



AUTUMN GLOW-UP

vegan beauty routine

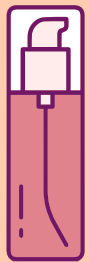
5 step to
take care
of your skin



STEPS TO FOLLOW



01_Cleanse gently



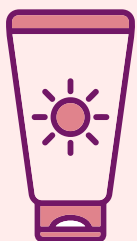
02_Exfoliate moderately



03_Hydrate deeply



04_Apply a serum



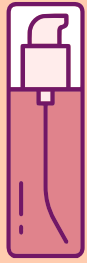
05_Use sunscreen



01_Cleanse gently

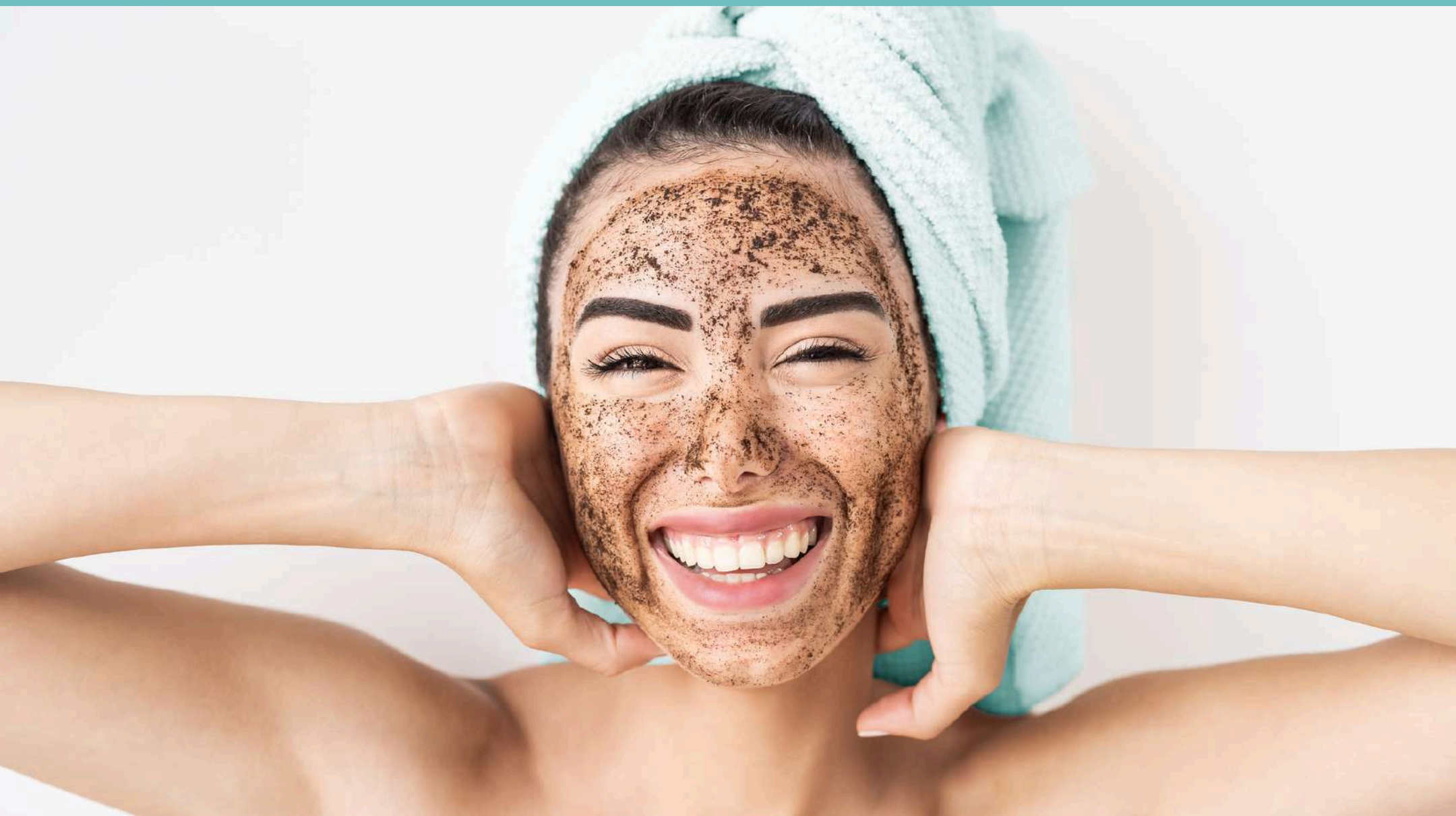
As the weather cools, skin can become drier and more sensitive. Opt for a creamy or oil-based vegan cleanser, such as one made with coconut oil or aloe vera, to remove impurities without stripping your skin.





