STELIMASA HEALTH

WELLNESS GUIDE

The Everyday Glow Routine

Seven practical days for simple skincare, everyday protection and well-cared-for skin.

An uncomplicated routine, without exaggerated promises or unnecessary products.

7 gentle daily practices
14-day habit tracker
Trusted US health resources

FREE PRACTICAL WELLNESS GUIDE



START HERE

Make skincare simpler

A ROUTINE FOR REAL LIFE

Good skincare need not involve a long shelf of products. This seven-day guide introduces the foundations of gentle cleansing, moisturising and daily sun protection, alongside enjoyable personal-care habits.

Choose what works for your own skin, environment, budget and preferences. This guide cannot diagnose skin conditions or replace qualified advice.



YOUR THREE-PART APPROACH

NOTICE	Pay attention to how your skin feels.
TRY	Introduce one simple practice.
KEEP	Repeat what is comfortable and useful.

Persistent irritation, changing lesions or new concerning skin symptoms deserve a conversation with a qualified healthcare professional.

DAY 1 OF 7

Cleanse gently

Start with what your skin can tolerate.

NOTICE

Notice whether your skin feels comfortable, dry or tight after washing. Hot water and aggressive scrubbing may be irritating. Skin types, cosmetics and personal needs differ.

TRY

Try lukewarm water and a gentle cleanser suitable for your skin. Pat dry rather than rubbing. If washing twice daily is too drying, follow your dermatologist’s advice and adapt the routine.



ONE SMALL ACTION IS ENOUGH TODAY

REFLECT

How did your skin feel after a gentle cleanse?

THE SMALL STEP

Choose a simple, comfortable cleansing routine.

DAY 2 OF 7

Choose daily sun protection

Make broad-spectrum SPF a routine.

NOTICE

Notice how much time you spend outdoors, including errands and daily walks. UV exposure affects skin at different ages and across skin tones. Shade, clothing and sunscreen all have a role.

TRY

For outdoor protection, choose a broad-spectrum, water-resistant sunscreen with SPF 30 or higher, as recommended by the American Academy of Dermatology. Apply it according to the label and reapply as directed, especially after swimming or sweating.



ONE SMALL ACTION IS ENOUGH TODAY

REFLECT

What would help you remember protection before going out?

THE SMALL STEP

Check your sunscreen label and place it where you will use it.

DAY 3 OF 7

Moisturise comfortably

Support a practical daily skin routine.

NOTICE

Some skin feels dry after bathing, while other skin may need less moisturiser. Fragrance, season and sensitivity can change what feels comfortable. Notice rather than chase a particular appearance.

TRY

Choose a moisturiser suited to your skin. Applying it after washing or bathing may help with dryness. If you have eczema, irritation or another skin condition, follow personalised clinical guidance.



ONE SMALL ACTION IS ENOUGH TODAY

REFLECT

Which product texture feels comfortable for you?

THE SMALL STEP

Choose one moisturising habit you can repeat.

DAY 4 OF 7

Introduce less, not more

A considered change is easier to evaluate.

NOTICE

A crowded shelf can make it difficult to know what suits your skin. Multiple new products used together may increase irritation and complicate identifying a trigger.

TRY

Read the instructions and ingredient lists of your products. Introduce one optional new cosmetic at a time and patch test when appropriate. Stop using a product if irritation develops and seek advice for persistent reactions.



ONE SMALL ACTION IS ENOUGH TODAY

REFLECT

Which products are truly useful in your routine?

THE SMALL STEP

Simplify your shelf before adding anything.

