



ISABELLA GARCIA
INTERNATIONAL

The Glow Edit



THE SECRET TO BEAUTIFUL SKIN...

Hey, Glow Getter!

I'm so excited to be part of your beauty journey, one filled with real, reachable goals (no empty promises here!). You're not alone on this path, and I'm definitely not about to say "thanks and goodbye." I'm here to guide you every step of the way.

When we started Isabella Garcia International back in 2010, our dream was to help people, especially young women like you to feel amazing in their own skin. Beauty, to us, isn't just about what's on the outside, but about feeling strong, confident, and happy inside too.

I know life can be a bit overwhelming at times, especially on your journey to discovering who you are and how you fit into the world. And while I may not have a magic wand, I do have something that can genuinely make a difference: a beauty guide designed to help you care for your skin and celebrate the real superstar you are.

That's why I've created this special skincare guide for you, along with a few easy tips and secrets to help you care for your skin with confidence and joy. Starting young is one of the best things you can do for your skin, it sets you up for graceful, glowing skin for years to come.

My biggest wish is that you feel just as great on the inside as you look on the outside, because when you feel confident and comfortable being yourself, you are unstoppable!

So take your time, enjoy each page and know that this guide was created with love and care just for you!

In beauty and light,

Isabella



Happiness

is a habit so is your skincare...

YOUR REPORT CONTENT

1. Identify your skin type
2. Why it's important to start a skincare routine early
3. Skincare habits
4. Get glowing
5. How to combat blemishes and breakouts
6. What factors influence teen skin?
7. Why you need SPF
8. Glowy day make-up: Step-by-step guide

IDENTIFY YOUR SKIN TYPE

1 Normal Skin



- Balanced, not too oily or too dry.
- Smooth texture, few imperfections.
- Pores are not enlarged or very visible.
- Rare breakouts.
- Needs light cleansing and basic moisturising.

2 Oily Skin



- Skin produces excess sebum (oil).
- Shiny or greasy appearance, especially on the forehead, nose and chin known as your T-zone.
- Prone to blackheads, whiteheads, blemishes, spots and pimples.
- Pores may appear large or clogged.
- Needs oil-control products and gentle exfoliation scrubs and masks.

3 Dry Skin



- Feels tight, rough or flaky.
- May be dull-looking.
- Can be itchy or irritated easily.
- More prone to redness and sensitivity.
- Needs hydration-rich products and gentle cleansers.

4 Combination Skin



- Mix of oily and dry/normal areas.
- Commonly oily in the T-zone and dry or normal on the cheeks.
- May have breakouts in oily areas and flakiness in dry zones.
- Needs targeted care for each zone.

WHY IT'S IMPORTANT TO START A SKINCARE ROUTINE EARLY

1

Build Healthy Habits That Last

Starting young helps you build a routine that becomes second nature. Just like brushing your teeth, taking care of your skin becomes a lifelong habit that pays off over time.

2

Prevent Problems Instead of Fixing Them

It's easier to prevent breakouts, oiliness, dryness, and damage than to fix them later. A simple routine now can help you avoid scarring, clogged pores, and sun damage in the future.

3

Keep Your Skin Clear and Fresh

Teen years = hormones = oil and acne. Having a routine helps balance your skin, reduce breakouts, and keep your face clean, fresh and glowing.

4

Protect Your Skin from Early Ageing

Sunscreen may not feel cool now, but it's literally anti-ageing magic! Starting young protects your skin from wrinkles, dark spots, and sun damage later in life.

