



# The Skin Confidence Reset Guide

A 5-Day Ritual to Soothe Stress, Reignite Radiance & Fall Back in Love With Your Skin

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## A Note From Me to You

Dear Beautiful Soul,

If you've landed here, you're likely tired — not just in your body, but in your skin, your spirit, your nervous system.

You've tried the products. You've followed the routines.

But something still feels off.

Maybe you feel disconnected.

Maybe nothing's working the way it used to.

Maybe you just want to feel like yourself again.

I created **The Skin Confidence Reset** for moments like these — for women like you.

This isn't just a skincare routine.

It's a *soft return*.

A nervous system reset disguised as self-care.

A quiet remembering that your glow was never gone — it was just waiting for safety, softness, and stillness to come back online.

Inside these pages, you'll find more than rituals.

You'll find breath.

You'll find rhythm.

You'll find you.

Take your time. Go gently. Repeat what feels good.

The more you return to this rhythm, the more your skin and nervous system will trust you.

And know that I'm walking beside you, every step of the way.

With calm, care, and radiance,

**Gurwinder Sokhi**

Renajo Skin Clinic

## Why This Works

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These rituals support your:

- Nervous system (restoring a sense of internal calm)
- Immune system (via gentle lymphatic flow)
- Skin barrier (via hydration, nutrients & stress relief)

Over time, these small acts reduce the inner tension that shows up on your face as:

- Redness
- Puffiness
- Dullness
- Sensitivities
- Hormonal breakouts
- Tight, dry, or inflamed skin

This is the bridge between skincare, soul care, and stress recovery.



## Your 5-Day Skin Confidence Reset

Each day builds gently upon the last.





By Day 5, you'll be flowing in rhythm.

This is your *calm glow* practice — keep it forever.

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### DAY ONE — Return to Breath

**Theme:** Calm begins from within

 <b>Ritual</b>	<ul style="list-style-type: none"><li>• Sit in a quiet space.</li><li>• Inhale for <b>5 seconds</b>, hold for <b>3</b>, exhale for <b>7</b>.</li><li>• Repeat 5 times.</li></ul>
 <b>Sip + Soothe</b>	<ul style="list-style-type: none"><li>• Brew tulsi or chamomile tea.</li><li>• Let it calm your nervous system and support detox.</li></ul>
 <b>Mirrorwork</b>	<ul style="list-style-type: none"><li>• Look into your eyes.</li><li>• Say aloud: "You are safe. You are healing. You are beautiful."</li></ul>
 <b>Journal Prompt</b>	<ul style="list-style-type: none"><li>• "What does calm feel like in my skin?"</li></ul>

## DAY TWO — Return to Rhythm

**Theme:** Nourish with ritual, not routine.

### **Skincare Sequence (AM & PM)**

- Cleanse
- Apply antioxidant serum
- Apply **nourishing oil** (jojoba, avocado or rosehip)
- Gently press into **marma points** (30 seconds each)
- Light **lymphatic drainage** massage
- Moisturiser
- SPF (morning)

 *This creates flow, hydration, circulation, and connection.*

Refer to the diagrams for Radiant Skin Rejuvenation - Ayurveda Marma Point Massage & Lymphatic Drainage Massage.

### **Outdoor Grounding (Optional)**

- Spend 10 minutes barefoot on grass in the morning sun. Breathe deeply. Let your body align.

### **Journal Prompt**

- “How does my skin feel after this rhythm?”

## **Lymphatic Drainage Massage – Face and Neck**

### **Lymphatic Drainage Massage Instructions**

After completing the marma points massage, apply some oil (such as jojoba or rosehip) to your face and neck, and begin this gentle relaxing massage.

