

FACE & FLAVOR

EVERYDAY SKINCARE PICKS &
MY TOP 3 FILIPINO COMFORT DISHES



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★ Includes a BONUS section



QUICK ABOUT ME

You might know me as the Filipino gal who creates all kinds of makeup looks—from soft glam to spooky horror to full-on fantasy—with the occasional foodie reel sprinkled in.

Yep, I'm your Filipina content creator from Tennessee who's passionate about both makeup and cooking, and I love sharing the things that make life a little more fun and expressive.

I've turned our spare room into my cozy WFH/makeup space where both my creative and professional sides come to life.

Inside this eBook, you'll find my go-to skincare products and 3 easy Filipino recipes I love. As a bonus, I've included a makeup inventory tracker, gua sha how-to, and product recs you can shop!

Hope you enjoy it all as much as I do! 🧡

♡ Ember

EVERYDAY SKINCARE routine

Skincare

- **Micellar Water:** I start with [Garnier's Micellar Water](#) on a cotton round to remove any leftover makeup or dirt.
- **Cleanser:** Next, I wash my face with [Neutrogena's Hydro Boost Cleanser](#). It leaves my skin fresh without drying it out.
- **Serum:** I apply [COSRX Snail Mucin Essence](#) for hydration and skin repair. Been using it since my Manila days!
- **Vitamin C or Face Oil:** For nourishment, I use [Sephora's Vitamin C + E Serum](#)—affordable and effective.
- **Moisturizer:** I finish with [L'oréal's Collagen Moisturizer](#) for full hydration, or [Neutrogena Retinol Moisturizer](#) on treatment days.



Gua Sha

After skincare, I do a quick Gua Sha massage to boost circulation, reduce puffiness, and help my skin absorb products better.

I skip the fancy tools and just use my hands—they're free and always available!

✨ Want to try it too?

Jump to [page 12](#) for a simple face Gua Sha guide!



My top 3 Filipino Recipes



Pork Barbecue

Sweet, smoky, and savory—these skewers are a Filipino party favorite, perfect fresh off the grill/oven or reheated for a quick craving fix.

Chicken or Pork Adobo

A comforting classic made with soy sauce, vinegar, and bay leaves. Tender, flavorful, and even better the next day!



Leche Flan

Rich, creamy, and melt-in-your-mouth smooth. This caramel-topped dessert is always a hit at any celebration—or just because.

Pork Barbecue



Ingredients:

- 4 lbs Boneless Pork Ribs (cut into bite-sized pieces)
- 1 1/2 cup [Datu Puti Dark Soy Sauce](#) (adds to the flavor!)
- 1 1/4 cup Ketchup
- 1 1/2 cup Dark Brown Sugar
- 3/4 cup Lemon Juice
- 1/4 cup [Datu Puti Vinegar](#)
- 1 tbsp Garlic Powder
- 1 tsp Black Pepper
- Skewer Sticks (soaked in water for at least 1 hour)

Instructions:

1. **Make the marinade:** mix soy sauce, ketchup, sugar, lemon juice, vinegar, garlic powder, and black pepper in a bowl to make the marinade.
2. **Prep the pork:** Cut pork into bite-sized pieces, placing fattier cuts aside for the bottom of the skewers. Add pork to the marinade, cover, and refrigerate for at least 1 hour (overnight for best flavor).
3. **Soak the skewers:** Soak wooden skewers in water for at least 1 hour to prevent burning.
4. **Preheat the oven:** Preheat the oven to 375°F (190°C) and line a baking tray with foil. Lightly spray with olive oil.
5. **Assemble the skewers:** Thread marinated pork onto the soaked skewers and cover the bottom ends with foil.
6. **First Bake:** Place skewers on the tray and baste the top with marinade.
 - a. Bake for 15 minutes, flip and baste again.
 - b. Bake for another 15 minutes.
7. **Final Glaze:** Flip once more, baste generously, and bake for another 10–15 minutes until caramelized and slightly charred.
8. **Serve & Enjoy:** Let cool for a few minutes, remove foil tips, and serve warm.

Chicken or Pork Adobo



Ingredients:

- 1lb chicken or pork
- 1 cup [Datu Puti Soy Sauce](#)
- 1/2 cup vinegar
- 4 cloves garlic, minced
- 2 bay leaves
- 1 tsp whole peppercorns
- 1 tbsp cooking oil
- 1 cup water
- Salt and pepper to taste

Instructions:

1. Marinate the meat: In a bowl, marinate the chicken or pork with soy sauce, garlic, and peppercorns for at least 30 minutes.
2. Heat oil in a pan and fry the marinated meat until browned.
3. Add the marinade, bay leaves, and water. Bring to a boil.
4. Lower the heat, cover, and simmer for 30 minutes or until the meat is tender.
5. Pour vinegar, let it simmer for another 10 minutes without stirring.
6. Adjust seasoning with salt and pepper. Serve hot with rice.

Leche Flan

Ingredients:

- 10 egg yolks
- 1 can (390g) condensed milk
- 1 can (370ml) evaporated milk
- 1 cup sugar (for caramel)

Instructions:

1. Preheat oven to 375F.
2. In a pan, melt sugar over low heat until golden brown. Pour the caramel into llanera molds and set aside. If you don't have an llanera, you can use a ramekin, cake pan or any other oven-safe mold.
3. In a bowl, whisk egg yolks, condensed milk, and evaporated milk until smooth.
4. Pour the mixture into the caramel-lined molds.
5. Bake in the oven for about 50 minutes to 1 hour or until a toothpick inserted in the middle of custard comes out clean.
6. Remove from oven, allow to cool, and refrigerate to chill and completely set.
7. To serve, turn flan over on a serving plate, ending with caramel on top.