5

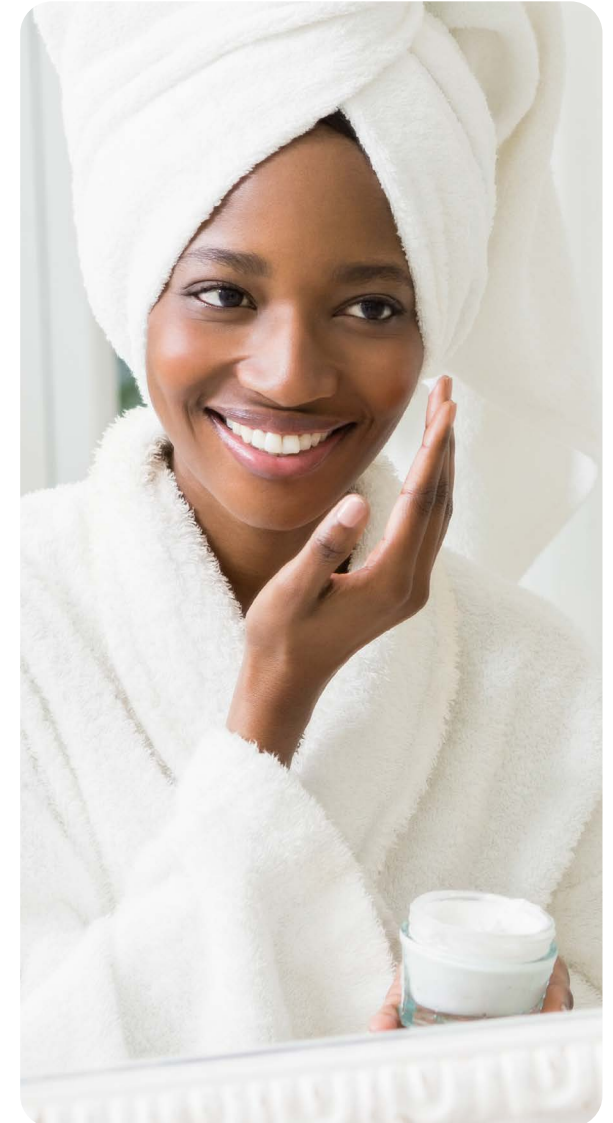
Boost Your Confidence

Clearer, healthier skin often leads to feeling more confident. It's not about being "perfect" it's about taking care of yourself and feeling good in your own skin.

6

Avoid Bad Habits

Starting early helps you avoid over-washing, over-exfoliating, or using harsh products that can actually make skin worse. You'll learn what works for your skin and avoid damage.



JUST 5 MINUTES IN THE MORNING AND EVENING

That's all it takes to keep your glow game strong!



EVERY MORNING

1. CLEANSE

Wet your skin. Gently massage cleanser into the skin and rinse off with lukewarm water.

2. TONE

After cleansing, apply toner using cotton wool and dab over the face, avoiding the eye area.

3. MOISTURISE

After cleansing and toning, gently massage your moisturising cream into the skin, avoiding the eye area.



EVERY EVENING

1. CLEANSE

Wet your skin. Gently massage cleanser into the skin and rinse off with lukewarm water.

2. TONE

After cleansing, apply toner using cotton wool and dab over the face, avoiding the eye area.

3. NOURISH

After cleansing and toning, gently massage your night cream into the skin.



MAKE-A-DATE (1-2 evenings per week)

MASKS & SCRUBS

Always apply masks and scrub to a clean, damp skin. Follow the instructions on the label.

SKINCARE
HABITS
YOU'LL
LOVE



1

CLEANSE

2

TONE

3

MOISTURISE

WHAT FACTORS INFLUENCE YOUNG SKIN?

SLEEP PATTERNS

Late nights can dull the skin.



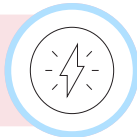
DIET

Junk food, sugar, dairy, hydration.



STRESS

Exams, friendships, social life.



HORMONES

Especially around menstruation.



GENETICS

Family history of acne or sensitive skin.



ENVIRONMENT

Pollution, humidity, sun exposure.



SKINCARE HABITS

Products used, hygiene.



TIPS FOR A GLOWING, YOUTHFUL SKIN:

- ♥ Exfoliation is key to achieving skin radiance. It helps to polish away dead skin cells and assists in revealing a youthful and healthier-looking complexion.
- ♥ To quickly boost tired and dull-looking skin, splash your face with cold water. This will improve blood circulation, giving your complexion a healthy glow and a fresh, dewy look throughout the day.
- ♥ Get enough rest. If you stay up all night and go without sleep, it will show on your skin.
- ♥ And always remember to remove your make-up before going to bed.
- ♥ Try to avoid caffeine and other stimulants. Stimulants compete with your skin for nutrients.

HEALTHY HABITS FOR GLOWING SKIN



HYDRATE: Drink 6–8 glasses of water daily



EAT SMART: Vitamin-rich foods = glowing skin



SLEEP WELL: 8 hours helps your skin reset



DE-STRESS: Journaling, music, and movement



EXERCISE: Sweating clears out pores





HOW TO COMBAT BLEMISHES AND BREAKOUTS

- ♥ **Remember to keep your skin clean!** It is important to detoxify your skin by always cleansing and toning. Ensure that you cleanse and tone your skin every morning and evening. Eliminate blackheads by ensuring that you exfoliate at least once a week and no more than three times a week. Be careful to not overstimulate your skin but rather exfoliating your skin gently. Exfoliation will help prevent premature ageing, while ridding the skin of excess dirt, dead skin cells and sebum build-up.
- ♥ **Always allow your moisturiser to be fully absorbed before applying your foundation.** A moisturiser is essential for flawless-looking skin, even if you have an oily skin type.
- ♥ Be sure to **use products that contain raw materials** known to target oiliness such as Aloe Vera and Vitamin B3.
- ♥ Invest in a **silk pillowcase** to help maintain your skin's youthful and glowing appearance. The anti-bacterial and hypoallergenic properties of silk allow your skin to breathe.
- ♥ It is vital to **follow a diet** that is rich in nutrients, such as nuts, fish containing Omega-3 fatty acids, avocados and spinach.
- ♥ **Drink plenty of water.** Water keeps your skin hydrated and flushes toxins out of your system.
- ♥ **Remember to keep your hair up** and away from your face and never squeeze pimples, blackheads, whiteheads, or breakouts.

