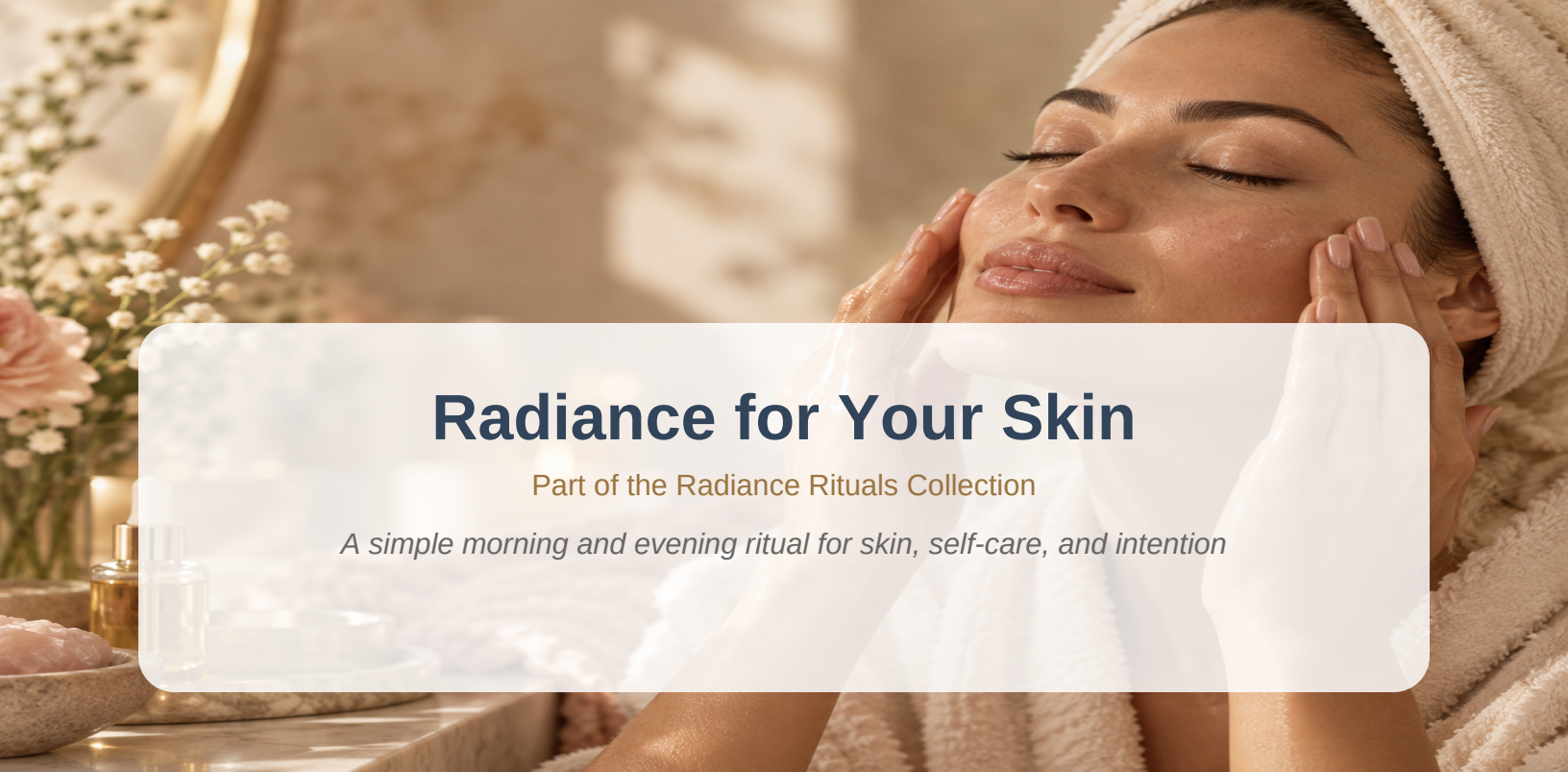




# Radiance for Your Skin

Part of the Radiance Rituals Collection

*A simple morning and evening ritual for skin, self-care, and intention*



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# Welcome

Radiance begins with how you care for yourself. What you repeat gently and intentionally becomes part of how you feel, how you see yourself, and how you show up in the world.

