



Dark Skin Glow *Longevity Checklist*

———— 2026 EDITION ————



By PearlyPetal



Daily Skin-Supporting Foods

FOR DARK SKIN GLOW

Berries or citrus fruit



Leafy greens



Omega-3 rich food (salmon, walnuts, flax)



Fermented food (yogurt, kimchi)



Green tea or herbal tea



3~4 liters of water

WELLNESS CHECK

Mind: _____

Body: _____

Spirit: _____





Night Routine

for Even Skin Tone & Repair

Turn off screens 1 hour before bed

Eat a light anti-inflammatory dinner

Drink herbal tea

Sleep in a cool, dark room

Use silk or satin pillowcase

Get 7–9 hours of sleep

----- SELF-CARE TIP: -----

Consistency is key to seeing results. Be gentle with yourself and enjoy the process.

Weekly

SKIN LONGEVITY HABITS

— GLOBAL WELLNESS —

Nutrition

- Grocery shop for skin-supporting foods



Meal Prep

- Prepare fruits and vegetables



Sleep

- Change pillowcase



Hydration

- Track water intake



Stress Relief

- Practice stress-relief activity



Sun Protection

- Check sunscreen supply



4-WEEK
Dark Skin Glow
Progress Tracker

→ Hydration → Nutrition → Rest → Skincare →

	Week 1	Week 2	Week 3	Week 4
Water Intake				
Sleep Quality				
Diet Consistency				
Skin Tone Changes				
Breakout Healing Time				
Overall Glow Rating				

Notes:



Dark Skin Glow

— DAILY ROUTINE —

Morning:



Hydrate



Eat antioxidant-rich foods



Sunscreen

Evening:



Light dinner



Skincare routine



Sleep preparation