

What are the skincare benefits of pumpkin?

Pumpkin has been long known for its deliciousness in certain foods and holiday desserts like pumpkin pie, but did you know it's also good for your skin?

Here are just a few of the amazing benefits of pumpkin:

- ☞ It's full of vitamins & antioxidants like A, C, E and zinc!
- ☞ It soothes & hydrates by regenerating skin's natural oil!
- ☞ It helps other products reach deeper into the skin and absorb quickly!
- ☞ It reduces inflammation which aides in healing breakouts!
- ☞ Its natural glycolic properties remove dead skin cells without disturbing healthy living skin!
- ☞ It fights free-radicals, preventing premature aging & other skin damage!
- ☞ Plus... it just tastes and smells so good! ☺

Let your skin indulge in a guilt-free pumpkin treat!

www.lmr.skincaretherapy.net