

■ Welcome to Your Radiance Ritual ■

For years, I searched for ways to heal not only my skin, but also the wounds I carried inside. Betrayal, humiliation, and abandonment left their marks—not only in my heart, but in the way I saw myself in the mirror.

What I've learned is this: true beauty is never just skin deep. It begins within. When we release old beliefs, nurture ourselves with intention, and create gentle rituals of care, we allow both our spirit and our skin to shine.

This guide is my gift to you. Inside, you'll find:

- Simple morning and evening face rituals to nourish and renew your skin
- Essential oil blends to support hydration, repair, and youthful radiance
- A quick reference checklist to keep your practice easy and consistent

But this is more than skincare—it's soul care. Each time you massage your face, breathe deeply, or whisper an affirmation, you're telling your subconscious: I am worthy of love, renewal, and radiance.

As a hypnotherapist, I help people uncover the hidden beliefs that shape their lives, release the ones that no longer serve them, and install powerful new truths. Just as your skin can renew itself, so can your mind and spirit.

I invite you to use these rituals not only as a way to care for your skin, but also as a reminder of your inner strength and beauty.

With love and light,

[Your Name]

Certified Hypnotherapist



■ Daily Ritual Guide

■ Morning Ritual (Daytime Blend)

Cleanse – Use a gentle cleanser to refresh your skin.

Tone (optional) – Apply a hydrating toner or rose water mist.

Apply Oil – Place 2–3 drops of your daytime blend in your palm. Warm between hands.

Massage Sequence (2–3 minutes):

- Cheeks: Sweep upward from the chin to ears.
- Jawline: Gently press and release along the jaw.
- Under Eyes: Tap lightly from inner corners to temples.
- Forehead: Smooth from the center outward.

Seal & Protect – Let absorb, then apply sunscreen.

■ Evening Ritual (Nighttime Blend)

Cleanse Deeply – Remove makeup and impurities.

Steam or Warm Compress (optional) – Open pores with a warm towel for 1 minute.

Apply Oil – Use 3–4 drops of your nighttime blend. Warm between palms.

Massage Sequence (5 minutes):

- Neck: Sweep upward from collarbone to jawline.
- Cheeks & Jaw: Glide knuckles from chin upward.
- Mouth Lines: Trace upward circles around laugh lines.
- Forehead Lift: Lift upward above brows, hold 5 sec.
- Temples: Finish with circular motions at temples.

Breath & Intention – Place palms over face, inhale deeply, and set an affirmation (e.g., 'My skin is renewing, my spirit is radiant').

■ Optional Extras

Use a jade roller or gua sha tool with either blend to boost circulation.

Exfoliate once or twice a week before the evening ritual for deeper absorption.

■ Anti-Aging Face Oil Blend Recipes

■ Daytime Blend

Carrier Oils (1 oz / 30 ml bottle)	
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Jojoba oil	2 tsp
Grapeseed oil	2 tsp
Pomegranate seed oil	1 tsp
Essential Oils	
Geranium	4 drops
Frankincense	3 drops
Lavender	2 drops
Sandalwood	1 drop

■ Nighttime Blend

Carrier Oils (1 oz / 30 ml bottle)	
Rosehip seed oil	2 tsp
Jojoba oil	2 tsp
Argan oil	1 tsp
Essential Oils	
Frankincense	5 drops
Rose	3 drops
Helichrysum	2 drops
Carrot seed	2 drops