

— THE DAILY —

Longevity Routine

10 Small Habits That Keep Your Body
& Skin Younger for Longer





Morning Reset & Daily Movement

Rise & Shine

- Wake up early
- Open the blinds
- Deep breathing
- Set intentions for the day

Hydrate

- Drink a glass of water
- Make herbal tea or lemon water
- Take vitamins or supplements
- Refill water bottle

Daily Movement

- Stretch or yoga
- Go for a walk
- Do a quick workout
- 5-10 minutes of mindfulness

Healthy Breakfast

- Eat a nutritious meal
- Include protein & greens
- Enjoy fresh fruit
- Sip your coffee or tea

Skin Barrier *First*



Gentle cleanse



Hydrate



Moisturise



SPF



Use actives gently

Notes:



Evening Recovery

NIGHT ROUTINE CHECKLIST

- Screens off

- Simple Skincare

- Stretching

- Breathing Exercises

- Consistent Bedtime

- 7–9 Hours Sleep



Relax & Recharge



Longevity Mindset

Reflect on these principles for a healthier, longer life:

Manage Stress Wisely

How can I find calm in challenging moments?

Consistency Over Perfection

Am I focusing on progress, not perfection?

Think Long-Term

Are my decisions benefiting my future self?

Embrace Small Habits

What tiny changes can I make daily?

Visualize Your Future Self

Who do I want to become in the years ahead?



— Reflect & Inspire —