

Your 30-Day Skin Renewal Journey

Your Glow is Written in the Stars — and in Your Cells

Dear Beautiful Soul,

Your skin is alive, and every 30 days it begins again. Just beneath the surface, new cells are being born, growing stronger, and pushing upward to take the place of the old. This cycle is your skin's natural rhythm — and by showing it love twice a day, you help every new layer emerge healthier, stronger, and more radiant than the last.

Here's what happens when you stay consistent:

- Days 1-7: Baby cells are born. They're fragile and thirsty, and they love the hydration from Hyaluronic Acid.
- Days 8-14: Cells begin to grow and strengthen. Rosehip Oil feeds them with nourishing fatty acids, helping them form a smoother surface.
- Days 15-21: Middle-aged cells are hard at work, building resilience. Moisturizers with ceramides protect the barrier and keep hydration locked in.
- Days 22-28: Old cells rise to the surface and shed, revealing the fresher, plumper skin beneath. This is when your glow becomes visible.

By Day 30, you've already begun a transformation — not magic, but biology. And the more cycles you commit to, the more your skin thanks you with softness, brightness, and resilience.

Pair your routine with nourishing foods from your kitchen, gentle movement to boost circulation, and kind words spoken to your reflection. This is more than skincare — it's self-care.

Your glow is not just on the outside. It's the way you feel inside when you decide to care for yourself, day after day.

Be patient. Be gentle. Be consistent. The skin you want is already on its way.



Proteins

- eggs
- chicken
- shellfish
- beans

Heathly Fats

- salmon
- sardines
- walnuts,
- flaxseed
- avocado

Vitamins C - A - E & Zinc

- oranges, bell peppers, kiwi, berries
- carrots, spinach, sweet potatoes
- almonds, sunflower seeds, greek yogurt

Be kind with your words, be consistent with your care
— your glow is written in the stars.”

New Moons to Watch for 2025 & 2026

New Moons are cosmic reset buttons. They're the best times to start something fresh — including your skin journey.

Rosehip and New Moon Magic

Mark these dates on your calendar to refresh your intentions, your self-talk, and your glow.

The 2025 Year

- Jan 29 – Aquarius
- Feb 27 – Pisces
- Mar 29 – Aries
- Apr 27 – Taurus
- May 26 – Gemini
- Jun 25 – Cancer
- Jul 24 – Leo
- Aug 23 – Virgo
- Sep 21 – Libra
- Oct 21 – Scorpio
- Nov 20 – Sagittarius
- Dec 19 – Capricorn

The 2026 Year

- Jan 29 – Aquarius
- Feb 27 – Pisces
- Mar 29 – Aries
- Apr 27 – Taurus
- May 26 – Gemini
- Jun 25 – Cancer
- Jul 24 – Leo
- Aug 23 – Virgo
- Sep 21 – Libra
- Oct 21 – Scorpio
- Nov 20 – Sagittarius
- Dec 19 – Capricorn

The 2027 Year

- Jan 7 – Capricorn
- Feb 6 – Aquarius
- Mar 8 – Pisces
- Apr 6 – Aries
- May 6 – Taurus
- Jun 4 – Gemini
- Jul 3 – Cancer
- Aug 2 – Leo
- Aug 31 – Virgo
- Sep 29 – Libra
- Oct 29 – Scorpio
- Nov 27 – Sagittarius
- Dec 27 – Capricorn

Allow yourself *joy*

30 Day Damaged Skin Repair Routine





- ## Evening Routine

- ## Do's & Don'ts

- A decorative background featuring pink flowers and a woman's face with a towel on her head.
- Allow yourself *joy*
- ## 30 Day Damaged Skin Repair Routine
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- ### Morning Routine
- Morning Routine
 - Cold Water Splash
 - Apply HA Damp Face
 - Moisturizer w/SPF30
- ### Evening Routine
- Wash Face
 - Apply HA
 - Apply Rosehip
 - Seal in w/CeraVe Night Cream
- ### Do's & Don'ts
- Bed by 10PM
 - Drink Water
 - Eat Well
 - NO Hot Water
 - NO Exfoliating
 - NO Touching
 - NO Fragrance Creams