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<https://silosolo.com/742033>

Summary

The video is an episode of a show where the hosts discuss various topics, including getting a facial peel at Vitality Institutes, the use of natural skincare products, and Ryan Seacrest leaving 'Live with Kelly and Ryan'. They mention that peels can make the skin look younger and glowing, but natural products may not always be the best for the skin. They also share the news of Ryan Seacrest's departure and the transition of co-hosting duties to Mark Consuelos.

Silo sample questions

- Who are the hosts of the show?
- What did they discuss about their skincare?
- What did they say about natural skincare products?
- What news did they share about Ryan Seacrest?

Topics

Introduction to the show

Facial peel at Vitality Institutes

Natural skincare products

Ryan Seacrest leaving 'Live with Kelly and Ryan'

Key Takeaways

- The hosts of the show are Michelle Murad, Kyle True Blood, and Andy
- They discuss getting a facial peel at Vitality Institutes
- Peels can make your skin look younger and glowing
- Natural skincare products may not always be the best for your skin
- They talk about Ryan Seacrest leaving 'Live with Kelly and Ryan'

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