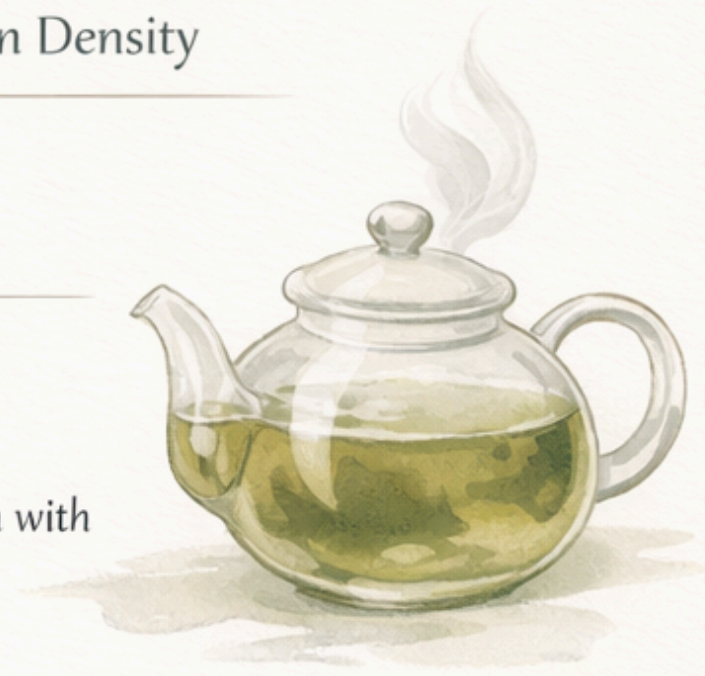


The Inner Glow Tea Ritual

Roasted Barley + Goji Berry Tea for Skin Density

Why I Switched:

At 4 PM, I used to reach for builder's tea and something sweet. By dinner, my skin looked grey, puffy, and tired. This simple tea ritual helped me replace the caffeine-~~r~~ sugar crash with deep hydration and calmer, denser-looking skin.



What You Need:

- 2 tablespoons roasted barley (boricha)
- A small handful of dried goji berries
- 1 litre boiling water
- A heat-proof jug or teapot

The 3-Step Lazy Girl Ritual:

Step 1: Batch Brew (Morning Prep) – Add roasted barley and goji berries to a jug. Pour over boiling water.

Step 2: Steep & Sip – Let steep at least 10 minutes. Drink hot or chilled throughout the day.

Step 3: Eat the Berries – Eat the plumped goji berries when finished.

Why It Supports Skin Longevity:

- Supports deep hydration without caffeine
- Helps reduce inflammaging and glycation stress
- Supports circulation and nutrient delivery to skin
- Replaces the 4 PM sugar-and-caffeine crash



My 21-Day Inner Glow Tea Ritual Tracker

Small daily habits. Long-term skin resilience.

Each day you replace your usual 4 PM drink with the Inner Glow Tea, tick the box and note any changes in energy, skin hydration, puffiness, and dullness.

Day 1 Notes: _____

Day 9 Notes: _____

Day 2 Notes: _____

Day 10 Notes: _____

Day 3 Notes: _____

Day 11 Notes: _____

Day 4 Notes: _____

Day 12 Notes: _____

Day 5 Notes: _____

Day 13 Notes: _____

Day 6 Notes: _____

Day 14 Notes: _____

Day 7 Notes: _____

Day 15 Notes: _____

Day 8 Notes: _____

Day 16 Notes: _____

Day 9 Notes: _____

Day 17 Notes: _____

Day 10 Notes: _____

Day 18 Notes: _____

Day 11 Notes: _____

Day 19 Notes: _____

Day 12 Notes: _____

Day 20 Notes: _____

Day 13 Notes: _____

Consistency beats intensity.

Skin longevity is built one quiet habit at a time. >

