LEI BEAUTY & WELLNESS

Hair, Skin & Nail Wellness

Thoughtful care from the inside out.

General education can support healthy routines around cosmetic care, hydration, nourishment, rest, and consistency.

Routine checklist

■	Gentle cleansing and care routine
■	Protective or low-tension hair practices
■	Moisturizing and sun-protective habits
■	Balanced meals and hydration
■	Rest and stress-care routine
■	Track changes and questions for a qualified professional

Hair, Skin & Nail Wellness

Routine notes

Hair care routine	
Skin care routine	
Nail care routine	
Questions for a licensed or qualified professional	

Supplement evidence varies. LEI does not promote supplements or emerging claims as established treatment.