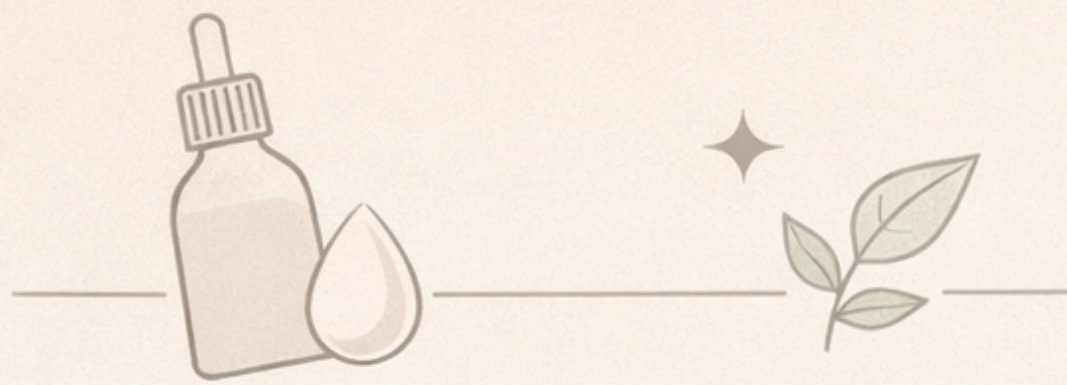




# 48-Hour Valentine's Glow Prep

A MATURE SKIN RITUAL  
*for* DEEP RADIANCE





48 hrs – *Exfoliation Reset*

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36 hrs – *Hydration Boost*

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24 hrs – *Peptide Plump*

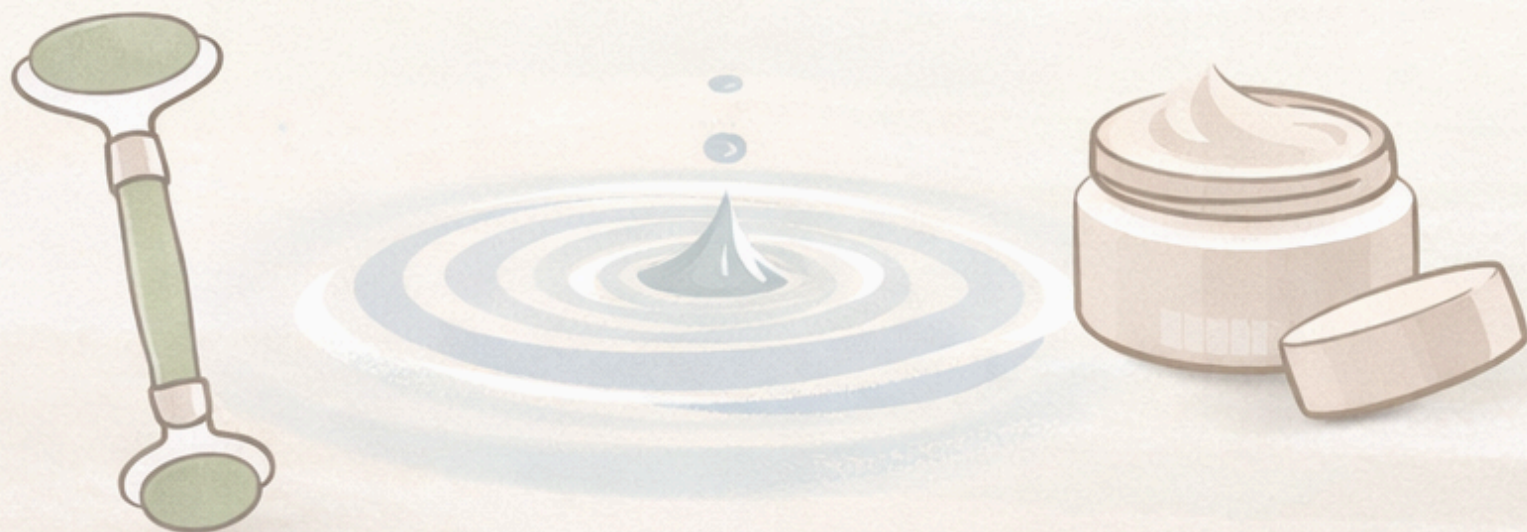
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12 hrs – *De-Puff*

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2 hrs – *Glass Finish*

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# 48-36 Hours Before

- Gentle exfoliation
- Hydration focus
- Barrier care reminders
- Soft bathroom shelf styling
- Calm evening light



# Peptide Skincare Ritual

REVITALIZE & GLOW

## 1. Cleanse

*Start with a Fresh Face*



Gently cleanse your skin to remove impurities.

## 2. Apply COPPER PEPTIDE SERUM

*Restore & Renew*

Apply a few drops of copper peptide serum to boost collagen & firmness.



