

# Perfect Skin

## Classic Subliminal · Affirmation Companion

Consistent skincare habits and a kinder self-image.

### How to use this list

Read this list slowly once a day — morning or evening — while your subliminal audio plays in the background on loop. Say the lines that resonate out loud, in first person, at a relaxed pace.

Consistency matters far more than intensity: a few focused minutes daily is enough. Never listen while driving or doing anything that requires your full attention.

### Your affirmations

- 01 I care for my skin consistently.
- 02 I keep my routine simple and steady.
- 03 I drink water and rest well.
- 04 I am patient with my skin's progress.
- 05 I speak kindly about my skin.
- 06 I release stress about my appearance.
- 07 I make choices that support how I feel.
- 08 I follow through on my routine morning and night.
- 09 I notice small improvements.
- 10 I stop picking at perceived flaws.
- 11 I am comfortable being bare-faced.
- 12 My skin is a part of me, not a verdict on me.
- 13 I protect my skin from what harms it.
- 14 I stay consistent even when results are slow.

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- 15 I treat my skin gently.
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- 16 I am relaxed about my appearance.
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- 17 I feel fresh and cared for.
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- 18 I let go of comparison to filtered images.
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- 19 I am kind to myself on hard days.
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- 20 I feel confident in my skin.

### **Important**

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