

SELF CARE TIME SAVING TIPS FOR BUSY MOMS



As a busy mom I am always looking for ways to save time. Here are a few that have worked for me.

1.-Wash your hair every 2-3 days!.

- Saves me 30 minutes

2.-Make up for days:

- Wash your face completely

- Apply your skin care line

- Apply eye makeup every 2-3 days (using waterproof products):

 - Waterproof Eye Liner

 - Lid Primer

 - Mascara

 - Water proof mascara

 - Wash your face avoiding your eyes

3.-Take your kids out for exercise.

MAKE TIME FOR YOURSELF!

