

THE MASTER LYST

DEVYN'S MASTER LYST

MORNING

- himalayan pink salt + fresh lemon
- inulin powder
- ice roller
- jade roller
- probiotic
- vitamin c
- vitamin d
- vitamin e
- b12 drops
- facial massage

NIGHT

- bedtime app
- blue light blocking glasses
- essential oil trio
- lavender essential oil
- matouk sheets
- claritin pillows
- eye mask
- silk pillowcase

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SKINCARE

- cerave makeup wipes
- coconut oil
- dove cleanser
- micellar water
- rose mist toner
- hyaluronic acid serum
- eye cream
- aquaphor
- pure vitamin e
- dove body lotion
- bio oil

IN-SHOWER

- shampoo + conditioner
- body scrub
- body soap
- neutrogena face scrub
- peppermint essential oil
- lemon essential oil
- eucalyptus essential oil
- hydrotherapy

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BOOKS

- rise & grind
- girl, wash your face
- the archetype diet
- own the day, own your life
- why men love bitches
- bella figura
- the calm brain
- the secret
- atomic habit

PODCASTS

- the skinny confidential
- gary vee audio experience
- the school of greatness
- the angie lee show
- bitch bible
- almost 30
- earn your happy
- girl boss radio
- pardon my french
- happier