

The 5-Day Glow Routine Guide

Visibly clearer, brighter skin in five days.

Day 1 - Reset

Morning: gentle cleanse, no actives. Evening: double cleanse, plain moisturizer.

Day 2 - Hydrate

Morning: hydrating serum + moisturizer + SPF. Evening: hyaluronic acid under a richer cream.

Day 3 - Treat

Morning: vitamin C serum before moisturizer. Evening: one active only (retinol or acid).

Day 4 - Repair

Morning: same hydrate-first routine. Evening: repair cream, facial oil to seal overnight.

Day 5 - Glow

Morning: full routine + SPF, non-negotiable. Evening: full routine + weekly mask.

Not a substitute for advice from a licensed dermatologist.