

# 20-Minute Solo Spa Ritual

— Valentine's Reset for Women Over 35 —

*A gentle, barrier-safe self-care ritual for calm skin and a quiet mind*

## *Minute 0-5: Sensory Transition*

- Dim lights
- Light candle (sandalwood or jasmine)
- Gentle double cleanse
- Soft music

## *Minute 5-12: Gentle Glow*

- PHA or enzyme exfoliation
- No stinging, no redness
- Deep breathing reminder

## *Minute 12-18: Pearly Massage*

- Gua Sha or knuckles
- Barrier-repair oil (squalane, rosehip)
- Upward, outward strokes
- Focus on jawline and brows

## *Minute 18-20: Occlusive Seal*

- Peptide-rich moisturiser
- Optional rosewater mist
- Sit quietly for 1 minute

*Skip exfoliation if skin is inflamed or compromised.*

*Pearly Petal – Skin Longevity & Quiet Rituals*