

# The Busy Momma's *Glow-Up Checklist:*

## MORNING 2-MINUTE ROUTINE

- Wash face (use a cleanser)
- Moisturizer on—don't skip it!
- SPF every day (yes, even on your "not getting ready" days)

## NIGHTTIME RESET (3 STEPS MAX)

- Quick cleanse (micellar water if you're tired!)
- Serum for one main skin goal
- Night Cream: Finish with a rich moisturizer or a sleeping mask for overnight hydration.

## WEEKLY GLOW BOOST

- Exfoliate 1-2x (hello fresh skin!)
- Mask = self-care moment (even while folding laundry)

## MOM LIFE RADIANCE HABITS

- Drink water—keep a cute cup nearby
- Snack on berries & greens (easy kid-friendly too!)
- Aim for 7 hours of sleep (naps count, mama!)

## BONUS TIPS FOR A QUICK PICK-ME-UP

- Wash makeup brushes once a week
- Treat yourself to one product that feels special
- Swipe on lipstick or blush for instant glow

*you got this!* 

