

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

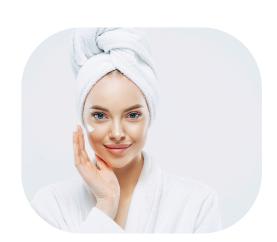
3 The Skin Cocktail Layer

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.



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

6 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!



