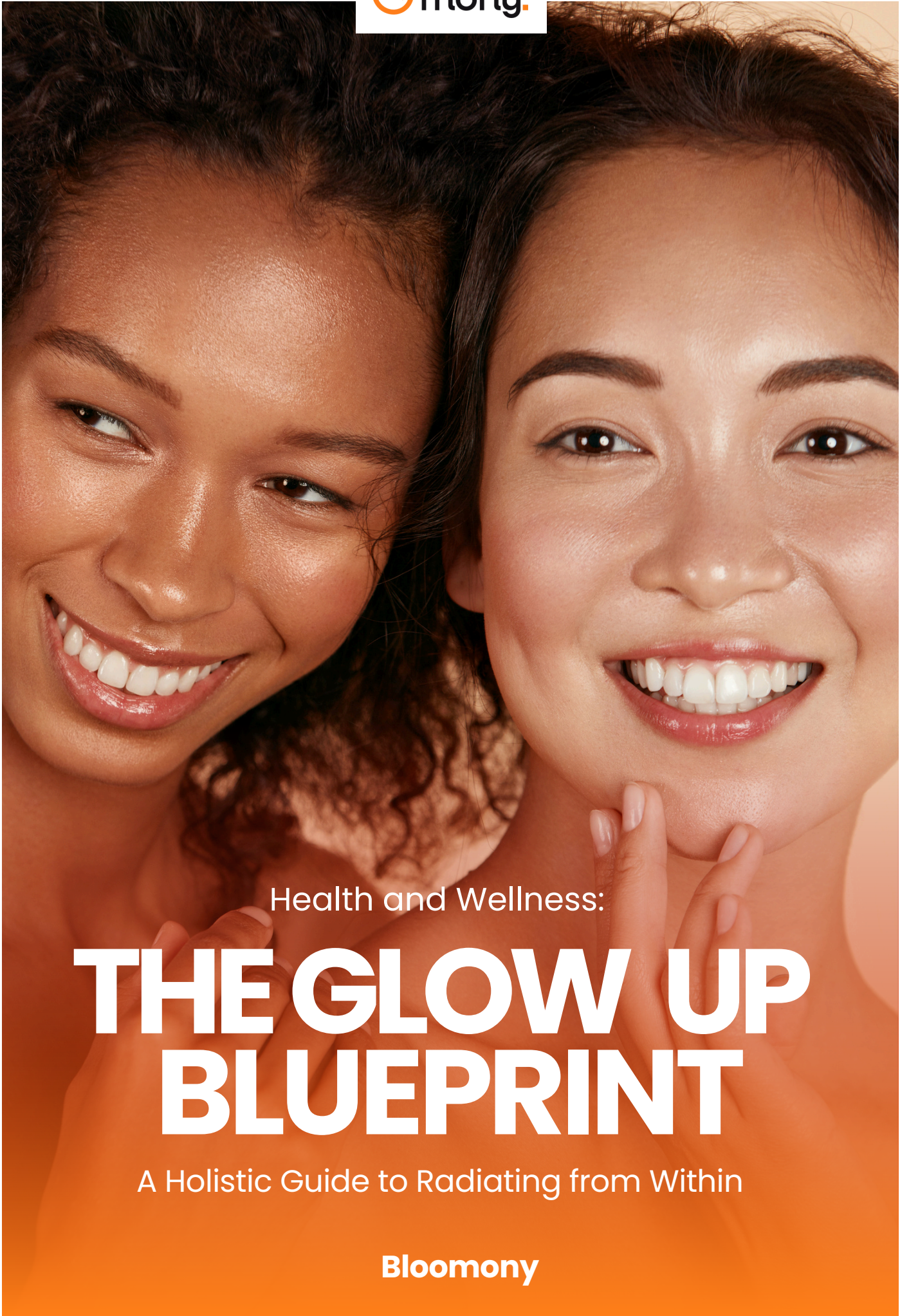


A close-up photograph of two women with dark skin and curly hair, smiling warmly at the camera. The woman on the right is resting her chin on her hand. The background is a soft, warm orange gradient.

Health and Wellness:

THE GLOW UP BLUEPRINT

A Holistic Guide to Radiating from Within

Bloomony

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Introduction to The Modern Glow Up

The term “glow up” has become a cultural phenomenon, often tied to dramatic transformations. But a true, lasting glow up is more than appearances. It is about building healthy, sustainable habits that allow your natural vitality to shine through.

Today, this journey is no longer limited to creams and serums. Modern beauty tools make it possible to achieve professional-level results from home, amplifying your efforts and accelerating visible results.