02_Exfoliate moderately

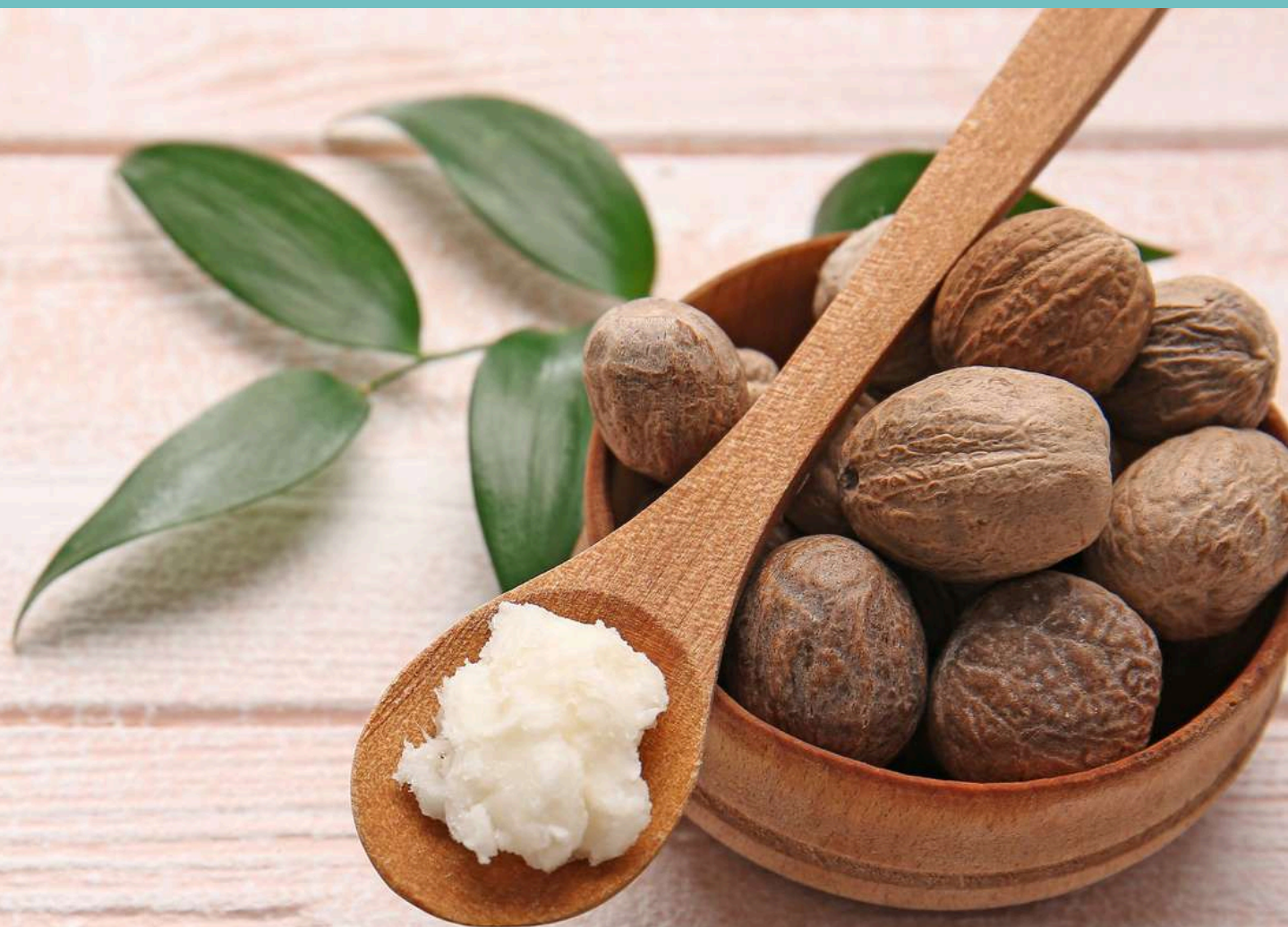
Exfoliation is essential, but moderation is key! Choose gentle exfoliants with fruit acids or natural granules. Limit exfoliating to once a week to preserve your skin's protective barrier.





