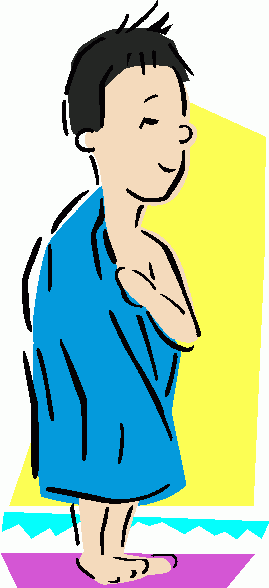
**MY SKIN ROUTINE**

**[Insert your photo here]**

**Every morning I need to have a shower and dry my skin well.**

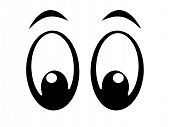


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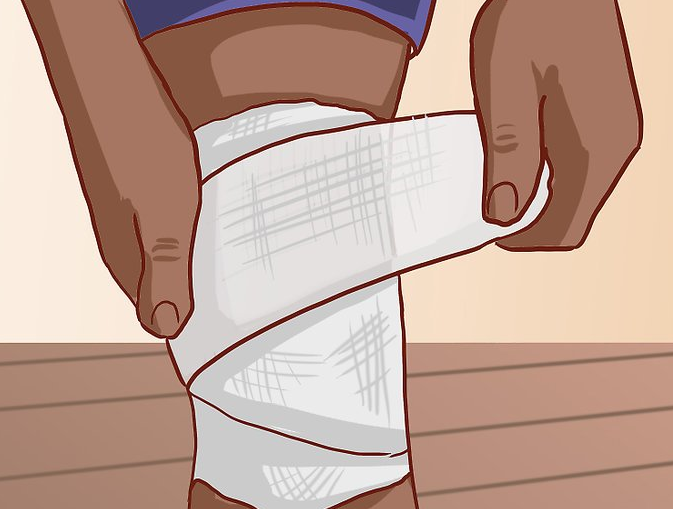
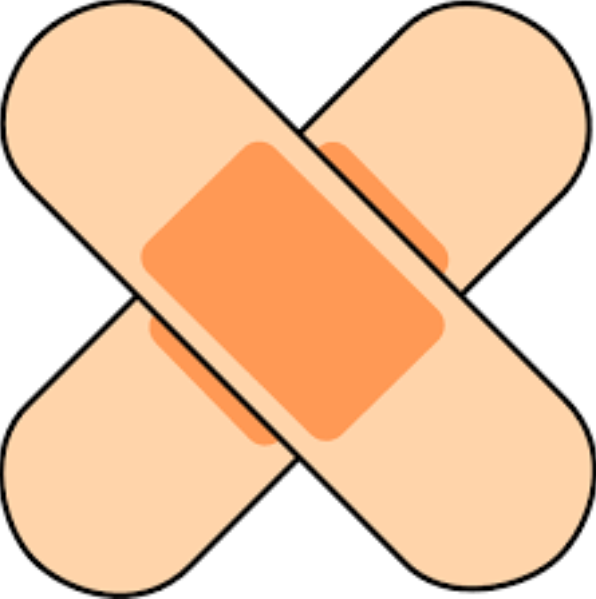
**I need to moisturise my skin to keep it looking nice and healthy.**



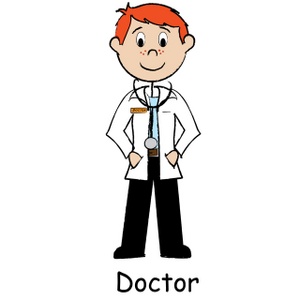


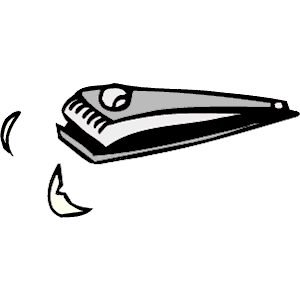
**I may have sores on my body from picking that need to be checked.**

**My sores might need to be covered with bandaids,   
gauze or bandages.**



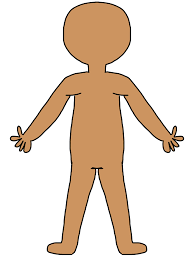
**This is to help me keep them clean and to keep me safe.**

**If the sores are bad, I will need a cream from the doctor   
to stop them from getting infected.**

**I need to have my nails checked and keep them trimmed   
so that I can't scratch my skin badly.**



**If I work hard and don't pick my skin, it will look nice and healthy. Everyone will tell me how great I look.**



**This will make me happy.**