This guide blends foundational skincare wisdom, beauty nutrition, and advanced technology to help you unlock your most radiant self. And with the Bloomony AgeBooster Pro Microcurrent Facial Device, you can enhance your results, bringing spa-level treatments into your daily routine.

This is not about changing who you are, it is about elevating your natural glow, powered by a fusion of proven routines and innovative technology.

Fueling Your Glow

The Beauty Nutrition Guide

Your skin's health reflects what you put into your body. A nutrient-rich, balanced diet supports a luminous complexion and helps address common beauty concerns like dullness, texture, and dryness.



Key Glow-Boosting Nutrients

- **Vitamin A:** Encourages healthy cell turnover for smooth, radiant skin (sweet potatoes, carrots, spinach).
- **Vitamin E:** Protects skin cells from premature aging (seeds, nuts, spinach).
- **Zinc:** Supports elasticity and repair (seafood, nuts, whole grains).
- **Omega-3s:** Hydrates and calms inflammation (salmon, chia seeds, walnuts).

Your Daily Glow Habits

- Drink at least **2 litres of water** daily.
- Prioritise **antioxidant-rich foods** (berries, leafy greens).
- Include **healthy fats** and **lean proteins** to keep your skin plump and nourished.

Your **DAILY** Skincare



The Foundation of Radiance

Consistency matters more than complexity. A simple AM/PM skincare routine protects, repairs, and prepares your skin so treatments like the AgeBooster Pro work at their best.

Morning Routine (Protect & Prepare)

01 Gentle cleanse

02 Hydrating toner

03 Vitamin C serum

04 Moisturiser

05 SPF 30+

Evening Routine (Repair & Rejuvenate)

01 Double cleanse

02 Hydrating toner

03 Exfoliate (2–3 nights a week with AHAs/BHAs)

04 Targeted serum (like retinol or niacinamide)

05 Moisturiser

The Bloomony AgeBooster Pro

The Bloomony AgeBooster Pro is a professional-grade tool designed to amplify your glow-up journey. It combines four powerful technologies to address key skin concerns like dullness, puffiness, uneven texture, and loss of firmness:



Microcurrent: Gently tones facial muscles, lifts contours, and improves circulation for an instant glow.

Electroporation: Helps serums (like hyaluronic acid or vitamin C) penetrate deeper for maximum results.

EMS (Muscle Stimulation): Strengthens and sculpts for firmer, more defined skin.

LED Therapy:

- **Orange Light:** Enhances serum absorption using electroporation with gentle vibration.
- **Green Light:** Brightens and evens tone while microcurrent lifts and firms facial contours.
- **Red Light:** Stimulates collagen production and smooths skin with EMS and vibration.
- **Blue Light:** Calms irritation, targets breakouts, and balances oil using needle-free technology.
- **Purple Light:** Combines the benefits of red and blue light to rejuvenate and soothe sensitive skin

How to Use It in Your Routine



Always apply a water-based serum or conductive gel before use.



Start at the lowest setting and build up gradually.



