

Skin Care Made Simple

by spring davis on

Your Glowing Skin



s p r i n g r o s e d a v i s o n . c o m



about me

Hello lovely friend!! I'm about to get real and honest with you, because that's just who I am. The beauty industry can feel huge and overwhelming, with so much "stuff and fluff" out there telling you what you should be doing. My heart is to cut through all of that noise and help you understand how your skin actually works, what it truly needs, and how to feel confident in your own skin — just as you are.

So let me introduce myself!

I'm Spring, and before I became a personal trainer, I owned a day spa where I spent years helping women care for their skin and nails. I built personalized skincare routines and gave my clients real confidence — not just in their products, but in understanding the how and why behind them. Over time, I realized something: so many women don't know what to use or how to use it to build a healthy, anti-aging foundation for their skin, inside and out. And with so much conflicting noise out there about products, it's no wonder it feels confusing. What do I actually need? How much? Does it even work?

This is where I come in. I specialize in helping busy women cut through the confusion with a simple routine that fits them— their skin, their lifestyle, their life.

I spent over 14 years in the spa industry, starting as an employee, then a booth renter, and eventually the owner of my own spa. As the sole proprietor, I managed everything — daily operations, contract renters, product ordering, advertising, you name it. I performed facials, waxing, microdermabrasion, chemical peels, pedicures, and nail care for over 200 clients a month, and I loved remembering their birthdays, their anniversaries, and their unique product needs. Every woman who sat in my chair was seen, valued, and cared for — not molded into someone else's idea of beautiful.

Today, my passion is teaching women that caring for our bodies is actually a form of worship to our Creator. You were made intentionally and beautifully, just as you are — and taking care of you matters. Not to chase perfection, but to honor the person God made you to be.

Come follow me on FB for devotionals and daily encouragement — I'd love to walk alongside you! ♥

XOXO Spring

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a daily

routine



01 Cleanse

AM: Wash the oils off from the night time (*if you had a really good night time wash, you can skip the morning wash!*)

PM: Get the dirt and make up off!
You may need to wash twice!



02 Tone

This part is "ph balancing" your skin. *I do not recommend using anything alcohol based.*

AM: Spray on!

PM: Spray on and use a cotton wipe to clean off excess dirt. Spray again.

03

Treat and Nurture

This part is my favorite and what I think is most important in the action steps. Choose a serum or treatment that will help you achieve your skin care goals.

AM: Apply serum before or after toning (*avoid any AHA, Vit C, or active based serums.*)

PM: Serums at night are meant to heal and nurture. They can be different than daytime serums.



a daily

routine



04

Moisturize

This part is "moisturizing and hydrating" your skin. It is important to place a barrier on your skin to "keep" the moisture in. This step provides protection too!

AM: Moisturize. Can add sunscreen to save a step.

PM: Moisturize. This can be a thicker cream to nourish your skin.

More Steps...

You can add in Eye Care and Masks as optional additional treatments.

Masks are usually done once a week or biweekly depending on your skin care goals.

Eye Care is done every day if needed.

There are more in depth steps and education in my Glowing Skin Course



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Hydration Tips



01 Hydration is key!

Water is essential for nearly every skin function. Proper hydration helps maintain skin elasticity, supports efficient nutrient delivery to skin cells, aids in toxin removal, and strengthens your skin's protective barrier.

- Carry a reusable water bottle marked with time goals
- Set hourly reminders on your phone to take water breaks
- Replace one sugary drink with herbal tea or infused water daily
- Create a bedtime routine that includes hydration
- Use a hydration tracking app for accountability





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Nutrition Tips



02 Whole Foods

Whole, unprocessed foods contain the complete spectrum of nutrients your skin needs in their natural proportions. Also, the fiber in whole foods also supports gut health, which directly impacts skin appearance through the gut-skin axis.

- Add one extra vegetable to each meal
- Replace white grains with their whole alternatives
- Keep pre-cut vegetables ready for snacking
- Switch from fruit juice to whole fruits
- Read ingredient labels and avoid foods with more than 5 ingredients





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Nutrition Tips



03 Healthy Fats

Healthy fats form the structural components of skin cell membranes, maintain skin barrier function, regulate inflammation, and help your skin retain moisture. Adequate healthy fat intake gives skin a supple, plump appearance.



