

Source: <http://chelseasayo.com/beauty/proactiv-3-step-clear-system-happiness-a-healthy-recipe-for-the-skin/>

Date: Sept. 5, 2019

Proactiv+ 3-step Clear System | Happiness, a healthy recipe for the skin

September 5, 2019 · chelseasayo

Did you know that you only need 17 muscles to smile and 43 muscles to frown? To make matters worse frowning causes facial lines and wrinkles, making you look old and weary.

Flashing a smile doesn't take much effort. Aside from being gracious and friendly, you are actually spreading good vibes and cheer.



Best Balayage , Safe Rebonding - Keratin and Brazilian Blowout



Ad google.com

Learn more

The positive vibe resonates even among strangers. Did you notice how one can be easily drawn to someone who flashes a beautiful smile? Having a light and cheerful outlook easily spells happiness. It is an unanticipated treat especially when one is having a stressful day.

Starting the day with an infectious smile is like opening doors for positive things to happen. You feel light, happy and beautiful. Sometimes our patience is tested but we can always choose to lighten the load by looking at the bright side, or taking a deep breath to and allow the entry of positive vibes.



When you flash the ear to ear grin, you are actually telling your brain that you are happy and your mood is automatically elevated. Whenever you feel good, your heart rate is lowered and the stress level reduces.

This happy feeling is caused by the release of neurotransmitters like endorphins, dopamine, and serotonin. Every time we receive good news or whenever we feel excited the brain releases these happy hormones into the nervous system bringing out infectious giggles and laughter.

This simply means that happiness can be found around the corner. We don't have to wait for good news or thrilling events to happen. With a little bit of freedom and creativity, we are capable of experiencing happiness.

If you still need motivation, here are three facts you should remind yourself to be on the path of happiness:

Goal Fulfillment

When you feel good about accomplishing your tasks for the day, or your boss compliments your excellent performance, that wonderful feeling is known as a dopamine hit. You can achieve that vibe, by setting realistic goals or by simply finding ways to love your work.

Regular Exercise

Serotonin is a natural anti-depressant. You release a healthy amount of serotonin when you exercise regularly. A 10-minute brisk walk or 30-minute hip hop exercise can help you jumpstart with a good mood.

Healthy Skin

Maintaining a happy disposition also brings out a youthful glow. Positive emotions promote skin renewal because it keeps the hormones in check. Notice how pimples immediately show up when you are sad and stressed out. Aside from negative emotions, poor diet, genetics, and exposure to dirt and pollution can be another factor that can cause pimples.



Achieving healthy skin could get easier as one, two, three steps. Address skin problem areas like pimples, blemishes, and breakouts with the **Proactiv+ 3-Step Clear Skin System**. It uses Smart Target technology to deliver anti-acne formulation directly to the pores.

Step 1: Skin Smoothing Exfoliator. After washing with a facial cleanser to remove dirt, oil, and other impurities, apply the exfoliator on damp skin. Give the face a two-minute massage before completely rinsing with warm water.

Step 2: Pore Targeting Treatment which stops the acne at the source. The blemish-fighting solution is directly applied on the pores by spreading it evenly all over cheeks, forehead nose and chin. Leave on face until full absorption.

Step 3: Complexion Perfect Hydrator repairs the skin. The moisturizer heals redness, helps diminish awkward acne marks and brightens skin. Apply on face until full absorption. Reapply during the day as needed. Don't forget to put sunscreen if you need to go outdoors.

3-STEP CLEAR SKIN SYSTEM

proactiv⁺

SPOT-PRONE SKIN

HELPS CLEAR + PREVENT

- SPOTS • PIMPLES
- BLEMISHES

VISIBLE RESULTS IN WEEKS

1 CLEANSE **2 CLEAR** **3 HYDRATE** **30 DAY KIT**

20 MILLION PROACTIV⁺ CUSTOMERS WORLDWIDE

The Proactiv+ 3 Step Skin System is available at Watsons and SM Department stores nationwide. The 30-day kit is sold at Php 3,250.00 and includes the Skin Smoothing Exfoliator 60 ml, Pore Targeting Treatment 30ml, and the Complexion Perfecting Hydrator 30 ml while the 60-day kit is sold at Php 4,680.00 and includes Skin Smoothing Exfoliator 120 ml, Pore Targeting Treatment 60ml, and Complexion Perfecting Hydrator 60 ml.

Visit Watsons and start your Proactiv+ 3-step Clear Skin System now!