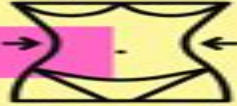


# **GLOW UP** *routine*

## **30-DAY CHALLENGE**

### **BODY**



wax your legs  
Take a fake tan  
1 hr Massage  
30-Minutes walk

### **FACE**



Exfoliate your face  
Apply a face mask  
Book a Spa Facial  
Wash your face  
Use less makeup  
Do a face massage  
Improve your  
skincare routine  
Take care of  
facial hair

### **HAIR**



Trim your ends  
change your hair  
color  
Explore new  
hairstyle ideas  
Do a DIY hair mask

### **HEALTH**



Drink more water  
Avoid junk food  
15-minutes workouts  
Get a big fruit  
smoothie

### **LIPS**



Exfoliate your lips  
Try a lip scrub  
Apply lip balm  
Use baking soda to  
whiteten your teeth

### **NAILS**



Get a mani  
Use hand lotions  
cut your nails  
get a pedi  
change your nail design

### **WELLNESS**



Read a book  
Write in your journal  
Chat with a friend  
take a long bathtub  
take a walk  
clean your room

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# The Busy Mans Guide To Rekindling The Glow 50 Suggestions To Rekindle The Glow

**A Gutmann**



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