THE EVERYDAY GLOW GUIDE

A Realistic 30-Day Beauty & Self-Care Reset

For girls who want healthy-looking, fresh, well-groomed skin without complicated routines or spending a fortune.



“Glow isn’t about changing who you are.
It’s about taking better care of what you already have.”

A QUICK, HONEST NOTE

Before We Begin

A Quick, Honest Note

This ebook shares general information about skincare, haircare, grooming and everyday wellness. It is written for education and inspiration. It is not medical advice, and it is not a substitute for care from a doctor or dermatologist.

Every person's skin, hair and body are different. What works well for a friend may not suit you, and that is completely normal.

Please see a qualified dermatologist or healthcare professional if you have:

- Acne that is painful, scarring, cystic or not improving
- Skin that is severely irritated, itchy, swollen or infected
- Significant or sudden hair shedding
- Pigmentation or dark patches that are spreading or changing
- Any mole or spot that changes in size, shape or colour
- A medical condition, or you are pregnant, planning pregnancy or breastfeeding (some skincare ingredients need extra care at these times)

Patch test any new product before using it on your face or body (instructions are in Chapter 3).

Results from any routine depend on many things, including genetics, hormones, health, environment and consistency. Nothing in this guide is a promise of a particular outcome.

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BONUS	Practical worksheets & trackers

Start with Chapters 1–4 for the foundation. Then use the sections that fit your life, and return to the 30-Day Reset whenever you need a simple restart.

WELCOME

Before We Begin

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Somewhere along the way, beauty got complicated.

You open Instagram and see a ten-step routine. A friend swears by a serum you have never heard of. A video says your moisturiser is "toxic" and a different video says the opposite. Your bathroom shelf fills up with products you bought once, used twice and quietly abandoned.

If that sounds familiar, I want you to know something first: you are not behind, and you are not doing it wrong. You were just handed too much noise.

Here is what most beauty content does not tell you.

More products do not mean better skin. Often the opposite happens. Every new product is another chance for irritation, another thing to remember, another expense. Skin that is constantly being changed, scrubbed and layered rarely gets the chance to settle.

Consistency does more than variety. A simple routine done most days for a few months will usually serve you better than an elaborate routine done for ten days and dropped.

Looking good is bigger than skincare. Think about the people who always seem put-together. It is rarely one miracle product. It is clean hair, tidy nails, fresh breath, a little sunscreen, clothes that are clean and fit well, enough sleep and a calm face. It is hygiene, grooming and habits.

Beauty is not perfection. Skin has pores. Skin has texture. Most people get the occasional pimple. Real, healthy skin is not airbrushed, and you do not need it to be.

So this guide does something different. It teaches you:

- What you actually need
- Why you need it
- When to use it
- How to use it
- And, just as important, what you can skip

You will not find "glass skin in a week" here, or detox drinks, or anything promising to change how you look overnight. You will find realistic habits, simple routines, honest explanations and a 30-day plan that fits around classes, work, family and a normal budget.

You do not need to become a different person. You just need a routine that works for your real life.

Let's begin.

HIGHLIGHT BOX: How this guide works
Read Chapters 1–4 first. They are the foundation. Then pick the chapters that matter most to you. When you are ready, start the 30-Day Reset in Chapter 12 and use the workbook in Chapter 13 to make the routine your own.

01 | KNOW YOUR SKIN

Understanding your skin is the cheapest beauty investment you will ever make.

What does "skin type" mean?

Skin type describes how your skin behaves in general, mainly how much oil it makes and how it feels through the day. The five commonly used categories are:

Normal skin

Feels comfortable most of the day. Not very oily, not tight or flaky. Rarely reacts to products.

Dry skin

Makes less oil. Often feels tight after washing, may look dull or flaky, and can feel rough. Tends to feel better with richer moisturisers.

Oily skin

Makes more oil. Looks shiny, especially on the forehead, nose and chin, within a few hours of washing. Pores may look more visible. Often does better with lightweight, gel or lotion textures.

Combination skin

Oily in some areas (usually the T-zone: forehead, nose, chin) and normal or dry elsewhere, typically the cheeks.

Sensitive or reactive skin

Stings, burns, flushes or gets red easily. This can happen with any base skin type, and it is often linked to a weakened skin barrier or specific conditions that a dermatologist can identify.

KNOW YOUR SKIN

How to observe your skin (no gadgets needed)

Try the bare-face check:

1. Wash your face with a gentle cleanser and pat dry.
2. Do not apply anything.
3. Wait about an hour.
4. Look in natural light and notice how it feels and looks.

Quick Skin Type Checklist

After an hour of bare skin, my face feels:

- A. Comfortable, neither tight nor shiny
- B. Tight, rough or a bit flaky
- C. Shiny all over, especially forehead, nose and cheeks
- D. Shiny in the T-zone but comfortable or dry on the cheeks
- E. Itchy, stingy or red, or it reacts to many products

What your answers suggest

Mostly	Likely skin type
A	Normal
B	Dry
C	Oily
D	Combination
E	Sensitive / reactive (could overlap with any other type)