



Aimee's Fast Facts, No. 3: “Everlasting Beauty”

Ladies, the way in which we live our lives will one day, very soon, show up on our faces. Said another way, if you're happy and healthy and confident and content, you'll look that way. You'll glow and others will admire your inner and outer beauty.

In order to slow the aging process, remain sexy, glow from the inside out and have the confidence you deserve, you **MUST** treat your outsides well, your insides even better, express your emotions and live with contentment and peace. If you don't it will show on your face and body and in your lack of health!

Here's a five-point summary of what you have to do to acquire everlasting beauty. (Extra credit: Check out *Chill Out & Get Healthy* for great topical treatments for common beauty issues, from acne to dark under-eye circles and thinning hair).

Five Pillars of Everlasting Beauty:

1. Live Clean

Avoid chemically processed food & chemically treated synthetic makeup.

2. Get Sleep

Get at least 7 to 8 hours of uninterrupted sleep each night.

3. Chill Out Daily

Take quiet time for yourself every day.

4. Use Facial Masks

Follow recommendations for your skin type.

5. Be Confident

Roar like the woman that you are! Don't repress your emotions.

Learn more at:

www.AimeeRaupp.com

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