



# Amazing Skin

## CHECKLIST

DATE: \_\_\_\_\_

No	ACTIVITIES	<input checked="" type="checkbox"/>
	<b>FIRST THINGS FIRST</b>	
1	Arrange an appointment with your GP	
2	Request a blood test to find out if your body is missing any essential nutrients	
3	Discuss with your GP any other issues that might affect your skin (stress, alcohol, etc.) and ask for help with these if needed	
4	Record your sleep patterns and discuss them with your GP (are you getting your 8 hours?)	
5	Record everything you eat in a week and discuss them with your GP. Do you need to change your eating habits?	
6	Arrange a skin check - you should be checked at least once a year	
7	Consider asking your GP for a referral to a Dermatologist, if you think it's warranted.	
8	Would you consider cosmetic / surgical options? Discuss these with your GP	
	<b>BEAUTY FROM THE INSIDE</b>	
9	Make an appointment with your GP to discuss your blood test results	
10	Note what your body is missing and see if you require prescription for any of these	
11	Ask for recommendations from your GP on any vitamins that you should be taking according to your blood test	
12	Review your diet to see if you can accommodate cooking from scratch with fresh ingredients; make simple meals with small number of fresh ingredients	
13	Buy a big water bottle and keep sipping water all day. Add fruit if you craving taste (berries, a slice of apple, lemon, or cucumber are all great)	
14	Go through your fridge and pantry and get rid of anything unhealthy and processed	

Dr Gabi Anderson-Courtney



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No	ACTIVITIES	<input checked="" type="checkbox"/>
	VITAMINS TO CONSIDER ADDING TO YOUR DAILY ROUTINE	<input type="checkbox"/>
15	Vitamin C (it helps build collagen)	<input type="checkbox"/>
16	Vitamin E (helps with premature aging)	<input type="checkbox"/>
17	Vitamin A (nothing fights wrinkles like this baby)	<input type="checkbox"/>
18	Zinc (regenerates damaged cells and helps with healing)	<input type="checkbox"/>
19	Selenium (just buy a packet of Brazil nuts and eat one a day. It has the exact amount your body needs to boost your skin's elasticity)	<input type="checkbox"/>
20	Vitamin D (if you don't get out much, which is good. The sun can be very damaging for your skin)	<input type="checkbox"/>
21	Collagen (requires little explanation)	<input type="checkbox"/>
22	A great antioxidant (Anthogenol for example)	<input type="checkbox"/>
	YOUR MORNING SKINCARE ROUTINE	<input type="checkbox"/>
23	Cleanse	<input type="checkbox"/>
24	Glycolic Acid Toner	<input type="checkbox"/>
25	Power spray for your skin with peptides to prep	<input type="checkbox"/>
26	Neck firming serum	<input type="checkbox"/>
27	Vitamin B12 serum	<input type="checkbox"/>
28	Vitamin C oil or serum	<input type="checkbox"/>
29	Eye cream	<input type="checkbox"/>
30	Moisturiser	<input type="checkbox"/>
31	Lip balm	<input type="checkbox"/>

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No	ACTIVITIES	<input checked="" type="checkbox"/>
	YOUR EVENING SKINCARE ROUTINE	<input type="checkbox"/>
32	Cleanse	<input type="checkbox"/>
33	Exfoliate	<input type="checkbox"/>
34	Toner	<input type="checkbox"/>
35	AHA / BHA serum	<input type="checkbox"/>
36	Use dermaroller (it will get all the good stuff deep in to your skin)	<input type="checkbox"/>
37	Neck firming serum	<input type="checkbox"/>
38	Superfood oil for your skin	<input type="checkbox"/>
39	Retinol cream	<input type="checkbox"/>
40	Brightening serum	<input type="checkbox"/>
41	Eye cream	<input type="checkbox"/>
42	Night cream	<input type="checkbox"/>
43	Lip balm	<input type="checkbox"/>
	TOP FOODS FOR GLOWING SKIN	<input type="checkbox"/>
44	Avocados	<input type="checkbox"/>
45	All berries	<input type="checkbox"/>
46	Lentils, beans, chickpeas	<input type="checkbox"/>
47	Dark green leafy vegetables	<input type="checkbox"/>
48	Organic fruits and vegetables	<input type="checkbox"/>
49	Whole grains	<input type="checkbox"/>

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No	ACTIVITIES	<input checked="" type="checkbox"/>
	TO AVOID IF YOU WANT BEAUTIFUL SKIN	<input type="checkbox"/>
50	All processed food	<input type="checkbox"/>
33	Sugar	<input type="checkbox"/>
34	Soft drinks	<input type="checkbox"/>
35	Dairy products	<input type="checkbox"/>
36	White rice, white pasta	<input type="checkbox"/>
37	Yeast	<input type="checkbox"/>
38	Alcohol	<input type="checkbox"/>
39	Caffeine	<input type="checkbox"/>
40	Artificial sweeteners (the good ones are Stevia and Agave syrup, avoid the rest)	<input type="checkbox"/>
41	Deep fried foods	<input type="checkbox"/>
42	Gluten	<input type="checkbox"/>
43	Farmed meat	<input type="checkbox"/>
	AND LAST BUT NOT LEAST	<input type="checkbox"/>
44	Laugh	<input type="checkbox"/>
45	Exercise (walk, do yoga, jump around, anything really)	<input type="checkbox"/>
46	Have sex (there. I said it)	<input type="checkbox"/>
47	Stay positive	<input type="checkbox"/>
48	Enjoy life	<input type="checkbox"/>