

THE GLOWGA GLOW GUIDE

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MICHELLE GREENWOOD



WELCOME

*Hello lovely, I'm so glad you're
here.*

At Glowga, I believe that true radiance doesn't come from perfection. It comes from how we care for ourselves each day.

When we move our bodies, calm our minds, nourish ourselves and create moments of rest, we naturally begin to glow from the inside out.

This 7-day guide is designed to help you reconnect with yourself through simple daily practices that support your wellbeing.

There is no pressure to do everything perfectly.

Simply take a few moments each day for yourself and notice how you feel.

Let's begin.

DAY 1

Hydrate & Shine

Your body is made up of around 60% water, and even mild dehydration can affect your energy, concentration and overall wellbeing.

Today's Glow Practice:

- * Start your morning with Simon Ourian Rise
- * Carry a water bottle with you throughout the day.
- * Add fresh lemon, cucumber or mint if you enjoy it.

Glow Reflection

How do you feel when you're properly hydrated?
What small change could you make to drink more water each day?

Glow Favourite

A beautiful reusable water bottle can be a simple reminder to prioritise yourself.

[Simon Ourian Rise](#)



DAY 2

Move With Intention

Movement doesn't have to be intense to be transformative.

Today's practice is simply to move your body for 10 minutes.

Choose whatever feels good:

- * A gentle yoga flow
- * Stretching
- * A walk outdoors
- * Dancing around your kitchen

Glow Reflection

How did your body feel before you moved?

How do you feel now?

Glow Reminder

Movement is a celebration of what your body can do, not a punishment for what you ate.

DAY 3

Breathe & Reset

When life feels busy, our breath is often the first thing we neglect.

Today's practice:

Find a quiet place.

Breathe in for a count of 4.

Breathe out for a count of 6.

Repeat for 5 minutes.

Glow Reflection

What changed when you slowed your breathing?

Did your body feel calmer?

Glow Tip

Your breath is one of the most powerful wellbeing tools you have, and it's always available to you.

DAY 4

Nourish From Within

Radiance starts from within.

Today's focus is nourishment.

Choose one simple act of self-care around food.

Ideas include:

- * Eating without distractions
- * Adding more colourful foods to your plate
- * Enjoying a calming herbal tea
- * Preparing a meal with care
- * Introduce Collagen into your routine

Glow Reflection

What does nourishment mean to you?

How can you show your body more kindness?

Simon Ourian Radiance



DAY 5

Create Space

Many of us spend our days caring for everyone else.

Today, create space just for you.

Choose one:

- * Read a book
- * Take a mindful walk
- * Journal for 10 minutes
- * Enjoy a cup of tea without your phone

Glow Reflection

How did it feel to slow down?

What did you notice?

Glow Reminder

Rest is not something you earn.

It's something you deserve.

DAY 6

Rest & Restore

Sleep is one of the greatest gifts we can give ourselves.

Tonight, create a calming evening ritual.

Ideas:

- * Gentle stretching
- * Reading
- * A warm bath
- * Skincare as self-care
- * Switching off screens earlier

Glow Reflection

What helps you feel rested and restored?

What gets in the way?

Glow Favourite

Choose one evening ritual you can continue beyond this guide.

DAY 7

Find Your Glow

Take a moment to reflect on the past week.

Think about:

- * Which practice felt most supportive?
- * What helped you feel calmer?
- * What helped you feel more energised?
- * What would you like to continue?

The truth is, your glow was never missing.

Sometimes it simply gets hidden beneath stress, busyness and the demands of everyday life.

Every small act of self-care helps you reconnect with the healthiest, happiest version of yourself.

Your glow comes from how you live, how you care for yourself and how you honour your wellbeing.

And that glow is already within you.

Your Personal Glow Ritual

Choose one practice from this guide to continue each day:

Hydration

Movement

Breathwork

Nourishment

Quiet Time

Rest

My commitment to myself is:

Stay Connected

If you've enjoyed this guide, I'd love to welcome you to The Weekly Glow.

Each week you'll receive:

- ✨ Wellbeing inspiration
- ✨ Simple yoga practices
- ✨ Self-care rituals
- ✨ Seasonal reflections
- ✨ My favourite Glowga recommendations

Join me at Glowga and let's continue glowing from the inside out.

With love,

Michelle
Founder, Glowga