



GLOW RESET PLANNER

A Simple 7-Day Routine to Restore Radiance, Reduce Inflammation, and Support Clear, Hydrated Skin from Within

HOW TO RESET YOUR SKIN: (1)

A gentle, food-first and routine-first system to bring back hydration, radiance, and balance after a heavy, stressful holiday season.

Holiday travel, sugar, alcohol, salty meals, late nights, and stress can leave your skin dull, puffy, and reactive.

You don't need a complicated routine — just a simple glow rhythm that supports your skin from within and helps restore hydration, calm, and radiance.

Below are the 7 simplest ways to reset your skin naturally.



1. Start Your Day with Warm Hydration

Warm water, lemon water, or minerals first thing in the morning.

- Why it helps: Rehydrates your inner moisture layer and reduces puffiness.



2. Prioritize Anti-Inflammatory “Glow Foods”

Berries, leafy greens, cucumber, citrus, avocado, salmon, Greek yogurt.

- Why it helps: Calms inflammation and supports clearer, brighter skin.



3. Lighten Your Evening Meals

Avoid heavy, salty, greasy foods close to bedtime.

- Why it helps: Reduces overnight puffiness and improves next-day clarity.



4. Support Your Gut for Clearer Skin

Add fermented foods (kimchi, kefir), fiber, ginger tea.

- Why it helps: Gut imbalance is the fastest way to trigger post-holiday breakouts.

★ Gentle Reminder

Your skin doesn't need harsh resets — just hydration, nourishment, and consistency. Glow comes from rhythm, not perfection.



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HOW TO RESET YOUR SKIN: (2)

5. Reset Your Skin Barrier Gently



Use a calming routine: cleanser → hydrating toner → barrier serum → moisturizer.

- Why it helps: Restores moisture balance after dehydration and travel stress.

6. Reduce Sugar + Alcohol for 72 Hours



Not elimination – just reduction.

- Why it helps: Breaks the inflammation cycle that dulls your skin tone.

7. Get Morning Light + Early Movement



Step outside for 2–5 minutes + a short walk.

- Why it helps: Regulates circadian rhythm, improves sleep, and boosts skin repair.

MINI GLOW REFLECTION

1. What made my skin feel better today?

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2. What made it feel more reactive?

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3. Did I hydrate early?

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4. One small glow habit I can repeat tomorrow:

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