DAY 5 OF 7

Create an evening ritual

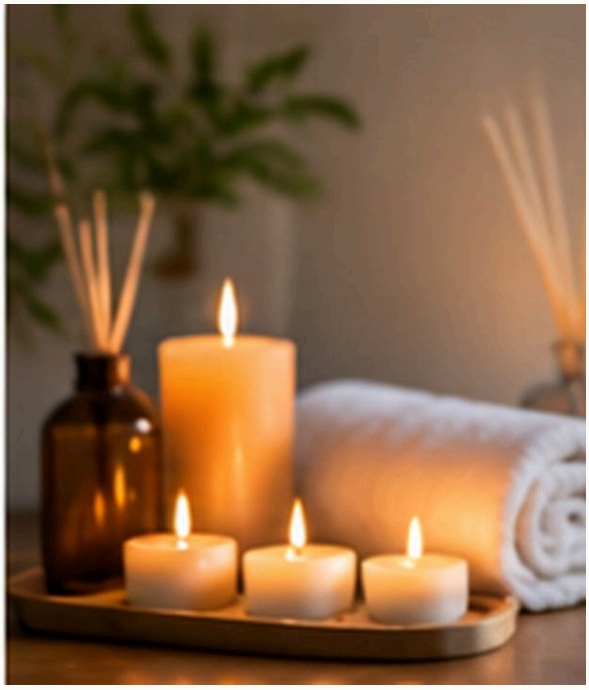
Finish the day without over-cleansing.

NOTICE

Make-up, sunscreen and other products may need removing at the end of the day. Harsh exfoliation and repeated washing are not necessary for everyone.

TRY

Gently remove products according to their directions, cleanse without scrubbing and moisturise if your skin needs it. Pair the routine with an existing cue such as brushing your teeth or preparing for bed.



ONE SMALL ACTION IS ENOUGH TODAY

REFLECT

What is the simplest evening routine you will maintain?

THE SMALL STEP

Keep your evening cleansing and moisturising manageable.

DAY 6 OF 7

Make space for self-care

Personal wellbeing extends beyond skincare products.

NOTICE

Think about which moments make you feel restored: a favourite drink, reading, a conversation, movement or quiet time. Self-care need not be expensive or elaborate.

TRY

Choose a relaxing activity that fits your day, even for ten minutes. Enjoy a walk, garden, rest or favourite hobby. Healthy living does not guarantee any specific cosmetic result, but these routines can still be valuable.



ONE SMALL ACTION IS ENOUGH TODAY

REFLECT

Which enjoyable habit would you like to repeat?

THE SMALL STEP

Make time for one restorative activity.

DAY 7 OF 7

Keep what works

Consistency without a complicated regimen.

NOTICE

Review the previous six practices. Consider comfort, effort, cost and any reactions. You do not need to buy more products to complete the programme.

TRY

Select two or three practices for the next fortnight, such as gentle cleansing, appropriate daily sun protection and moisturising when needed. Seek professional advice for changing moles, persistent rashes or troubling skin symptoms.



ONE SMALL ACTION IS ENOUGH TODAY

REFLECT

Which small choices are worth keeping?

THE SMALL STEP

Choose up to three habits for your tracker.

ADAPT THE ROUTINE

When life gets in the way

A flexible approach is easier to maintain.

My skin feels sensitive

Use fewer products, avoid known irritants and seek clinical advice if reactions continue.

I only have five minutes

Prioritise the basics: comfortable cleansing, moisturiser as needed and sun protection.

I am concerned about a changing mark

Do not self-diagnose. Ask a dermatologist or clinician about changing, bleeding or unusual skin lesions.

I am considering supplements

Review independent evidence and interactions. Supplements are not essential to good skincare.

FOURTEEN DAYS OF CONSISTENCY

Your habit tracker

Choose up to three practical actions. Tick when you try one; perfection is not the goal.

