


# (hiatus)

SPA + RETREAT

## 28 day Revamp Your Regimen

Incorporate HydraFlora & Firma-Bright Booster into your daily routine for instantly brighter, more even skin tone and a gorgeous, show-stopping glow!

Day 1

Exfoliate!  
+ 5x Power  
Peel Wipes  
to evening  
skincare  
routine 

Day 2

Hydrate.  
Try to drink  
5 liters of  
water today

Day 3

Me Time:  
Apply  
Radiance  
Mask for an  
at home  
facial

Day 4

Manage  
your stress.  
+ 30 MIN  
Yoga to your  
day

Day 5

Exfoliate!  
+ 5x Power  
Peel Wipes  
to evening  
skincare  
routine

Day 6

Get enough  
Sleep.  
+ 15 MIN  
Meditation  
before bed

Day 7

Eat Healthy.  
Enjoy fruits  
& veggies  
high in  
Vitamin -C

Day 8

Avoid Blue  
Light. Spend  
the entire day  
unplugged  
from devices.

Day 9

Exfoliate!  
+ 5x Power  
Peel Wipes  
to evening  
skincare  
routine

Day 10

Purge. Go  
through your  
skincare to  
remove expired  
or harsh  
products.

Day 11

Me Time:  
Apply  
Radiance  
Mask for an  
at home  
facial

Day 12

Manage  
your stress.  
+ 30 MIN  
Yoga to your  
day

Day 13

Exfoliate!  
+ 5x Power  
Peel Wipes  
to evening  
skincare  
routine

Day 14

Eat Healthy.  
Enjoy foods  
high in  
Omega-3 

Day 15

Get enough  
Sleep.  
+ 15 MIN  
Meditation  
before bed

Day 16

PSA: Daily  
reminder to  
wear SPF  
everyday +  
wash your face  
before bed!

Day 17

Exfoliate!  
+ 5x Power  
Peel Wipes  
to evening  
skincare  
routine

Day 18

Manage  
your stress.  
+ 30 MIN  
Yoga to your  
day

Day 19

Me Time:  
Apply  
Radiance  
Mask for an  
at home  
facial

Day 20

Hydrate.  
Substitute  
caffeinated  
& sugary  
drinks with  
water

Day 21

Exfoliate!  
+ 5x Power  
Peel Wipes  
to evening  
skincare  
routine

Day 22

Eat Healthy.  
Enjoy fruits  
& veggies  
high in  
antioxidants

Day 23

Get enough  
Sleep.  
+ 15 MIN  
Meditation  
before bed

Day 24

Don't forget  
your hands,  
neck and  
decollete. Use  
Radiance Mask  
to brighten!

Day 25

Exfoliate!  
+ 5x Power  
Peel Wipes  
to evening  
skincare  
routine

Day 26

Manage  
your stress.  
+ 30 MIN  
Yoga to your  
day

Day 27

Me Time:  
Apply  
Radiance  
Mask for an  
at home  
facial

Day 28

Hydrate.  
Try to drink  
5 liters of  
water today 