INNER BEAUTY = CONFIDENCE



Be kind to yourself, your inner talk matters.

List 3 things you love about yourself daily.



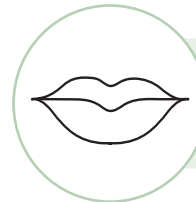
Social media is filtered: Don't compare!



Practice gratitude.



Smile often, it's your best feature.



When your skin glows, your confidence shows.



WHY YOU NEED SPF (YES, EVEN AT THIS AGE)

Let's be real, sunscreen isn't just for beach days or your parents. If you want clear, healthy skin now and later, SPF should be part of your daily routine.

So... what even is SPF? SPF stands for Sun Protection Factor. It's what helps protect your skin from the sun's harmful UV rays, the stuff that causes sunburn, skin damage, and even skin cancer. And no, clouds or cold weather don't stop UV rays. They're around all the time.

WHY IT ACTUALLY MATTERS RIGHT NOW

You might not see the damage right away, but skipping SPF can lead to serious skin problems later on.

Here's why you should care:



Prevents early wrinkles & dark spots

Sun damage builds up over time. Wearing SPF now means fewer lines and spots when you're older.



Protects against skin cancer

Just one really bad sunburn as a young adult can double your risk of skin cancer later. SPF helps keep your skin safe.



Keeps acne scars from getting worse

Sun makes dark marks and acne scars stick around longer. SPF helps fade them faster.



It works even when you're just out and about

Going to class, walking the dog, hanging with friends, if you're outside (or even near a window), you're getting UV exposure. That's why daily SPF is key.



WHAT'S IN IT FOR YOU?



Healthier skin now and in the future



Less acne scarring and discolouration



More even skin tone



Fewer expensive treatments later



You're doing something smart for you

GLOWY DAY MAKE-UP: Step-by-step guide



1. Start with Skincare

A glowing base starts with healthy skin.

- Cleanse with a gentle face wash.
- Moisturise with a lightweight, hydrating moisturiser.
- Apply SPF, never skip sunscreen, even on cloudy days.
- Optional: Use a hydrating mist or facial spray for extra glow.

Products to try:

Hello Beautiful Make-up Prime and Set Spray
InstaGlam Primer



2. Use a Lightweight Base

You want your natural skin to show through.

- Use a damp make-up sponge or fingers to blend, this keeps the finish light and dewy.

Products to try:

Metamorphosis Perfect Cover



3. Conceal Only Where Needed

Keep it natural and breathable.

- Dab a bit of concealer on blemishes or under eyes.
- Blend well with a finger or brush.
- Choose a hydrating, light-coverage concealer.

Product to try:

I-Lights Concealer/Highlighter



4. Add Blush and Highlighter

Cream or liquid blushes and highlighter give a youthful, dewy finish.

- Apply blush (rosy or peach shades look fresh) to the apples of your cheeks to add a natural flush.
- Apply highlighter on cheekbones, bridge of nose, and brow bone to warm and subtly sculpt your face.

Product to try:

Molten Blush Petal Pink
Molten Blush Coral Gaze



5. Lightly Define the Eyes

Keep it soft and simple.

- Curl your lashes to open the eyes.
- Apply a light coat of mascara to avoid clumping.
- Avoid heavy liner, a brown pencil can be smudged for a soft effect.

Products to try:

5th Wonder Mascara
Brown Velvet Lip/Eyeliner



6. Natural Brows

Just a bit of grooming goes a long way.

- Use a clear or tinted brow gel or wax to brush brows into place.
- If needed, fill in gaps with a pencil or powder, following your natural shape.

Products to try:

Hello Lovely Tinted Brow Perfector
I-Frame Eyebrow Wax
Hello Luscious Lash and Brow Serum



7. Add a Dewy Lip

Choose something hydrating and subtle.

- Gently exfoliate your lips once a week to remove dead skin cells and prevent flakiness.
- Apply a nourishing lip balm or serum to keep your lips moisturised.

Products to try:

Luscious Lips Plumping Lip Serum
Bio-Balm Lip Treatment
Flawless Finish Exfoliating Scrub



Remember

- Don't overload your skin. Less is more.
- Always remove your make-up at night to avoid breakouts.
- Embrace your natural beauty, make-up is just for fun and enhancement!