## 3. Sheet Mask

*Hydrate & Plump*



Place on a soothing sheet mask for deep hydration.

## 4. Moisturize

*Nourish & Glow*



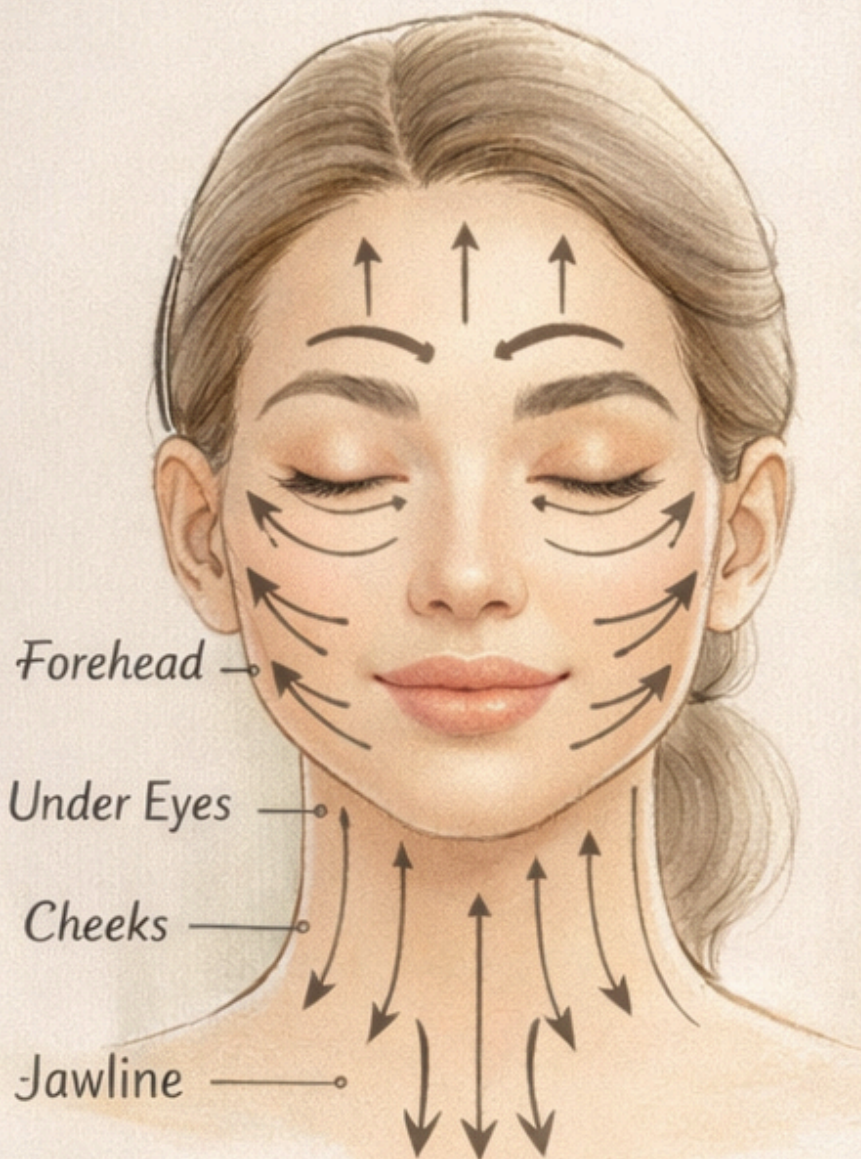
Finish with a rich, hydrating moisturizer.

*Radiant Skin at Any Age*

# Facial Massage Guide

Using Cold Roller & Gua Sha

## Lymphatic Drainage



Forehead

Under Eyes

Cheeks

Jawline

Down to Neck

- Drain Toxins
- Reduce Puffiness
- Improve Circulation

Repeat Each Motion 5-10 Times

## Cold Roller



→ Roll upward & outward

→ Gently roll under eyes

→ Sweep across cheeks

→ Roll down the neck

## Gua Sha



→ Glide up and out

→ Sweep under eyes

→ Scrape along cheeks

→ Lift & sculpt the jaw

Relax & Breathe

# MAKEUP GLOW PREP

## Squalane Boost

*Hydrate & Nourish*



Apply a few drops of squalane oil to face for a radiant, hydrated base.

*Glowing Skin!*

## Dewy Foundation Mix

*Light & Luminous*



+



*Foundation + Squalane Oil*

Mix a drop of squalane oil with your foundation for a fresh, dewy finish.

## Cream Blush Tips

*Soft & Rosy*

*1. Dot On Cheeks*



Apply a few dots of blush.

*2. Tap & Blend*



Tap with fingers for a natural flush.

*3. Glow Up!*



Blend upwards for a soft, lifted glow.

*Fresh & Natural!*