



BEAUTY COCKTAIL SKINCARE PRESENTS

THE GLOW DETOX RITUAL

YOUR EXCLUSIVE 5-MINUTE DAILY RITUAL TO RESET YOUR SKIN + STRESS

Designed by your besthetician, JT - For queens who want results + radiance + skin culture

Welcome, Glow Queen

You just joined the Beauty Cocktail Glow Lounge ✨

This isn't another skincare PDF. This is a detox for your face, your nervous system, and your glow frequency.

At Beauty Cocktail Skincare, we don't just treat skin – we shift your whole energy.

The Glow Detox Ritual - 5 Steps

1 The 7 - Breath Face Touch

Your hands have healing energy. Place your palms on your cheeks and take 7 slow, deep breaths with your eyes closed.

Feel your heartbeat slow down.

Say: **"I deserve this peace."**

Why: This relaxes facial tension, lowers cortisol, and resets your glow energy.



2 The Triple Splash Cleanse

Use warm water + cleanser. Rinse your face with 3 deep splashes:

- ✓ Release yesterday's energy
- ✓ Cleanse surface buildup
- ✓ Awaken your glow

Gently massage cleanser upward in circles for 60 seconds.

Tip: Say aloud: **"I cleanse what I no longer need."**



The Glow Detox Ritual - 5 Steps

3 The Skin Cocktail Layer

Your skin loves cocktails too – just skincare ones

Apply in this order:

- ✓ Mist (hydration opener)
- ✓ Serum (active glow booster)
- ✓ Moisturizer (lock + nourish)
- ✓ SPF (AM only – your glow shield)

Use The **Butterfly Press**: Press hands gently on cheeks, jaw and forehead like wings to help absorption and reduce inflammation.



4 Matcha Mouth Ritual

Sip your daily matcha or moringa latte (recipe coming soon!)

Visualize your cells waking up and thanking you.

Why: Matcha reduces inflammation, supports skin elasticity, and calms your mind.



The Glow Detox Ritual - 5 Steps

5 Book Your In – Person Detox Hour

This ritual is powerful... but your deepest glow begins at Beauty Cocktail.

JT will create a customized plan based on your skin evaluation.

Book in the next 48 hours and get a FREE LED Glow Shot (\$30 value).
DM to book, Link below!

