

■ Complete Daily Radiance Rituals ■

A three-part guide to begin, flow through, and close each day with clarity, renewal, and radiance.

■ Morning Radiance Breath Practice ■

■ Find Your Seat

Sit comfortably, close your eyes, and place your hands over your heart.

■ Three Deep Breaths

Inhale slowly through your nose for a count of 4. Hold gently for 2 counts. Exhale through your mouth for a count of 6. Repeat 3 times.

■ Affirmation Breath

On each inhale, think: 'I awaken with clarity and light.' On each exhale, think: 'I release heaviness and step into joy.' Repeat for 1–2 minutes.

■ Closing Moment

Whisper softly: 'Today, I welcome renewal, joy, and the strength to shine in my truth.' Smile gently to yourself and open your eyes.

■ Morning Radiance Ritual ■

■ 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 and press gently into face and neck.

■ Gentle Massage (2–3 min)

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

■ Affirmation Breath

Take three slow breaths. Inhale: 'I welcome clarity and light.' Exhale: 'I release all heaviness.'

■ Seal & Protect

Let the oil absorb, then apply sunscreen before stepping into your day.

■ Evening Radiance Ritual ■

■ Prepare Your Space

Dim the lights, light a candle, or place a drop of lavender oil on a tissue near your pillow.

■ Cleanse & Nourish

Wash your face slowly and mindfully. As you apply your nighttime oil blend, imagine smoothing away the weight of the day.

■ Gentle Massage (1–2 min)

- Sweep your hands upward from your jawline to your temples.
- Circle softly around your eyes and forehead.
- Rest your palms over your cheeks and feel their warmth.

■ Affirmation Breath

Close your eyes. Take three deep, slow breaths. On each inhale, silently repeat: 'I am worthy of renewal.' On each exhale, release any old stories or burdens.

■ Closing Intention

Whisper: 'Each day, I shine brighter in my truth and radiance.' Let the words settle into your subconscious as you drift toward rest.