



BEAUTY ROADMAP ITINERARY

FEMININE FLORAL BEAUTY

Day 1: Skincare Focus

Morning:

- Cleanser
- Toner
- Serum
- Moisturizer
- Sunscreen

Kickstart your beauty journey with a deep dive into skincare! Today's focus is on establishing a solid **morning and evening routine**.

- **Morning Routine:** Prioritize protection and hydration. A gentle cleanser, hydrating serum, and broad-spectrum SPF are essential.
- **Evening Routine:** Focus on cleansing and repair. Double cleansing removes makeup and impurities, while targeted treatments address specific concerns.

Evening:

- Makeup Remover
- Double Cleanse
- Exfoliate (2x week)
- Mask (as needed)
- Night Cream

Tip: *Consistency is key! Stick to your routine for at least 4 weeks to see visible results.*

Notes:

- My Skin type:
- Concerns to address:
- Products to try:

Day 2: Makeup Mastery

Morning:

- Primer
- Foundation/BB Cream
- Concealer
- Powder
- Blush/Bronzer
- Eyeshadow
- Mascara
- Lipstick/Gloss

Today, unleash your inner artist! Explore different makeup techniques and find what suits your style.

- **Everyday Makeup:** Focus on enhancing your natural features. A light base, subtle contour, and a pop of color on the lips are perfect.
- **Experimentation:** Try a bold lip, a smoky eye, or a new highlighting technique. Don't be afraid to step outside your comfort zone!

Tip: *Invest in quality brushes. They make a huge difference in application and blending.*

Evening (Optional):

- Experiment with looks

Notes:

- Makeup style:
- Looks to try:
- Products to buy:

Day 3: Haircare Haven

Routine:

- Shampoo (2-3x week)
- Conditioner
- Hair Mask (1x week)
- Leave-in Conditioner
- Heat Protectant
- Styling Products

Give your hair some love! A healthy haircare routine is essential for strong, shiny locks.

- **Wash Wisely:** Don't overwash! Shampooing too frequently can strip your hair of its natural oils.
- **Deep Condition:** A weekly hair mask provides intense hydration and repair.

Tip: *Use heat styling tools sparingly. Always use a heat protectant to prevent damage.*

Notes:

- Hair type:
- Hairstyle:
- Products to use:

Day 4: Self-Care Sanctuary

Activities:

- Meditation
- Yoga/Exercise
- Reading
- Bath
- Journaling
- Spending time with loved ones

Beauty is more than skin deep. Nurture your mind and body with self-care activities that bring you joy.

- **Relaxation:** Create a calming atmosphere with candles, essential oils, and soft music.
- **Mindfulness:** Practice meditation or yoga to reduce stress and improve mental clarity.

Tip: *Schedule time for self-care each day, even if it's just for 15 minutes.*

Notes:

- Stress relief methods:
- Relaxing Activities:
- Goals:

Next Steps

Congratulations on completing your initial beauty roadmap! Remember that beauty is a journey, not a destination. Stay curious, experiment, and most importantly, have fun!

- **Review:** Take time to reflect on what you've learned and adjust your routine as needed.
- **Research:** Investigate new products and trends that catch your eye.
- **Repeat:** Incorporate these steps into a daily routine, and enjoy the results!



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