

K E S H I N T O N E S S E N T I A L S

GLOW FROM WITHIN

Your 7-Day Skincare & Wellness Reset

*Seven days. Seven rituals.
One radiant you.*

keshintonessentials.com

Welcome to Your Reset

Real skincare results come from consistency, not complexity. This guide gives you a simple, science-backed ritual for every day of the week — combining the best skincare steps with powerful wellness habits that support your skin from the inside out.

At Keshinton Essentials, we believe that glowing skin isn't just about what you put on your face. It's about how you sleep, what you drink, how you breathe, and the care you give yourself each day. This seven-day reset is designed to build all of those habits gently, one day at a time.

You don't need to overhaul your life. You just need seven days and a willingness to show up for your skin — and yourself.

HOW TO USE THIS GUIDE

Each day has two parts: a Skincare Tip you can apply morning or evening, and a Wellness Habit that supports your skin from within. Do them together for the best results, or take them one at a time — whatever works for you. By Day 7, you'll have the foundation of a routine that actually sticks.

Why Inside + Outside Works

Your skin is your body's largest organ, and it reflects everything happening beneath the surface. Stress raises cortisol, which drives breakouts and dullness. Poor sleep starves your skin of the growth hormones it needs to repair overnight. Dehydration makes fine lines more visible within hours.

The most expensive serum in the world can only do so much if your body isn't supporting the process. That's why this guide pairs targeted skincare with evidence-based wellness habits — because that's where the real results live.

THE SKIN BARRIER — YOUR MOST IMPORTANT ASSET

The skin barrier is the outermost layer of your skin. When it's healthy, your skin holds moisture in and keeps irritants out. When it's compromised — through over-cleansing, harsh ingredients, or stress — your skin becomes dry, reactive, and more prone to breakouts. Every tip in this guide is designed to protect and strengthen it.

The 7-Day Reset

DAY 1 | Protect Your Barrier

SKINCARE TIP

Simplify your routine today. Use only a gentle cleanser, a lightweight moisturiser, and SPF (in the morning). Nothing with active ingredients — give your skin a rest. If it feels tight or reactive, that's your barrier asking for a break.

WELLNESS HABIT

Drink one extra glass of water before you pick up your phone. Dehydration is one of the fastest ways to dull your complexion. Make this your morning signal to put your skin first.

DAY 2 | Hydrate Inside & Out

SKINCARE TIP

Layer your hydration. After cleansing, apply a hyaluronic acid serum to damp skin, then seal it with your moisturiser. Hyaluronic acid draws moisture from the air into the skin — but it needs a moisturiser on top to lock it in.

WELLNESS HABIT

Swap your afternoon coffee for a green tea or herbal infusion. Green tea is rich in EGCG, an antioxidant that helps reduce inflammation in the skin. Do it for one day and see how your skin feels in the morning.

DAY 3 | Cleanse & Clarify

SKINCARE TIP

Double cleanse tonight if you wear SPF or make-up. Start with a cleansing balm or oil to dissolve product, then follow with your regular cleanser. This ensures nothing is left on your skin overnight that could block pores or cause congestion.

WELLNESS HABIT

Take five minutes to do a facial massage whilst applying your evening moisturiser. Use gentle upward strokes to stimulate lymphatic drainage, which reduces puffiness and improves circulation. Your skin will look noticeably brighter the next morning.

DAY 4 | Feed Your Skin with Antioxidants

SKINCARE TIP

Add a Vitamin C serum to your morning routine today. Vitamin C brightens uneven tone, fades dark spots, and protects against free radical damage from UV and pollution. Apply it before your moisturiser and SPF.

WELLNESS HABIT

Eat one antioxidant-rich meal today. Think blueberries, dark leafy greens, salmon, walnuts, or sweet potato. These foods are packed with vitamins A, C, and E — the same nutrients your skin's repair process depends on.

DAY 5 | Repair Overnight

SKINCARE TIP

Tonight, use your richest moisturiser or a facial oil as the last step in your routine. Skin repair peaks between 11pm and 3am — this is when your skin is most receptive to nourishing ingredients. A heavier product overnight won't feel heavy by morning.

WELLNESS HABIT

Aim for seven to eight hours of sleep tonight and put your phone down thirty minutes before bed. Blue light suppresses melatonin, which disrupts sleep — and without deep sleep, your skin misses its most important repair window.

DAY 6 | Protect & Brighten**SKINCARE TIP**

Apply SPF 30 or higher every single morning, even indoors. UV damage is the number one cause of premature ageing, hyperpigmentation, and dullness. It accumulates even through windows. This is the single most effective anti-ageing step you can take.

WELLNESS HABIT

Spend ten minutes outside today without a screen. Natural light helps regulate your circadian rhythm, which improves sleep quality — and better sleep means better skin. Even a short walk counts.

DAY 7 | Ritual & Routine**SKINCARE TIP**

Do a gentle exfoliation today — either a mild chemical exfoliant like lactic acid, or a soft physical scrub. This removes dead skin cells that cause dullness and allows your moisturiser and serums to penetrate more effectively. Once a week is plenty.

WELLNESS HABIT

Write down the two or three habits from this week that made your skin look or feel the best. Those are your non-negotiables. You've just built the foundation of a skincare routine that will actually work — because you chose what fits your life.

Your 7-Day Cheat Sheet

Screenshot or print this to keep your reset on track.

Day 1	Simplify your routine. Cleanser + moisturiser + SPF only. Drink water first thing.
Day 2	Layer hyaluronic acid on damp skin. Seal with moisturiser. Swap one coffee for green tea.
Day 3	Double cleanse tonight. Facial massage with evening moisturiser.
Day 4	Add Vitamin C serum in the morning. Eat one antioxidant-rich meal.
Day 5	Richest moisturiser overnight. Aim for 7-8 hours sleep, phone down 30 mins early.
Day 6	SPF every morning, no exceptions. Ten minutes of natural light today.
Day 7	Gentle exfoliation. Write down your top 2-3 habits to keep forever.

Keep Going — Your Skin Will Thank You

Seven days is just the beginning. The real magic happens when you repeat these habits consistently over weeks and months. Your skin renews itself every 28 days — so stick with this, and the results will compound.

At Keshinton Essentials, every product in our range has been chosen for quality, efficacy, and value. Whether you're looking for your first serum, a deeply nourishing moisturiser, or a brightening SPF, we've done the research so you don't have to.

WHAT TO TRY NEXT

Visit keshintonessentials.com to explore our curated skincare range. All of our products are selected to work together and with the habits you've built this week. Use code GLOW10 for 10% off your first order.

Thank you for trusting Keshinton Essentials with your skin. We're rooting for your glow.

With love,
The Keshinton Essentials Team

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