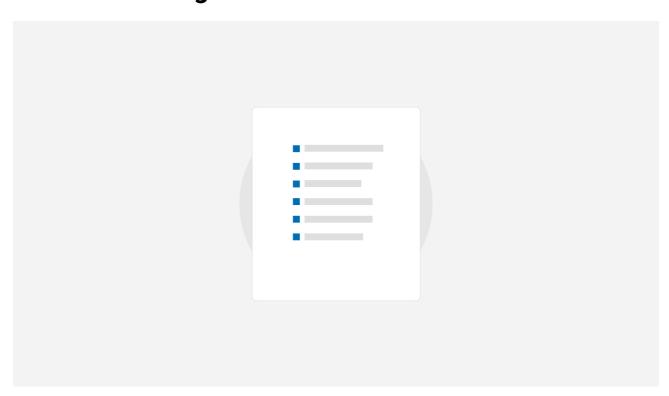
## **Night Before School Routine**



## **Preparations**

1. Make lunch
2. Clothes are planned and set out
3. Pack your school bag
4. Turn off electronics and put them to charge
5. Set alarm

Hygiene
6. Shower, wash hair if needed
7. Take off makeup with a wipe if used
8. Wash face, use toner, exfoliate
9. Brush teeth and mouth wash
10. Lip scrub
11. Shave legs, armpits and abdomens

12. Foot cream and lotion for silky smooth legs