1. **Neck to Collar Bone:** Gently massage from your neck down to your collar bone using both hands with light, feather-like strokes. Perform this for eight passes.
2. **Jawline:** Move up to the jawline, and with both hands, work from the center of your chin toward the corner of the right ear lobe. Complete five passes, then repeat on the left side.
3. **Chin and Mouth:** Focus on the chin and mouth area, massaging upwards and outwards towards the right ear. Complete five passes, then repeat on the left side.
4. **Ear to Collar Bone:** From the right ear, gently drain downward towards the collar bone for five passes, and then repeat on the left side.
5. **Cheeks:** Massage the cheeks by moving from the right side of the nose upwards toward the ear. Complete five passes, then do the same on the left side.
6. **Nose:** Massage from the bridge of your nose down to the tip, performing this five times.
7. **Eyes:** Moving to the right eye, use your fingertips to gently press and drain from the inner corner of the eye outwards toward the right ear. Do five passes and repeat on the left eye.
8. **Forehead:** Using upward strokes, massage from the bridge of your nose up toward your hairline for five passes.
9. **Forehead to Ears:** Work from the center of your forehead outwards towards the ears on both the right and left sides.
10. **Final Drain:** Finally, drain from the ears down the neck toward the collar bone. Complete 8 passes.
11. **Skincare Routine:** Follow up with your usual skincare routine.



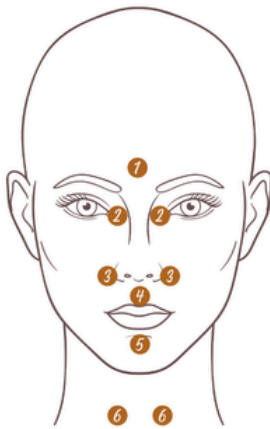
## Radiant Skin Rejuvenation Ayurvedic Marma Point Massage

### 7 STHAPNI / AJNA THIRD-EYE

- Relieves headaches
- Improves concentration
- Calm and clears the mind
- Balances emotions

### 3 PHANA

- Increase flow of energy/prana
- Relieves sinus problems
- Improves perception
- Improves nasal congestion

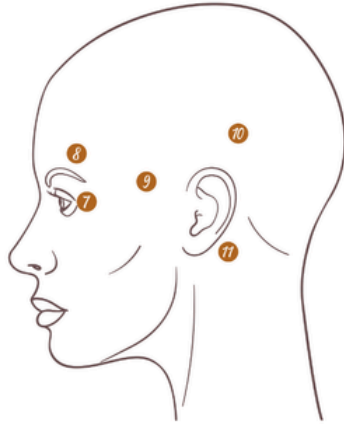


### 6 MANYA DHAMNI

- Benefits in speech
- Improves taste
- Improves perception
- Improves blood circulation

### 7 APANGA - CORNER OF THE EYES

- Relieves headaches
- Benefits all Eye related issues
- Balances pitta

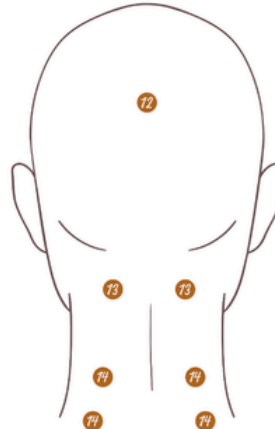


### 10 UTKSHEPA

- Relieves stomach pain
- Relieves headaches

### 11 VIDHURAM

- Improves hearing
- Manages head support

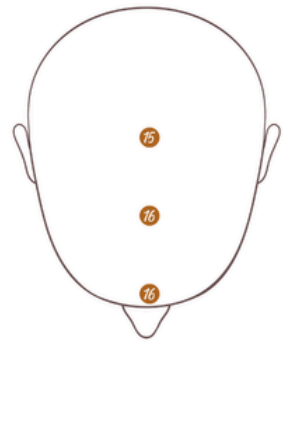


### 15 SIRAMATRIKA

- Improves blood circulation
- Reduces stress
- Reduces body stiffness

### 15 ADHIPATI / MURDHNI - CROWN CHAKRA

- Balances Emotions
- Spiritual Awakening
- Treats epilepsy



### 2 SHRINGATAKA

- Benefits Eyes, Nose, Kidneys, Adrenals
- Releases tension
- Improves digestion
- Improves mental awareness
- Relieves stress
- Improves hormonal imbalance

### 6 AVARTA- ABOVE EYE BROWS

- Relieves headaches
- Benefits Eyes
- Better circulation to brain
- Releases trapped emotions

### 9 SHANKA - TEMPLES

- Benefits speech
- Helps memory
- Relieves headaches
- Relieves stress and tension

