

Falling in Love

with the Mirror Again

A GENTLE SELF-ACCEPTANCE RITUAL FOR WOMEN OVER 35



Morning Mirror Ritual

- Cleanse gently (no rushing)
- Apply moisturizer with intention
- Apply SPF as an act of self-respect
- Make eye contact with yourself
- Say one kind sentence out loud



— EVENING RITUAL —
Release & Restore



- Remove makeup gently

- Massage cleanser slowly (1–2 minutes)

- Apply nourishing serum or balm

- Thank your skin for carrying you today

- No mirrors for the last 10 minutes



These Lines Are Not Flaws



- What story does my skin tell?

- What has my body carried me through?

- What do I appreciate about my face today?

My Self-Love Toolkit (35+)



- Silk pillowcase — gentleness while you sleep



- Peptide-based skincare — resilience, not aggression



- Daily affirmations — mindset shapes touch



- Gentle routines — consistency over intensity