HERE'S THE BONUS SECTION

[WFH Setup](#)

[Small Kitchen Fave finds](#)

[How to start face Gua Sha](#)

[Makeup Shelf Inventory Tracker](#)



WFH

setup

PART 1

Sharing a few of my favorite WFH essentials that have made working from home feel more comfortable, productive, and effortless!



Monitor Light

Reduces eye strain—especially helpful during long work hours or late nights. It lights up your workspace without creating glare on your screen.

Standing Desk

Fully adjustable with preset height settings for sitting, standing, or walking. It's been a game-changer for staying active while working!

27" Ottoman Bench

Compact and practical—fits perfectly over the treadmill, so you can sit comfortably without moving your equipment around.

Walking Pad

Helps me get my steps in during calls or slow work moments. Super easy to set up, slide away, and store when not in use.



WFH setup

PART 2

Pebble Speakers

Compact and adorable! These speakers are perfect for clear audio during calls, then easy to tuck away when not in use.



Desk Mat

Adds grip, comfort, and cohesion to the whole setup. It's also easier to keep clean and protects the desk surface.

Hyper X Solo Cast microphone with Boom Arm

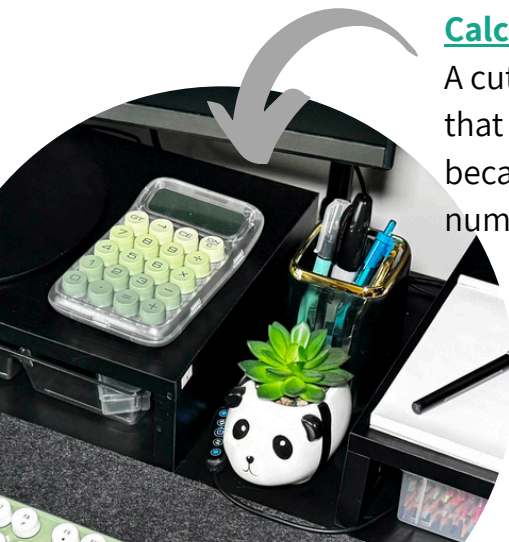
A plug-and-play mic that delivers crisp audio—great for meetings or recordings. The boom arm keeps your desk clutter-free!

Calculator

A cute ASMR-style calculator that matches my keyboard—because why not make number crunching more fun?

Wireless Keyboard

Tactile and clicky with that satisfying ASMR sound! It's wireless, easy to reposition, and adds a fun rhythm to the workday.



Small Kitchen **FAVE FINDS**



Portable Rolling Kitchen Island

Adds storage, extra counter space, and a retractable side —perfect for small kitchens!

Over the Sink Dish rack

Dry dishes right over the sink to save space and cut down on cleanup.



Your own Mini Coffee Bar

Create a cozy coffee nook, even in a small apartment.

Check out my [coffee must-haves!](#)

HOW TO START FACE Gua Sha

You don't need a tool to enjoy the benefits of gua sha! All you need are clean hands and a good moisturizer or facial oil. Once your skin is prepped, follow these hand-based motions, inspired by the image below:

1. Prep Your Skin

Start with a clean face. Apply a generous amount of facial oil or moisturizer to help your hands glide smoothly across your skin—no tugging!

2. Use Your Fingers & Palms

- Use your fingertips, knuckles, or the base of your palms to mimic gua sha motions.
- Keep your hands relaxed and gentle but firm.

3. Follow These Motions (Reference the Arrows in the Image):

Neck:

Using upward strokes, glide your palms or fingers from the collarbone up to the jawline to promote drainage and circulation.

Jawline:

Use your knuckles or index & middle fingers in a “V” shape. Start from the chin and move outward toward the ears.

Cheeks:

With flat fingers or palms, sweep from the sides of your nose outward toward the temples. You can use a gentle lifting motion.

Under Eyes & Brow Bone:

Use your ring fingers for the lightest pressure. Glide from the inner corners of the eyes outward, then follow the brow bone outward too.

Forehead:

Press your fingertips at the center of your forehead and stroke upward toward the hairline. Then smooth out to the sides of the forehead.



HOW TO START FACE Gua Sha

4. Repeat 3–5 Times Per Area

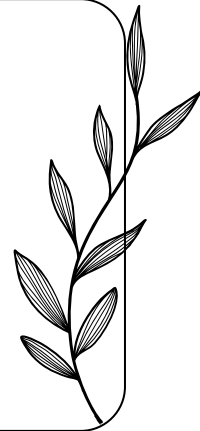
Move slowly and mindfully, repeating each motion a few times. Breathe deeply and enjoy the ritual.

5. Finish With the Neck

End your massage with gentle downward strokes on the sides of the neck using your palms to encourage lymphatic drainage.

BENEFITS

- Boosts circulation for a natural glow
- Reduces puffiness and inflammation
- Relieves muscle tension in the face and jaw
- Promotes lymphatic drainage
- Helps sculpt and lift facial features
- Enhances absorption of skincare products
- Feels calming and grounding—like a mini spa moment





THANKS FOR READING!

Want more makeup looks and food reels?
Follow me [@emberlampkin](https://www.instagram.com/emberlampkin) on Instagram!

♡ Ember