### 12 SIMANTAKAS

- Relieve trapped emotions
- Improves blood flow
- Improves intelligence
- Boosts self-confidence

### 13 KRIKATIKAS

- Reduces stiffness
- Benefits in treating tremors
- Treats disabilities

### 16 SIMANTAKAS

- Relieve trapped emotions
- Improves blood flow
- Improves intelligence
- Boosts self-confidence

## 🌸 DAY THREE — Reflection Reclaimed

**Theme:** Come home to your face.

### 🌿 Gentle Movement

- Stretch, walk, or do soft yoga for 10 minutes.

### 📅 Skincare + Touch

- Repeat full skincare ritual.
- This time, do it slowly. Stay connected.
- Whisper: "Thank you, skin."




### 🖋️ Journal Prompt

- "If my skin could write me a thank-you note, what would it say?"

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## DAY FOUR — Nourishment Integrated





**Theme:** Beauty begins in the belly.

 <b>Glow Juice (AM)</b>	<p>Start your morning with:</p> <ul style="list-style-type: none"><li>• Beetroot</li><li>• Carrot</li><li>• Ginger</li><li>• Lemon</li><li>• Hydrate, detox, and glow from the inside.</li></ul>
 <b>Breakfast Upgrade</b>	<ul style="list-style-type: none"><li>• Fresh fruit + pumpkin, sesame, walnuts, almonds</li><li>• Avoid refined carbs in the morning</li></ul>
 <b>Lunch &amp; Dinner Plate</b>	<ul style="list-style-type: none"><li>• Start with a fresh salad</li><li>• Add healthy fats: flaxseed oil, extra virgin olive oil, avocado</li><li>• Plate: ⅓ protein (lentils/chickpeas), ⅓ veggies, ⅓ whole grain (quinoa, millet)</li><li>• Early dinner helps digestion</li><li>• Stay hydrated</li><li>• Cut down on sugar, refined carbs, and soft drinks</li></ul>

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## DAY FIVE — Glow Remembered

**Theme:** Your glow returns when you feel safe.

 <b>Grounding Ritual</b>	<ul style="list-style-type: none"><li>• Morning barefoot sun time.</li><li>• Stretch. Deep breathe.</li><li>• Let your nervous system exhale.</li></ul>
 <b>Full Skincare Ritual</b>	<ul style="list-style-type: none"><li>• You know it now — do it with love.</li></ul>
 <b>Sacred Closure</b>	<ul style="list-style-type: none"><li>• Place one hand on your face, one on your heart.</li><li>• Breathe in calm.</li><li>• Say aloud: “Thank you for healing with me.”</li></ul>
 <b>Final Journal Prompt</b>	<ul style="list-style-type: none"><li>• “What will I carry forward from this experience?”</li></ul>

## ✨ Mini Glow Markers to Notice

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You may feel...

- A soft calm in your body
- Less puffiness and tightness
- More hydration and resilience
- A gentle glow before the mirror even notices

Your skin feels safe again.

## 🧘♀️ Ready to Go Deeper?

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You've begun reconnecting to your skin — now it's time to continue your healing with support.

## 🌿 Book Your First-Time Here Facial


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A complete 2.5-hour experience designed to reset your skin, your nervous system, and your confidence.

Includes:

- Consultation + Observ 520 Skin Scan
- Infra-red Therapy + ENAR Energy Healing
- Marma Point + Lymphatic Massage with Kansa Wand
- Bespoke DermaVIDUALS Facial
- LED Therapy
- Before/After Photos
- Skincare Prescription
- A **Skin Journey Gift Pack** valued at **\$486**

All this for just \$199 (valued at \$791)

 Limited bookings available — [Claim my First-Time-Here Facial]

Cond. Apply: Prices subject to change without prior notice



## Come Back to This Ritual Anytime

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Print it. Save it. Keep it close.

Repeat it as a daily reset, a seasonal healing, or a sacred pause when life feels loud.

The more you follow this rhythm, the more your skin, mind, and emotions align.

And your glow?

It was never gone.

It's just been waiting for you to return.

With calm, care, and confidence.

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