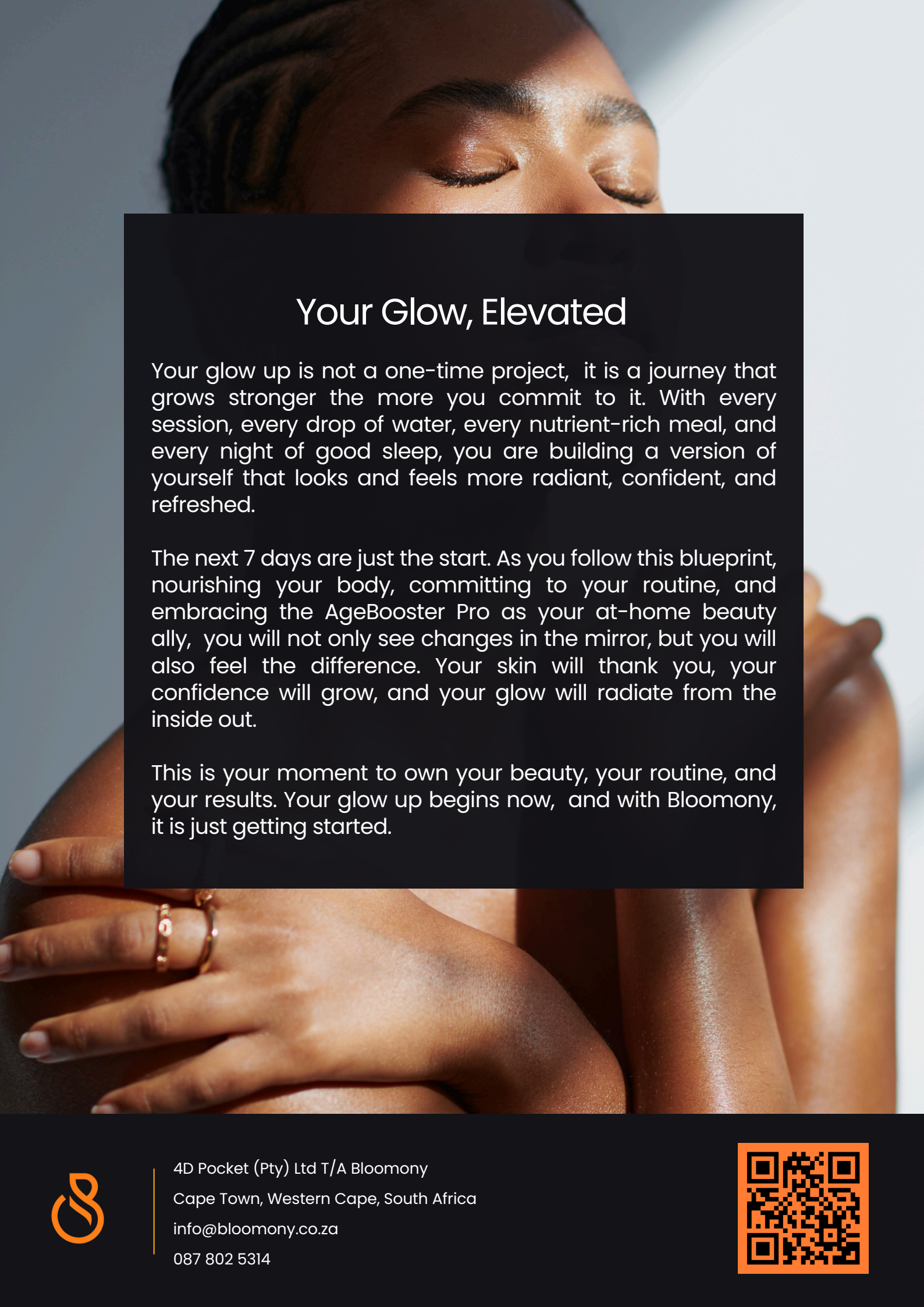
Use 3–5 times per week, for 5–10 minutes per session, after cleansing and toning but before moisturiser.



Avoid pairing with strong actives (like high-strength retinoids) in the same session.

Your 7-Day Glow-Up Action Plan

Day	Nutrition Goal	AM Routine	PM Routine & Device Use
 Monday	2L water, 5 veg servings	Cleanse, Tone, Vit C, SPF, Moisturiser	Double Cleanse, Tone, AgeBooster Pro, Moisturiser
 Tuesday	2L water, healthy fats	Cleanse, Tone, Vit C, SPF, Moisturiser	Double Cleanse, Tone, Exfoliating Serum, Moisturiser
4WD Wednesday	2L water, lean protein	Cleanse, Tone, Vit C, SPF, Moisturiser	Double Cleanse, Tone, AgeBooster Pro, Moisturiser
 Thursday	2L water, antioxidant berries	Cleanse, Tone, Vit C, SPF, Moisturiser	Double Cleanse, Tone, Hydrating Serum, Moisturiser
 Friday	2L water, leafy greens	Cleanse, Tone, Vit C, SPF, Moisturiser	Double Cleanse, Tone, AgeBooster Pro, Moisturiser
 Saturday	2L water, balanced meal	Cleanse, Tone, Vit C, SPF, Moisturiser	Double Cleanse, Tone, Exfoliating Serum, Moisturiser
 Sunday	2L water, water-rich foods	Cleanse, Tone, Vit C, SPF, Moisturiser	Double Cleanse, Tone, AgeBooster Pro, Mask



Your Glow, Elevated

Your glow up is not a one-time project, it is a journey that grows stronger the more you commit to it. With every session, every drop of water, every nutrient-rich meal, and every night of good sleep, you are building a version of yourself that looks and feels more radiant, confident, and refreshed.

The next 7 days are just the start. As you follow this blueprint, nourishing your body, committing to your routine, and embracing the AgeBooster Pro as your at-home beauty ally, you will not only see changes in the mirror, but you will also feel the difference. Your skin will thank you, your confidence will grow, and your glow will radiate from the inside out.

This is your moment to own your beauty, your routine, and your results. Your glow up begins now, and with Bloomony, it is just getting started.



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