- Include at least one serving of healthy fat with each meal
- Consume fatty fish 2-3 times weekly or consider algae-based supplements
- Replace refined cooking oils with olive or avocado oil
- Add 1-2 tablespoons of ground flaxseed to your daily diet
- Keep nuts and seeds available for quick snacks



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Nutrition Tips



04 Antioxidants

Dietary antioxidants support skin's natural defense systems, reduce inflammation, promote collagen production, and improve skin tone and texture, providing protection that works from inside out.



- Eat at least one serving of berries daily
- Include a dark leafy green with one meal each day
- Drink green tea instead of other beverages
- Use herbs and spices liberally in cooking
- Aim for 5 different colored fruits/vegetables daily



daily

Nature Tips



05 Sun and Fresh Air

Balanced sun exposure triggers vitamin D production, which supports skin cell regeneration and immune function. Fresh air increases oxygen delivery to skin cells, enhancing metabolic processes.



- Take a 10-15 minute morning walk without sunglasses (for circadian rhythm benefits)
- Practice safe, gradual sun exposure building from 5-15 minutes daily
- Exercise outdoors in natural settings when possible
- Open windows daily to improve indoor air quality
- Create an outdoor morning ritual (tea, breakfast, stretching)



Can we talk for a minute about something I've been sitting with lately? Our skin has a way of telling on us, doesn't it? It shows the world so much before we even open our mouths. And I don't know about you, but there have been seasons where I've looked in the mirror, sighed at what I saw, and felt so discouraged. But the more I've studied this — and the more I've prayed through it — the more I've realized something beautiful: God designed our bodies to be whole. Our minds, our emotions, our skin... it's all connected. And when we carry stress, our skin often carries it too.

Stress isn't a sin, friend — it's just part of living in a broken, busy world. But when we let it pile up quietly instead of bringing it into the light, it starts to weigh on us in ways we don't expect. So here's my gentle invitation: sit still for a minute and ask yourself, where is this coming from? Is it too much on your plate? A relationship that feels shaky? Money worries that keep circling back at 2am? I've found there's something almost holy about naming it out loud — even just to yourself, even just to God. "Cast your cares on Him, for He cares for you" (1 Peter 5:7) isn't just a pretty verse — it's an actual invitation to set the weight down. And so often, when we do, our skin softens right along with our shoulders.

I truly believe our minds and bodies were knit together on purpose — "fearfully and wonderfully made," remember? So when we slow down enough to notice what we're really thinking and feeling, we start to see how it shows up physically. Tight shoulders. A pounding head. A flare-up we can't quite explain. I've found that a few slow breaths, a quiet prayer, or just sitting in stillness for a moment can be such a gift — not just to our spirit, but to our skin too.

XO

thoughts continued



Here's something I keep coming back to: we get to choose where our minds rest. When I catch myself fixating on every little flaw, I try to gently pull my thoughts back toward gratitude — toward "this is the skin, the body, He gave me, and it is enough." Scripture tells us to think on whatever is true, whatever is lovely, whatever is worthy of praise (Philippians 4:8). And I've noticed — when my heart settles into thankfulness instead of criticism, my whole face seems to soften. Our emotions really do follow our thoughts. What a gentle reminder to be kind to ourselves.

I want to encourage you — really encourage you — to protect space for the things that fill you back up. Journaling with your Bible open. A slow walk where you just talk to God. Losing yourself in a good book. Getting your hands in the dirt in the garden. Sinking into a warm bath at the end of a long day. These aren't selfish indulgences — they're acts of stewardship over the one body you've been given. Rest is even woven into creation itself; God rested on the seventh day, and I think that was as much an example for us as it was anything else. When we make room to rest and restore, it shows up as a healthier, more radiant glow — inside and out.

And can I say gently — sometimes this runs deeper than we can carry alone, and that's okay too. Reaching out to a counselor, a dermatologist, or a skincare specialist isn't a lack of faith — it's wisdom. God gives us people and resources for a reason. A trained professional can walk beside you and help you build a plan that truly fits where you are right now.



ROUTINES:

No matter what your strengths are, or how your schedule flows, a simple routine will always help your mental and physical state of being.

