

## **Week 1: Reset & Base Care (Days 1–7)**

**Goal:** Clear the slate, heal & strengthen, get into rhythm

<b>Area</b>	<b>Actions / Focus</b>
Hair	Trim ends, start weekly oiling (coconut, argan, or lightweight oil), and avoid heat styling 1–2x.
Skin (face)	Gentle double cleanse, hydrating toner, moisturizer, SPF.
Skin (body)	Exfoliating scrub (once), body wash, moisturizer, dry brushing optional
Body/movement	Walks, light cardio, posture work, core activation habits
Teeth & lips	Start flossing, gentle whitening (e.g., baking soda + hydrogen peroxide rinse, or safe strips)
Hands & nails	Basic manicure (trim, file), hand cream application, cuticle oil
Brows & lashes	Brush brows, clean stray hairs, and apply castor oil nightly (if you choose)
Mind & rest	Set a sleep schedule, 7–8 hours per night; journaling 3 things you like about yourself each day

## **Week 2: Nourish, Boost & Build (Days 8–14)**

**Goal:** Begin visible improvements, layer in active care

<b>Area</b>	<b>Actions / Focus</b>
Hair	Add a gloss treatment or protein-moisture mask midweek
Skin (face)	Introduce one target treatment (brightening, niacinamide, gentle AHA/BHA). Use a weekly hydrating mask or overnight mask
Skin (body)	Continue exfoliation 2x a week (gentle), moisturizing with richer creams
Body/movement	Start beginner resistance or bodyweight routines, focus on glutes, abs, and back
Teeth & smile	Use whitening strips or safe trays 2–3x this week; keep up flossing
Hands & nails	Do a stronger manicure, maybe a dip or gel top coat at home; oil cuticles nightly
Brows & lashes	Use brow gel/serum, consider micro-blading simulation via brow pen if needed
Confidence & presentation	Try 5 outfit combinations, work on posture in the mirror, and do short daily affirmations

### **Week 3: Refine & Define (Days 15–21)**

**Goal:** Sharpen, tone, and enhance your progress

<b>Area</b>	<b>Actions / Focus</b>
Hair	Reduce heat, try sleek styles or braided styles that protect ends
Skin (face)	Use a clay or detox mask once, apply sheet masks, consider facial massage / gua sha for circulation
Skin (body)	Add firming lotions (caffeine, peptides), self-massage with oils, dry brushing again
Body/movement	Introduce HIIT or supersets, focus on arms, glutes, abs, and add incline walking
Teeth & smile	Touch up whitening if needed, lips: scrub + balm nightly
Hands & nails	Consider a home hand spa (scrub, mask, massage), do nail art, or a neutral shade
Brows & lashes	If safe, tint brows or semi-permanent products; eyelash serum or castor oil nightly
Style & confidence	Do a mini photoshoot, practice walking in your favorite shoes, test bold lipstick or gloss

## **Week 4: Glow & Maintain (Days 22–30)**

**Goal:** Polish, shine, and make it sustainable

<b>Area</b>	<b>Actions / Focus</b>
Hair	Final deep treatment, fresh hairstyle, gloss top-up
Skin (face)	Use brightening or glow serums (vitamin C, niacinamide), gentle exfoliation again, and overnight masks
Skin (body)	Focus on hydration, use body glow oils, and finish with polish
Body/movement	Full-body circuits, maybe a video workout of your favorite influencer, walking + stretching
Teeth & smile	Final whitening session, daily maintenance (whitening toothpaste, mouthwash)
Hands & nails	High-gloss top coat ensures hands look camera-ready, and cuticle maintenance
Brows & lashes	Final grooming, maybe lamination or at-home faux lamination (brow soap technique)
Confidence & ritual	Self-care night (face mask, candles), celebrate progress, relive your before/after, write a letter to future you