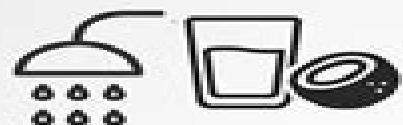


# Neila's MORNING ROUTINE

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shower &  
oil pulling



cleanser  
& gua sha



oral care  
& calf raises



skincare  
1. serum  
2. moisturizer  
3. retinol



almond  
protein  
matcha  
latte



upper body  
& abs  
mini workout



PERFECT  
START  
DAREBEE  
Workout



2 minutes  
stomach vacuums



5 minutes  
meditation  
& gratitude  
practice



massage gun  
full body

## Morning Routine Latest Promo

**Carole Edelman**

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