



GUT-TO-GLOW PLAYBOOK.

MY GUT-GLOW DAILY ROUTINE

Morning	Midday	Evening
Hydrate	Move	Glow

Gut-Loving Foods



Avoid



How They Help Your Skin

Balances Microbiome

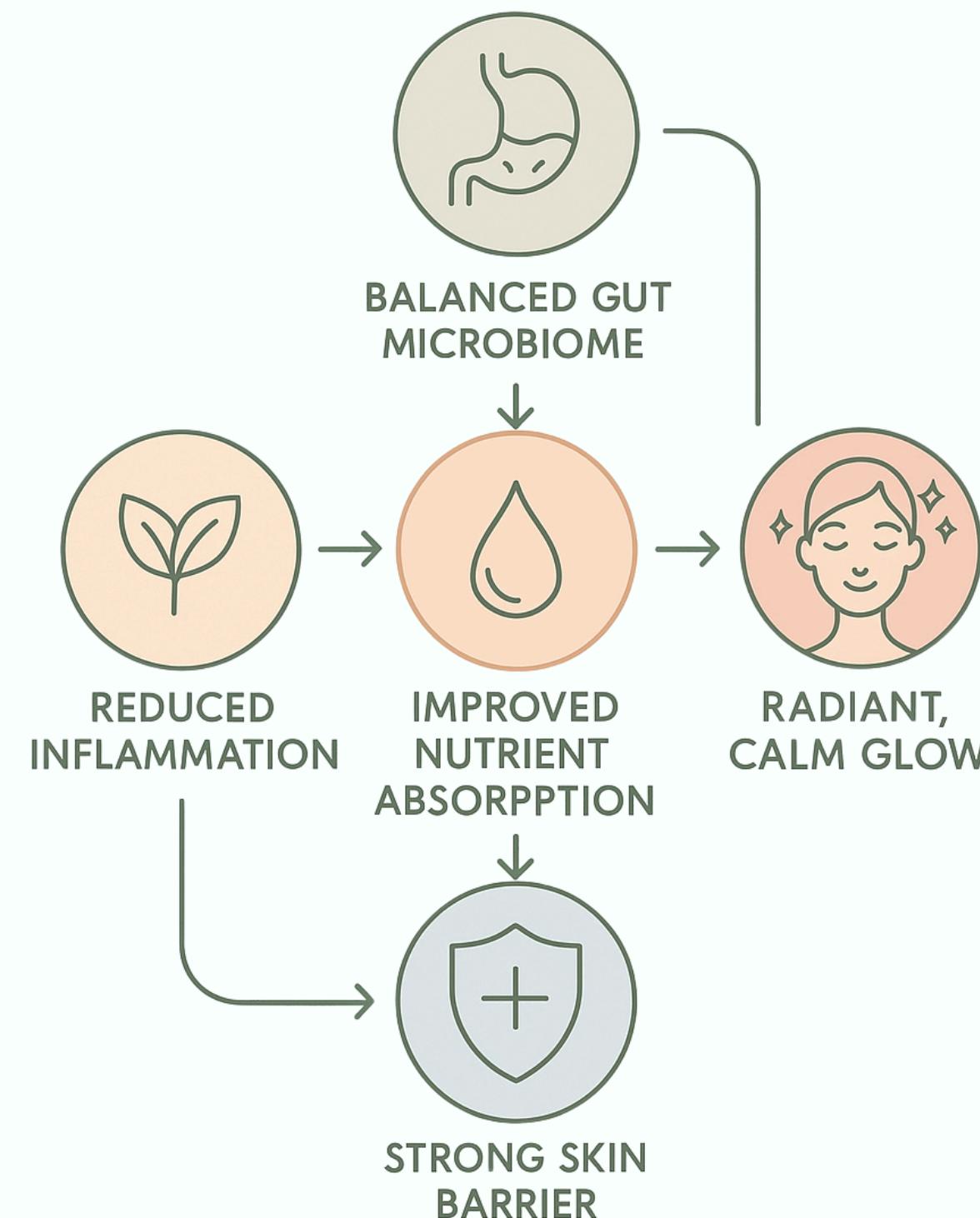
Reduces Redness

Hydrates Cells

Brightens Tone

Fights Oxidative Stress

THE GUT-TO-GLOW PATHWAY



HEAL YOUR GUT.
REVEAL YOUR GLOW.

TouchCare Action Kit | Heal Your Gut. Reveal Your Glow.
Inspired by Mijung's personal flight-attendant wellness routine.