

TOUCHCARE ACTION KIT: HEALTH & WELLNESS EDITION

GLOW FROM WITHIN NUTRITION & SKIN PLANNER

A Simple Nutrition Routine for Clear, Healthy Skin from Within



GLOW FROM WITHIN NUTRITION TRACKER

A Daily Planner for Healthy Skin on the Go

MINI CHECK-IN:

"How does my skin feel today?" 😞 / 😐 / 😊

THE 3-STEP GLOW-FROM-WITHIN ROUTINE



HYDRATE

START YOUR INNER MOISTURE LAYER

- Drink 8–12 oz of water first thing in the morning.
- Add lemon, electrolytes, or a pinch of sea salt if you're dehydrated or traveling.

💧 Your glow starts with cellular hydration.



NOURISH

EAT ONE SKIN-SUPPORTING MEAL

- Choose one nutrient-dense meal today containing:
 - Colorful vegetables
 - Lean protein
 - Healthy fats
 - Fermented food or fiber

🥗 Nutrition is the strongest skincare step you can't apply topically.



BALANCE

SUPPORT YOUR GUT TO SUPPORT YOUR SKIN

- Step away from screens for the last 10–30 minutes.
- Choose 1 calming action:
 - Warm shower
 - Magnesium or herbal tea
 - Quiet music or light stretching
 - Write 1 line: "Today, I'm letting go of..."

🌙 Rest begins before you close your eyes.

DAILY GLOW CHECKLIST

- ✓ Morning hydration
- ✓ One balanced, skin-friendly meal
- ✓ Gut support (probiotics or fiber)
- ✓ 10 minutes of movement
- ✓ 5 minutes of calm / stress reset



Healthy skin starts inside – one small habit at a time.