



OUT WITH THE OLD - IN WITH THE NEW!

7 Steps to Proper Skin Exfoliation

The largest organ in the body is also the most dynamic: Our skin is never exactly the same from day to day. The skin's surface -- all 2 square yards of it -- is constantly sloughing off dead cells so new living cells can move up from the lower layer and make us look younger, smoother, and more glowing.

1. Buy the right exfoliating product

There are tons of exfoliating products available on the market these days and it's extremely difficult to choose the best one. You need to buy one exfoliating product specially made for your body. Jordan Essentials makes it easy! We offer Salt Scrub for an amazing all-over body exfoliation. This month's customer special makes your purchase that much easier by offering our 8 oz. Sea Spa Salt Scrub for only \$5 with any \$50 purchase. The fresh, clean spa fragrance of Sea Spa is loved my men and women!

2. Apply exfoliator to wet skin

Before applying your Salt Scrub get your skin wet. This will allow all the ingredients to suds up for a while and will help make your face and body super soft. Exfoliating in the shower makes it easier to wash it off when you are done.

3. Apply your exfoliating product in circular motions

Start applying your exfoliator in small circular motions to ensure that you do not miss any spots. This way, it will feel like a mini massage, which is incredibly beneficial for your body. Don't forget the backs of the knees and the insides of the elbows. On larger body parts you can widen your circles and use smaller ones on areas such as the soles of your feet.

4. Pay attention to the areas you exfoliate

When exfoliating, make sure you are very gentle on sensitive areas of the skin. Apply more pressure on your knees, elbows, and feet where the skin is naturally thicker.

5. Use a Bath Scrunchie

In case you have tough skin, try using a Bath Scrunchie with your exfoliator for the best results. Although a Bath Scrunchie looks similar to a sponge, it has a rough texture that doesn't soften when it's wet. Jordan Essentials offers a Bath Scrunchie. Ask me about adding one to your exfoliant purchase today!

6. Wash off

When you are done, rinse the exfoliator off. Don't leave it on your skin too long or you will end up having dry, itchy skin. Quickly wash it off with lukewarm water and a blast of cold water to close your pores.

7. Apply your lotion

After your exfoliating treatment, apply Jordan Essentials Shea Butter, Skin Relief, or Hand & Body Lotion to hands, arms, torso, and legs. Make sure you apply your lotion right after washing the exfoliator off. This way, you will seal in the moisture and keep your skin hydrated, soft, radiant and healthy. We recommend you exfoliate your skin once a week.

