

GLOW CHECK



**Because glowing skin isn't a
filter, it's a lifestyle!!**

BY HARPREET PASRICHA

Why this guide??

Ever looked in the mirror and wondered why your skin looks tired even after using expensive products?



Truth Bomb

Real glow comes from habits, not highlighters.

This guide brings you skin-loving rituals + easy desi-nuskhe that work from the inside out.



Glow Check - Are You Doing These Daily?

1. Clear Your Stomach Every Morning:

A healthy digestive system is the foundation of radiant skin. Begin your day with warm water infused with lemon or soaked raisins to stimulate digestion. Incorporating fiber-rich foods like flaxseeds and chia seeds can also promote regular bowel movements, reducing toxin buildup that may lead to skin issues.

2. Drink at Least 2 Liters of Water:

Hydration is key to maintaining skin elasticity and suppleness. Aim to drink at least 2 liters of water daily. Enhance your hydration by adding slices of cucumber, lemon, or mint to your water, which not only improves taste but also provides additional antioxidants.

3. Facial Exercises 3 Times a Week:

Facial yoga can tone facial muscles, improve circulation, and promote a natural glow. Practicing exercises like cheek lifts, jaw releases, and forehead smoothers for 15–20 minutes, three times a week, can lead to noticeable improvements in skin firmness and reduced fine lines. Studies suggest that consistent facial exercises may enhance muscle tone and facial appearance over time.

4. Consume Veg Juices 2–3 Times a Week:

Vegetable juices are rich in vitamins & antioxidants that nourish the skin from within. Incorporate juices like:

- Tomato + Carrot + Amla: Boosts collagen production and imparts a natural glow.
- Cucumber + Mint + Lemon: Hydrates and detoxifies the skin.
- Bottle Gourd + Coriander: Cooling effect that reduces skin inflammation.

Blend veggies in a mixer instead of juicer to retain fiber and nutrients and keep the goodness intact.

5. Include Superfoods in Your Diet:

Superfoods provide essential nutrients that support skin health:

- **Aloe Vera Juice:** Rich in vitamins A, C and E, it hydrates the skin & has anti-inflammatory properties.
- **Moringa Powder:** Packed with antioxidants, it combats oxidative stress and supports collagen formation.
- **Flaxseeds:** High in omega-3 fatty acids, they help maintain skin moisture and elasticity.

Incorporating these into your diet can enhance skin texture and appearance.

6. Night time Skincare Ritual:

A consistent night time routine aids skin regeneration:

- **Remove Makeup:** Always cleanse your face to prevent clogged pores.
- **Gentle Cleansing:** Use a mild cleanser suitable for your skin type.
- **Facial Massage:** Spend 2-3 min massaging your face with aloe vera gel or a suitable facial oil to improve circulation & promote relaxation.

This routine supports skin repair and rejuvenation during sleep.

THE GLOW MASK



CURD + HONEY + TURMERIC

Brightens, hydrates, reduces spots

STEAM + ICE COMBO

**Steam 5 mins to detox → Ice rub to tighten
→ Natural spa at home**

Pro Tip: Always sleep by 10:30 PM. Skin loves beauty sleep more than beauty creams.

Your skin is your story — let it glow loud and proud.

Glow is not in products. It's in habits, hydration, and how lovingly you treat yourself.

So here's your reminder:

Eat clean. Move daily. Sleep early. Smile often. And never forget — the glow-up is an inside job.

important note

If you're taking medications or have any medical conditions, be aware that certain superfoods and vegetable juices may interact with your treatments.

Please consult your healthcare provider or speak with our nutritionist before making significant dietary changes.





Thank you!

Harpreet Pasricha, one of India's leading experts on nutrition. She has been actively involved in the weight loss and wellness space for over 24+ years and her lifelong interest in a natural and healthy way of life led her to founding Diet Dr Clinic.



[Diet Dr Clinic Website](#)

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Through our free E-Books and other online resources, we hope to share our vast knowledge and expertise with you, to enable you to live a better life. The health tips and lifestyle practices shared across our E-Books have been developed over years of experience in the field of Nutrition.

Our E-Books will help you to develop a better understanding of your body and overall health. You will learn about the important indicators of health and wellness, using which, you will be able to determine the state of your health and assess the need to take corrective action towards improvement.

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