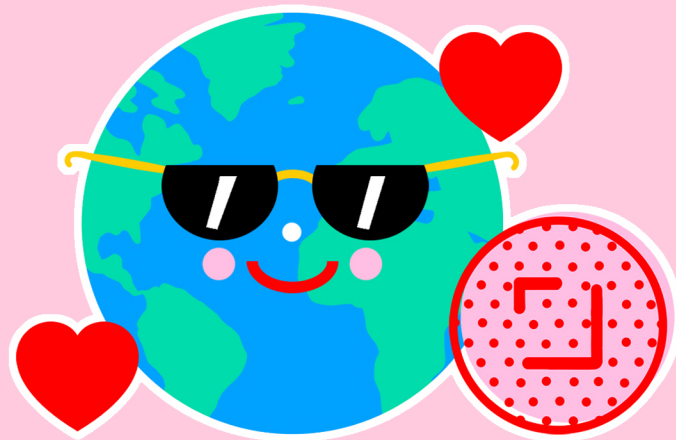


Skin Picking Tips for **Earth Day**



Keep your fingers busy with gardening & weeding



Take time for self care by going on a walk & enjoying nature



Keep bathroom lights dimmed or off to preserve energy



Use earth friendly skincare products



Limit shower times to prevent access to skin while saving water



Try picking up trash instead of picking at your skin ;-)