

Your Glow-Up Checklist:

MORNING ROUTINE ESSENTIALS

- Cleanse: Start your day with a gentle cleanser to remove overnight oils.
- Hydrate: Apply a lightweight moisturizer to lock in hydration.
- SPF: Never skip sunscreen—even on cloudy days!

EVENING GLOW RITUAL

- Double Cleanse: Use a micellar water followed by your regular cleanser.
- Targeted Treatments: Apply serums for specific concerns like dark spots or fine lines.
- Night Cream: Finish with a rich moisturizer or a sleeping mask for overnight hydration.

WEEKLY GLOW-UP BOOSTERS

- Exfoliate: Use a gentle scrub or chemical exfoliant 1-2 times per week to reveal fresh skin.
- Mask It Up: Apply a hydrating or detoxifying mask based on your skin's needs.

LIFESTYLE HABITS FOR RADIANCE

- Stay Hydrated: Drink 8 glasses of water daily for that inside-out glow.
- Eat Your Vitamins: Incorporate antioxidant-rich foods like berries and greens."
- Get Your ZZZs: Beauty sleep is real—aim for 7-8 hours a night!

BONUS GLOW-UP TIPS

- Declutter: Clean your makeup brushes and toss expired products.
- Pamper Yourself: Book a skincare session or treat yourself to a Mary Kay product that makes you feel amazing!
- Confidence Boost: Wear your favorite lipstick or add a pop of blush to brighten your day.

