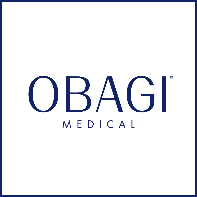
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**APRIL 2022**

Please find in the table below a suggested plan for posting to your social media platforms.

You are welcome to use this as a guide or copy the text directly into your Instagram, Facebook or Twitter to share with your followers. You can find the images saved in the folder.

Please contact your account manager if you have any questions or difficulties – we are here to support you and your business in any way we can.

|  |  |  |
| --- | --- | --- |
| Post | Text – copy and paste this into Instagram, Facebook or Twitter | Picture – upload the photo from the folder |
| Stress Awareness Month | It's Stress Awareness Month! 😅 We will be sharing our tips and tricks throughout the month to help keep you stress-free, and of course how to help prevent stress effecting your skin! ✨ Do you suffer with stressed skin?  [#stressawarenessmonth](https://instagram.com/explore/tags/stressawarenessmonth) [#stressskin](https://instagram.com/explore/tags/stressskin) [#cloggedpores](https://instagram.com/explore/tags/cloggedpores) [#skincare](https://instagram.com/explore/tags/skincare) [#obagiskin](https://instagram.com/explore/tags/obagiskin) | Signs of Stressed Skin |
| Stress Awareness Month | The perfect solution to help clear up blemishes ✨ The CLENZIderm M.D. Foaming Cleanser is a lightweight, foaming cleanser with 2% salicylic acid to help unclog pores and wash away dead skin and impurities. With cooling menthol, it'll leave your skin feeling refreshed and soothed.  Send us a message to book in for your skin consultation!  [#clearskin](https://instagram.com/explore/tags/clearskin) [#salicylicacid](https://instagram.com/explore/tags/salicylicacid) [#blemishes](https://instagram.com/explore/tags/blemishes) [#acne](https://instagram.com/explore/tags/acne) [#cloggedpores](https://instagram.com/explore/tags/cloggedpores) [#clenziderm](https://instagram.com/explore/tags/clenziderm) [#foamingcleanser](https://instagram.com/explore/tags/foamingcleanser) [#cleanser](https://instagram.com/explore/tags/cleanser) [#skinstress](https://instagram.com/explore/tags/skinstress) | Clogged pores - stress effects CLENZIderm M.D. Foaming Cleanser - stress spots |
| Stress Awareness Month | Did you know stress causes changes to the proteins in your skin and reduces its elasticity? 👀 This loss of elasticity can contribute to wrinkle formation, especially if you constantly furrow your brow! 🤨  But do not fear! The ELASTIderm Facial Serum helps support skin elasticity so it can bounce back from the signs of skin ageing, resulting in firmer-looking, more resilient skin - simply apply 2-3 pumps to a clean dry face, neck and décolleté each morning and evening! ✨  Head to obagiuk.com/product/elastiderm-collection to discover the full collection 💙  [#elastiderm](https://instagram.com/explore/tags/elastiderm) [#facialserum](https://instagram.com/explore/tags/facialserum) [#elastin](https://instagram.com/explore/tags/elastin) [#collagen](https://instagram.com/explore/tags/collagen) [#antiageing](https://instagram.com/explore/tags/antiageing) [#stressskin](https://instagram.com/explore/tags/stressskin) [#wrinkles](https://instagram.com/explore/tags/wrinkles) [#finelines](https://instagram.com/explore/tags/finelines) [#healthyskin](https://instagram.com/explore/tags/healthyskin) [#obagiskin](https://instagram.com/explore/tags/obagiskin) | ELASTIderm Facial Serum - stress fine lines  ELASTIderm Facial Serum 2 - stress fine lines |
| Stress Awareness Month | It's important to take some 'me time' so we can unwind, breathe and take a moment for ourselves 💆‍♀️ doing something you love or pampering yourself is a great way to reduce stress (and therefore those pesky breakouts or dull skin!)  The Obagi Professional-C Microdermabrasion Polish + Mask is a 2-in-1 facial that exfoliates and primes skin for a powerful infusion of 30% Vitamin C, revealing dramatically smoother, brighter, more youthful-looking skin from the comfort of your home ✨ Pair with a relaxing bath and you're onto a winner 🛀  Buy any Obagi product and get a FREE Deluxe Mini sample!  [#vitaminc](https://instagram.com/explore/tags/vitaminc) [#facial](https://instagram.com/explore/tags/facial) [#exfoliant](https://instagram.com/explore/tags/exfoliant) [#stressskin](https://instagram.com/explore/tags/stressskin) [#facemask](https://instagram.com/explore/tags/facemask) [#obagiforeveryone](https://instagram.com/explore/tags/obagiforeveryone) [#stressawarenessmonth](https://instagram.com/explore/tags/stressawarenessmonth) | Professional-C Microdermabrasion Polish + Mask - take some me time |
| Stress Awareness Month | It’s important to treat yourself! Contact our lovely team about having a Blue Peel RADIANCE facial – no downtime and radiant skin after just one treatment! What more could you want?  #facials #bluepeelradiance #radiantskin #youthful #skincare #stressawareness | Blue Peel Radiance - take some me time |
| Easter | Did you know we stock the full range of Obagi Medical Products? Obagi use gold-standard ingredients to develop scientifically-formulated products that deliver results 💙 Hydrate Luxe is just one example, with a luxurious balm-like texture, it provides ultra-rich hydration with the help of natural ingredients such as avocado oil, mango seed butter and shea butter ✨ Have you tried it yet? Contact us to book in a consultation!  [#hydrate](https://instagram.com/explore/tags/hydrate) [#hydrateluxe](https://instagram.com/explore/tags/hydrateluxe) [#moisturiser](https://instagram.com/explore/tags/moisturiser) [#obagiskin](https://instagram.com/explore/tags/obagiskin) [#naturalingredients](https://instagram.com/explore/tags/naturalingredients) [#nourishing](https://instagram.com/explore/tags/nourishing) [#dryskin](https://instagram.com/explore/tags/dryskin) [#luxuryskincare](https://instagram.com/explore/tags/luxuryskincare) | Natural gold standard ingredients |
| Easter | We love hearing how confident our patients are after starting their Obagi skin journey  Whether it’s improving fine lines and wrinkles, pigmentation, skin texture, blemishes, there truly is an Obagi for everyone!  Contact us today to talk through your skin concerns and let’s create a fearless future  #easter #futurefearless #confidence #skincare #antiageing #pigmentation #skinconcerns | Skincare to bring you out of your shell 2  OR  Skincare to bring you out of your shell |
| Easter | Get radiant skin this Easter! The Obagi Vitamin C serum is the perfect addition to your skincare routine to brighten skin, reduce fine lines and wrinkles, and defend against antioxidants  Leave us a comment if you’d love to try this product!  #vitaminc #springskin #radiantskin #skincare #obagiskin #serum | Spring Vitamin C 10% 15% |
| World Health Day | It's WORLD HEALTH DAY! ⭐ and as they say, health is wealth 💙 so here are our top tips for improving your skin health! ☝️  Contact us today to book in your skin consultation!  [#skinhealth](https://instagram.com/explore/tags/skinhealth) [#healthiswealth](https://instagram.com/explore/tags/healthiswealth) [#healthyliving](https://instagram.com/explore/tags/healthyliving) [#radiantskin](https://instagram.com/explore/tags/radiantskin) [#youthful](https://instagram.com/explore/tags/youthful) [#obagiforeveryone](https://instagram.com/explore/tags/obagiforeveryone) [#worldhealthday](https://instagram.com/explore/tags/worldhealthday) | 1, 2, 3, 4 and 5 |