

DAILY Glow GUIDE

Lifestyle factors, including diet, hydration, stress management, sun exposure, and physical activity can play an important role in the health and vibrancy of our hair, skin, and nails.

That's exactly why we created this Daily Glow Guide to give you ideas that will help you nurture your natural beauty and support your wellness...
without breaking the bank!

Morning

- **Hydration: Drink a glass of water**
Drink at least half your body weight in ounces of water daily!
- **Nutritious Breakfast**
Try a TransformHQ Meal Replacement Shake.
- **Minimalist Skincare Routine**
Use an eye mask, jade roller & ice roller and SPF moisturizer
- **Drink Beauty Collagen**

Evening

- **Nutritious Dinner**
Grilled Salmon with Steamed Veggies
- **Stress Relief Activity**
Try meditating or journaling
- **Hair Care Practice**
Try a coconut & honey hair mask & scalp exfoliation with a bristle brush!
- **Adequate Sleep**
Aim for at least 7 hours of sleep

Afternoon

- **Stay Hydrated**
Refill your water bottle!
- **Nutritious Lunch**
Try a TransformHQ Meal Replacement Shake.
- **Physical Activity**
Take a brisk walk, or try a workout from the Transform at Home App!
- **Nutritious Snack**
Snack on some almonds or Greek yogurt with berries.
- **Reapply SPF Moisturizer**

Implement any or all of these ideas into your beauty routine based on your needs and preferences!