HABIT A _____

HABIT B _____

HABIT C _____

DAY	HABIT A	HABIT B	HABIT C
01	☐	☐	☐
02	☐	☐	☐
03	☐	☐	☐
04	☐	☐	☐
05	☐	☐	☐
06	☐	☐	☐
07	☐	☐	☐
08	☐	☐	☐
09	☐	☐	☐
10	☐	☐	☐
11	☐	☐	☐
12	☐	☐	☐
13	☐	☐	☐
14	☐	☐	☐

One observation worth remembering: _____

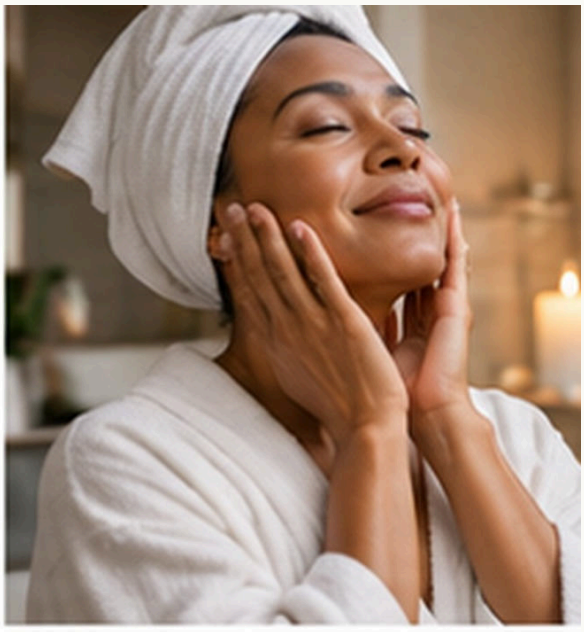
BEFORE YOU FINISH

Habits first, choices second

A SUPPORTIVE REMINDER

You do not need supplements or expensive cosmetic products to follow this guide. Cleansing, sun protection and sensible moisturising are the foundations of a simple skincare routine.

Evidence for biotin improving hair, skin or nails in people without deficiency is limited. Biotin may interfere with some laboratory tests. Facial oils do not replace sunscreen and may not suit every skin type.



WHEN TO SEEK ADVICE

Consult a qualified dermatologist or clinician for persistent irritation, new or changing skin lesions, bleeding, unusual pigmentation, severe acne or other concerns. Review product ingredients and medications before taking supplements.

TRUSTED US SOURCES

American Academy of Dermatology | Skin care

NIH ODS | Biotin

FDA | Biotin lab-test interference

OPTIONAL SKINCARE SUPPORT

The Glow Ritual Set

An option, not a requirement.

TWO GENUINE STELIMASA HEALTH PRODUCTS

GLOW & RENEW

A biotin-containing dietary supplement. Evidence for cosmetic benefits without deficiency is limited. Disclose biotin use before laboratory tests.

RITUAL FACE SCULPTING OIL

A cosmetic oil containing rosehip and vitamin E. Review its full ingredient list and patch test when appropriate. It does not replace SPF.

EXPLORE THE GLOW RITUAL SET

US Shopify listed price: $44.90 | See genuine product photographs and details

The products are optional. They do not diagnose, treat, cure or prevent disease. Check current price, labels and suitability on Shopify.

SAVE 15% ON YOUR ORDER

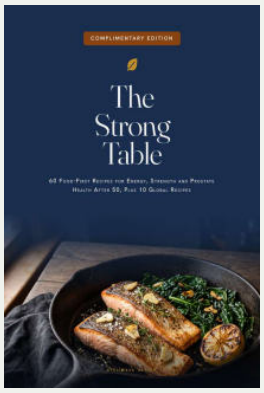
USE CODE WELCOME15 AT CHECKOUT

Final eligibility and price confirmed at checkout.

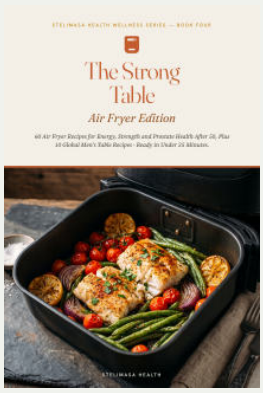
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Keep what works for your skin.

Keep the routine gentle. Use sun protection, notice what suits you, and revisit your tracker whenever your needs change.

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