

Subject: The silent killer that could be destroying your skin...

Imagine you had the perfect skincare routine, were using the best and healthiest products, and people always commented on how smooth and glowing your skin was...

Now, what if I told you that could all be undone by ONE silent killer that most of us never pay any attention to...

That silent killer is Cortisol and specifically when Cortisol levels in our bodies get too high for too long.

Now you've probably heard of Cortisol and how it's part of our body's natural "Fight or Flight" system...

It's the stress hormone that can literally save your life and you NEED it!

But here's the thing...

Low grade, persistent stress in our daily lives will keep Cortisol levels elevated and actually be destroying your skin cells and accelerating the aging process.

Yup, even with the perfect routine, your skin will be no match for the damage Cortisol can wreak on your skin if you don't keep it under control.

So what do you do about it?

There's a very simple thing you can do to start reducing your daily stress AND benefiting your skin for life.

I know when I first heard about this, I wasn't sure it would have that big of an impact, but boy was I wrong...

For me, stress was showing up by being a "thinker" and always having thoughts racing through my mind...

I don't know if you can relate to that, but it was so bad that I literally felt exhausted from all the thinking my brain was doing.

And that low level persistent stress was taking a toll on my skin, which I didn't fully understand until I found this technique.

Once I started to implement it into my daily routine my skin and total body really started to respond in a positive way.

That thing is **Mindful Meditation**, which as you probably know, has been used for thousands of years...

But it's also one of the most effective things you can do to keep your skin healthy and glowing.

Now if you're like me and skeptical - I get it - I said the same thing and thought what does something so "wooeey" have to do with actually helping my skin?

Once I really dug into the science behind why meditation is so beneficial, I got it.

Meditation is a natural way to get our body into a calm equilibrium...

...meaning it lowers Cortisol levels, increases positive neurotransmitters like Serotonin and Dopamine, and creates the perfect chemical balance for our skin to heal and rejuvenate.

If you've ever felt lost, intimidated, or unsure how to use meditation...I've got you covered.

In fact, one of the easiest ways I've found to incorporate this into my life is through a simple routine of doing it while I do my skin care.

I've created a special PDF guide for you that walks you through my perfect Stress Busting Skincare Routine and it's totally free...

You can grab your copy of it [right here](#).

Inside, I show you how to start using this simple and easy method of meditation so that you can start reaping the benefits for your skin without having to go live in a cave and chant for hours on end.

You can start incorporating this method right away and I think you'll be quite surprised by just how much it starts to make a difference.

Again, just [go here](#) to get this guide and start de-stressing your skin.

To your healthy, radiant skin
Duyen