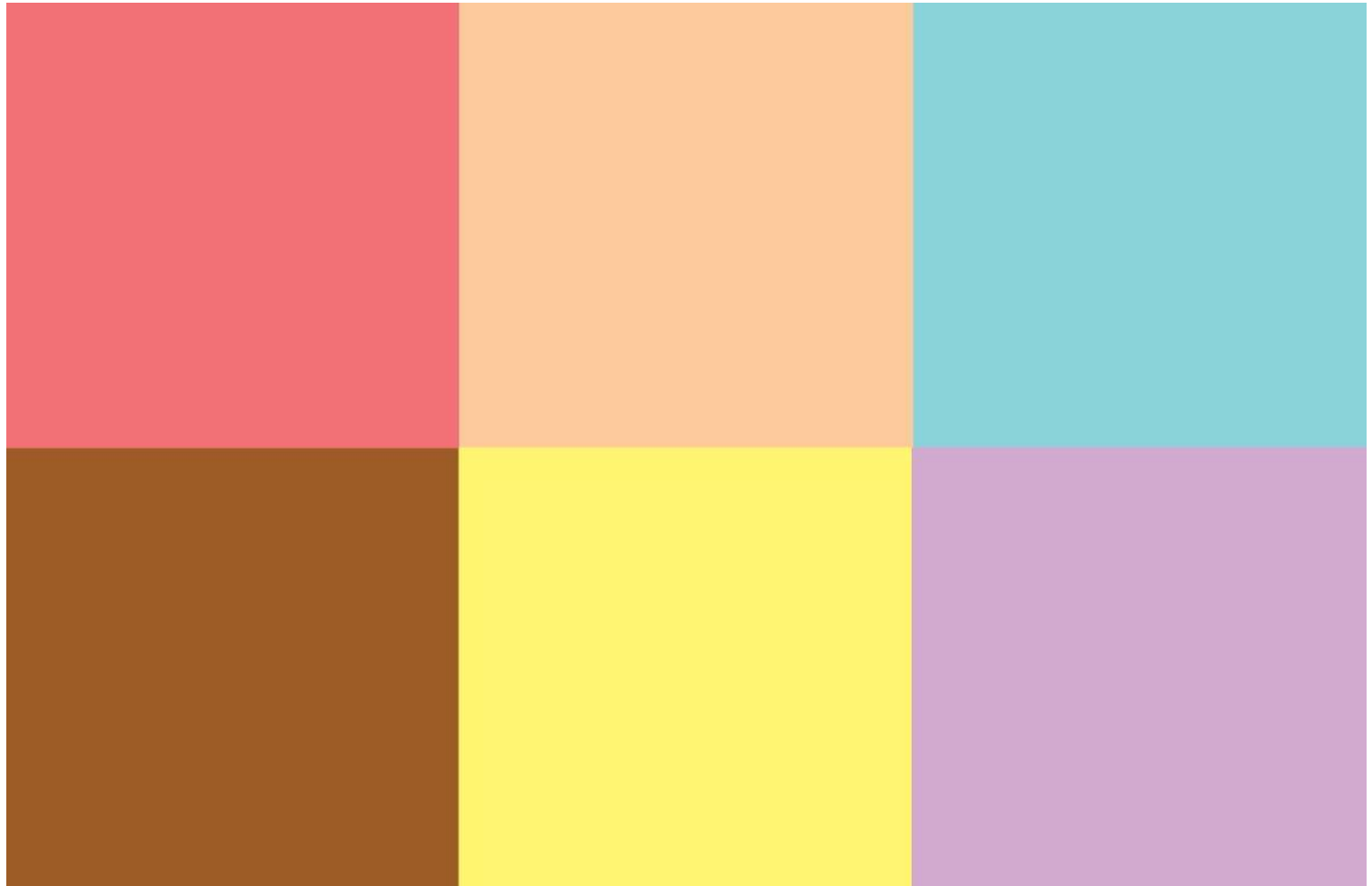
I completely love my skin no matter what

I'm taking care of my skin and my future self thanks me for it

My skin is healing and healthy

You've got this







Self-Care  
isn't selfish