Our bodies will do their best when we give it what it needs.

Water... Whole Foods... Rest... and Nurture.

By taking a little bit of time each day, to look at yourself in the mirror and say YOU are important... to pause and nurture yourself, you are establishing a connection to your heart and mind that will, in time, show on your countenance. That is your inward glow!

What do you want for your skin? Make a plan, Then break it down into simple steps and start with the first week.

Then comment each day how you feel after you have completed them. If you need, grab a friend to be accountable to or schedule a consultation with me for ideas and guidance.



MY SKIN CARE PLAN:

CLEANSER

TONER

EYE CREAM

SERUM

MOISTURIZER



make it
simple! 

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

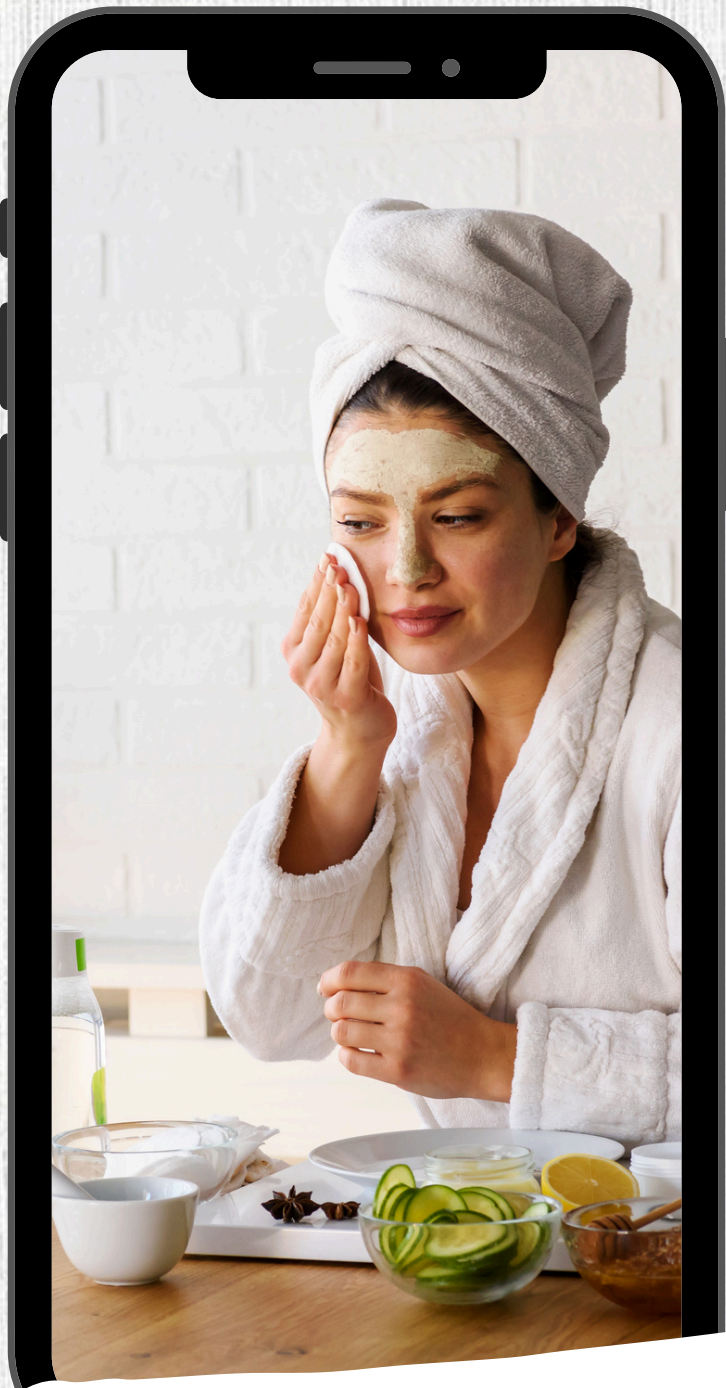
DAY 6

DAY 7

you got this 

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want to
know more?



My hope is that you begin to be mindful of your thoughts and take charge of them! YOU are important! YOU have a purpose! And taking care of you is completely OK! If you loved how I have presented simple education and want to learn more, visit my website and check out my Glowing Skin Course.



See Course!

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