

The Glow All Summer Skin Challenge

Designed to support busy mums to keep their skin glowing amidst the chaos of summer with the kids



Hello lovely!

WELCOME!

I'm so excited that you're going on this mini journey! I promise, it's going to be super useful and help you to get glowing.

I'm Nicola, mum of teen and tween humans, plus a canine and feline fur baby. I'm also **The Fresh Face Coach** and help women get fresher, fitter faces and powerful skin, so that you can ditch the fillers and look incredible!

I've created this super simple challenge and workbook for ladies who want to rejuvenate their skin; to breathe some life back into it and reclaim their glow. For many of us, the visible signs of ageing become more prevalent as we advance in age and our skin also looks dull and lacklustre. Fears, doubts and worries creep in... we know we want to look better but we believe it takes too long... so we do nothing!

If you're nodding along, then hello friend! You're not alone and this is going to help you break out of this pattern. I'm here to show you that you CAN have naturally supple and glowing skin and a few simple tweaks is all it takes to get a fresher looking face! Even with the kids off school 🥰💯



Are you ready?

LET'S BEGIN!

Nicola
Kx

THE GLOW ALL SUMMER
SKIN CHALLENGE

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*Your face is a
beautiful connection
between your heart
and your mind*



Getting Started

STEP ONE

1

COMMIT TO THE CHALLENGE

This challenge has made its way into your life because you're ready to give yourself a boost. So the first rule of this is to commit to it! Make the decision to stick to the plan. Come rain or shine, just allow yourself that 5 mins! This is for YOU xx

STEP TWO

2

TAKE ACTION

It's amazing that you're here and that you've taken that first step, but now the thing is *continuing* to take the steps. So follow along and keep taking action and see how your skin reacts. You can contact me anytime! All my contact details are on the last page.

STEP THREE

3

HAVE FUN

This simple challenge is about helping you get into a routine of very simple steps and/or tweaks that you can make which will help give your skin a real boost. You'll be surprised at how simple changes can make a big difference!

Ready to get started? Fab! Let's do it...

Taking care of your face

Your Daily Dose of GLOW

In order to get glowing skin, you need to create new habits and that starts by taking little steps, every day.

So here are some very simple things you can do to help you achieve your glow goals.

1 • CLEANSE & HYDRATE

Follow a **simple** evening skincare routine: cleanse, then tone (don't miss this step!) and apply a hydrating moisturiser. This routine helps remove impurities, replenishes your skin's moisture and prepares you for a fresh start each day. If you can do this routine in the mornings too, top marks! Otherwise just *keep it simple* and do this only in the evenings. Remember to tick the box on your sheet each day! So satisfying.

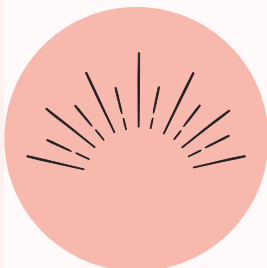
Ask me for product recommendations if you don't currently have a skincare range you use. It's important to use clean, toxin-free ingredients as everything you apply to your skin enters your bloodstream in seconds!



2 • PROTECT

Apply a broad-spectrum sunscreen with SPF 30 or higher every morning, even on cloudy days. SPF protects your skin from harmful UV rays that cause premature ageing, sunburn and skin cancer, helping you maintain a youthful glow. SPF is your number 1 anti-ageing hero ingredient – fact! SPF should be a stand-alone product and not added to your moisturiser, as moisturiser is a different formulation which sinks into your skin, while SPF sits on top like a shield!

Ask me for my recommendations if you don't already use one.



3 • FACIAL SCULPTING

Take a few minutes each day (if you can), or just twice each week for some facial massage. This helps boost circulation, reduces tension, and enhances your skin's radiance, feeding it from the inside out with all the fresh nutrients your blood brings to the surface. *You can achieve lots with just your hands!* It's so easy to fit this in – just add these moves to your evening moisturiser application! Or use a facial oil if you have one.