03_Hydrate deeply

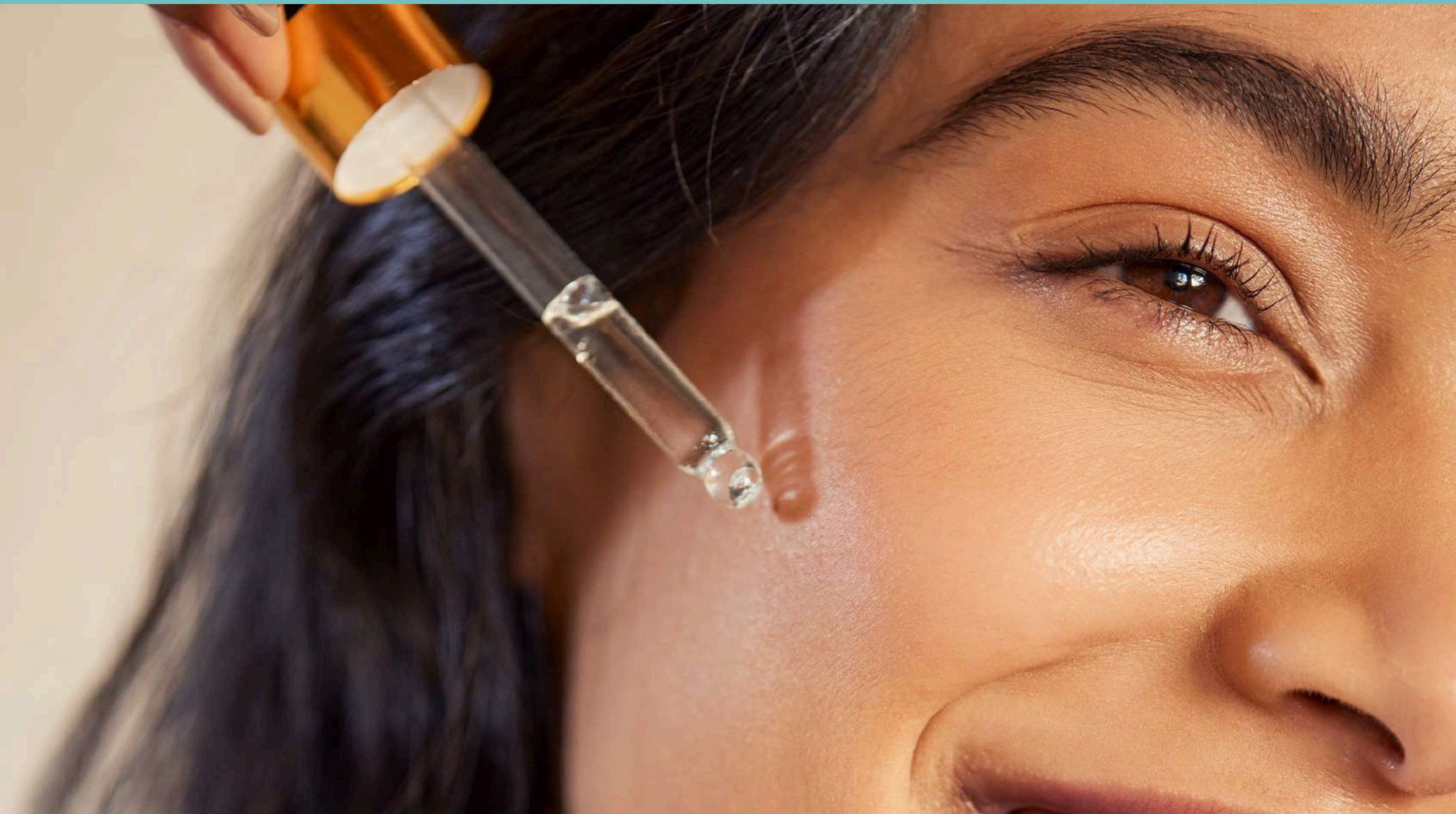
With falling temperatures, switch to richer moisturisers. Go for vegan formulas with shea butter, which helps maintain skin elasticity and locks in moisture

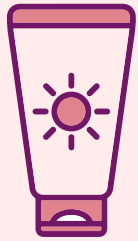




04_Applly a serum

Add a serum to your routine: a hyaluronic acid serum deeply hydrates, while those with antioxidant extracts like green tea or goji berries provide extra nourishment.





05_Use sunscreen

Don't skip sunscreen in autumn! Choose a vegan sunscreen with physical filters to shield your skin from UV rays that can lead to premature ageing.





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VEGANOK-certified products**

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