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 nurture ourselves with intention and create gentle rituals of care, we remind the body and mind that we are worthy of love, renewal, and radiance.

This guide is my gift to you. Use it as a soft place to begin—or return. Each time you massage your face, breathe deeply, or whisper an affirmation, you're sending your subconscious a powerful message: I matter. I am worthy of care. I am allowed to radiate.

## How to use this guide

- Choose what feels supportive. This does not have to be perfect to be powerful.
- A few intentional minutes in the morning and evening can become an anchor for how you care for your skin, your nervous system, and yourself.
- Let this be a ritual of return—back to softness, presence, and radiance.

This is not about chasing perfection. It's about creating a small daily practice that reminds you: *I am worthy of care. I am worthy of renewal. I am allowed to radiate.*



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## Morning Radiance

A gentle ritual to refresh, awaken, and protect.

### 1. Cleanse

Use a gentle cleanser to refresh your skin.

### 2. Tone (optional)

Apply a hydrating toner or a rose water mist.

### 3. Apply oil

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

### 4. Massage sequence (2–3 minutes)

- Cheeks: sweep upward from 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.

### 5. Seal & protect

Let the oil absorb, then apply sunscreen.

### Affirmation

*"I welcome the day with softness, clarity, and radiance."*

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## Evening Renewal

A soft close to the day—release, restore, and let yourself be cared for.

### 1. Cleanse deeply

Remove makeup, SPF, and the residue of the day.

### 2. Steam or warm compress (optional)

Open pores with a warm towel for about 1 minute.

### 3. Apply oil

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

### 4. Massage sequence (5 minutes)

- Neck: sweep upward from collarbone to jawline.
- Cheeks & jaw: glide knuckles upward from the chin.
- Mouth lines: trace upward circles around laugh lines.
- Forehead lift: lift upward above brows and hold for 5 seconds.
- Temples: finish with slow circular motions.

### 5. Breath & intention

Place your palms lightly over your face. Inhale deeply and exhale slowly.

### Affirmation

*“My skin is renewing. My body is softening. My spirit is at rest.”*

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## Radiance Blends

These blends are optional supports for your ritual. Adjust for your skin and preferences, and always patch test before use.

| Daytime Blend                      |                                                                                           |
|------------------------------------|-------------------------------------------------------------------------------------------|
| Carrier oils (1 oz / 30 ml bottle) | Jobaba oil — 2 tsp<br>Grapeseed oil — 2 tsp<br>Pomegranate seed oil — 1 tsp               |
| Essential oils                     | Geranium — 4 drops<br>Frankincense — 3 drops<br>Lavender — 2 drops<br>Sandalwood — 1 drop |

| Nighttime Blend                    |                                                                                            |
|------------------------------------|--------------------------------------------------------------------------------------------|
| Carrier oils (1 oz / 30 ml bottle) | Rosehip seed oil — 2 tsp<br>Jobaba oil — 2 tsp<br>Argan oil — 1 tsp                        |
| Essential oils                     | Frankincense — 5 drops<br>Rose — 3 drops<br>Helichrysum — 2 drops<br>Carrot seed — 2 drops |

### Optional Extras

- Use a jade roller or gua sha tool with either blend to encourage circulation.
- Exfoliate once or twice a week before the evening ritual for deeper absorption.
- Store your blends in a cool, dark place and patch test new oils before use.

### Quick Reference Checklist

- Morning: cleanse, optional tone, daytime blend, massage, sunscreen.
- Evening: deep cleanse, optional warm compress, nighttime blend, massage, intention.
- Keep it simple: consistency matters more than perfection.
- Let this ritual be a moment of connection—not another task to perform.

If this ritual resonates with you and you're ready for deeper support, I invite you to explore the Radiance Rituals collection and my Radiance Recalibration packages through Sunrise Consultations.

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With love and light,  
Sonni Wong  
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Sunrise Consultations