Copy the simple moves in this 2 min video: →

SCULPT MY FACE



4 • NOURISH SIMPLY

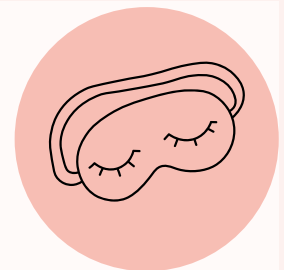


Food: Replace one of your usual snacks each week with a skin-friendly option like berries, nuts or dark choc.. Choosing nutrient-rich snacks supports skin health from the inside out, providing essential vitamins and antioxidants for a glowing complexion

Hydration: Drink some water every day to keep your skin hydrated.. This will help flush out toxins, keep your skin supple, and combat dryness caused by the summer heat. Keep a glass by your bedside (could pop slice of lemon in it too) and knock it back as soon as you wake! Do you have a water jug? Keep a glass by the jug to remind you!

5 • SLEEP

Sleep is a crucial component of your skincare routine, often referred to as 'beauty sleep' for a good reason! During sleep, your skin goes into repair mode, regenerating cells, producing collagen and addressing damage from daily exposure to pollutants and UV rays. Lack of sleep can lead to dark circles, a dull complexion, and premature aging, making it essential for maintaining radiant, glowing skin. Enjoy ticking this off on your sheet each morning!



THE GLOW ALL SUMMER SKIN CHALLENGE

Daily Routine

month:



CLEANSE &
HYDRATE



PROTECT



FACIAL MASSAGE



NOURISH



SLEEP

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My top 3 must-have products

REFINE PORES



RADIANCE CLEANSER

This cleanser is increds! It visibly refines pores and gives you a brighter complexion. It literally transforms your skin, leaving you feeling radiant and refreshed. If you're looking for brighter skin, refined pores or your skin is oily - this is for you! LOVE LOVE LOVE.

Click the link above and use the search bar to find it

SOFTEN LINES & BRIGHTEN



GLOW BERRY - VITAMIN C SERUM

Quite literally unlock the glow of confidence with this very active Vit C serum. It brightens your skin and really diminishes dark spots, whilst protecting your skin like a shief from environmental pollutants. Plus it diminishes lines! Pop into my [Facebook](#) group to see a clever experiement i did with an apple - you won't believe the results!

Click the link above and use the search bar to find it

REVERSE THE SIGNS



YOUTH POTION

This ground-breaking serum rapidly reverses the signs of ageing! It's a revolutionary form of Vit A and is proven to work over 10x faster than standard retinol to deliver powerful results, without the irritation! It's very clever, incredibly active and suits all skin types. This quite literally will change how your skin looks!

Click the link above and use the search bar to find it

For optimal summer skin, you really need facial SPF plus a great cleanser. However for my top (can't live without) products to take your results to the next level, these three are without doubt a powerhouse combination for brighter, youthful, glowing skin! Always remember though; broad-spectrum SPF is ultimately your number one ingredient to prevent premature ageing and should be applied every day, even in winter!



You've made it!

I really hope this simple mini challenge has helped you get into a routine of looking after your face and thinking about the essential components of healthy skin. It needs to last you a lifetime, so taking time to care of your skin is important! Stay tuned for the next post-summer challenge, in which we will go a little deeper and I'll help you to banish sun spots and pigmentation, etc. and learn how to give your face a natural lift!

This is just the beginning of looking after your skin! There are so many more ways I can help you.

If you're ready for the next steps, here's how we can work together...

Book a free 1-1 full skincare consultation!

Join my free Facebook group - The Fresh Faces Club

Visit me for a facial in my Glow Room - view all my treatments on my website. **OFFER: £10 off all facials for downloading this challenge!**

Book a 1-1 coaching session with me - fancy learning natural facelift massage, gua sha or facial cupping?

OFFER: £5 off all video coaching for downloading this challenge!

FIND ME AT:

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