



SPRING 2026 -- PILLAR TWO -- FREE GUIDE

Spring Glow

Reset



Lighter. Fresher. More intentional. The season your skin starts again.



THE TRUTH Your Skin Is Seasonal Too

Your skin spent winter in survival mode -- barrier protection, heavy creams, minimal exposure. Spring asks something entirely different. Lighter textures. More hydration. A shift from protection to renewal.

"Spring skin doesn't need more. It needs the right things -- done with fresh intention."

Spring Skincare Audit -- Do This First

- Remove anything you haven't used in 30 days
- Remove any expired products (check dates)
- Remove anything your skin has reacted to, even mildly
- Remove anything bought out of FOMO, not need

Seasonal Swaps

- Heavy cream moisturiser → Lightweight gel or fluid
- Skipping SPF "indoors" → SPF 30+ every single morning
- Multiple actives layered → One targeted treatment, consistently
- Nightly overnight mask → Once per week only

THE 5-STEP SPRING GLOW RITUAL

Your Morning Skin Practice

01

Cleanse Gently

Lightweight cleanser, nothing stripping. Spring skin is transitioning and the barrier is sensitive. Lukewarm water only. 60 seconds minimum. This is not a task -- it is an opening ritual.

02

Mist and Layer Hydration

Rosewater mist while skin is still damp. Follow immediately with hyaluronic acid serum. The mist seals hydration in. This is the step most women skip -- and the one that creates the glow.

03

Moisturise Light

Spring calls for a lighter moisturiser. An aqua bomb or water-based cream. Apply upward and outward. Never downward.

04

Gua Sha -- 3 Minutes

A few drops of oil for glide. Neck, jaw, cheekbones, forehead. Three strokes per area, gentle pressure. Your spring lymphatic drainage -- it depuffs, lifts, and circulates. Seven days of consistency changes your face.

05

Protect and Refresh

SPF -- non-negotiable as spring UV increases. A spritz of the ice roller or cold rosewater mist closes pores and sets everything. Done. Your skin is reset.

THE GUA SHA SPRING TECHNIQUE

3 Minutes That Change Everything

"Consistency is the ritual. Seven days and her face remembered its natural lift. Twenty-one days and strangers asked what she was doing differently."

Direction Guide

- Neck: always downward toward collarbone (lymph drainage -- start here)
- Jaw: outward from chin toward ear, 3 strokes each side
- Cheekbone: outward from nose toward temple, angle slightly upward
- Forehead: upward from brow to hairline, smooth the stress out
- Under eye: very gently outward (never pull this skin)

Hydration -- From Every Direction

- Internal: 2.5L water daily minimum. Add electrolytes if you sweat
- Serum: hyaluronic acid on damp skin for maximum absorption
- Mist: mineral facial mist throughout the day, especially in air conditioning
- Diet: cucumber, watermelon, strawberries, asparagus -- spring hydration foods

WHAT YOUR SKINCARE CANNOT FIX

Cortisol and Your Skin

Cortisol is your body's primary stress hormone. When chronically elevated it does measurable damage that no cleanser or treatment can fully counteract. If your breakouts follow stressful periods -- this is why.

What Cortisol Does to Your Skin

- Increases sebum → breakouts
- Degrades collagen → premature aging
- Triggers inflammation → redness and sensitivity
- Impairs cellular repair → dullness
- Disrupts sleep → accelerated aging

Calm Skin Ritual -- Alongside Your Skincare

- 5-minute face massage before bed (activates parasympathetic state)
- Magnesium glycinate supplement (supports cortisol metabolism and sleep)
- Face oil ritual: warm two drops, press gently into skin, breathe deeply
- Silk pillowcase -- reduces friction and cortisol-related facial puffiness overnight

"She isn't using better products. She is living differently. And her skin reflects it."

YOUR COMPLETE SPRING ROUTINE

Light Layering -- 4 Steps Only

Morning

Gentle cleanser → Hyaluronic acid on damp skin → Lightweight moisturiser → SPF 30+

Evening

Oil cleanse → Gentle second cleanse → Vitamin C or niacinamide → Rich moisturiser

Twice Weekly Add-Ons

- Gua sha facial massage -- 5 minutes, 3x per week
- One gentle exfoliation -- AHA toner or enzyme mask

DEEPEN THE PRACTICE

The Spring Glow Reset Kit holds every product from this ritual -- chosen to make your spring skin practice feel as elevated as it is effective. Lighter, fresher, and completely intentional.

ENTER THE KIT -- SPRING GLOW RESET

radiantshe.com/spring