



OCB BEAUTY

SKIN PREP

RECOMMENDED SOAP

DR. BRONNER'S CASTILE SOAP: [PURCHASE HERE:](#)

[HTTPS://AMZN.TO/3I7FLRH](https://amzn.to/3i7flrh)

RECOMMENDED EXFOLIANT

SHEA MOISTURE BODY SCRUB: [PURCHASE HERE:](#)

[HTTPS://AMZN.TO/3GH0LBL](https://amzn.to/3gh0lbl)

RECOMMENDED DRY SKIN BRUSH

ECO TOOLS: [PURCHASE HERE:](#)

[HTTPS://AMZN.TO/3VLR6WA](https://amzn.to/3vlr6wa)



W E E K L Y P L A N N E R

<p>MONDAY</p> <p>Exfoliate Skin. Avoid getting burned in sun or tan bed. Use Castile Soap when showering. Do not apply lotion to your skin. You may apply face lotion.</p>	<p>TUESDAY</p> <p>Same all week</p>
<p>WEDNESDAY</p> <p>Same all week If you are going to wax: do it by this day.</p>	<p>THURSDAY</p> <p>Same all week</p>
<p>FRIDAY</p> <p>Same all week</p>	<p>SATURDAY: SHOW DAY</p> <p>Do not apply deodorant/perfumes/cologne before your appointment. Shower at least 1 hour before your appointment. No lotions!</p>
<p><i>notes</i></p> <p>AFTER YOUR APPOINTMENT:</p> <p>You can not shower until after show day Be very careful with water You will feel slighty tacky until the next morning Sleep in loose oversized clothing</p>	