

Our Beauty & Wellness Matters...



Balance Meal



Moisturing Oils



Regular Exercise

SKIN WELLNESS!

Many women try a variety of products and still have not reached skin wellness. No matter how much the products cost. Before trying to fix the outer appearance, we have to balance inside. That requires getting in our recommended water and nutrients from healthy food.

This is very necessary in balancing our PH. You will begin to see improvements in your skin. I also love natural homemade products for the skin. I have several recipes for the skin on my blog www.recipesfortheskin.blogspot.com

For nutrition, I like <https://www.choosemyplate.gov/eathealthy/WhatIsMyPlate>. Remember, never get too tired of taking care of your skin. That means never going to bed without cleansing, toning and moisturizing. I like moisturizing with oils and serums because the antioxidants will nourish and protect your skin from free radicals.

Beauty & Wellness Matters!

Written by Ria Mixon
KUOMagazine's Beauty 411 Journalist
Email: mariamixon@gmail.com
Website: <https://beautyandwellnessmatters.com>
Website: <https://Riamali.com>

WELLNESS MATTERS



And so do you!™

KARIBBEAN



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KUOMagazine.com

1516 E. Colonial Drive, Suite 305, Orlando, FL 32803

Contact Us On Our Social Media Links & Online at:

Email: iamkuomagazine@gmail.com / womenofkulture@gmail.com / menofkulture365@gmail.com

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Website:

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Office: (407) 906-3305 * Cell: (407) 486-5001