

20-Day Natural Skin Glow Guide

Simple Home Remedies • Gentle Skincare • Healthy Glow

Note: “Chemical-free” is not technically possible because all ingredients are made of chemicals. This guide focuses on simple, gentle home ingredients and healthy skincare habits.

Days 1–5 — Hydration

Morning

- Wash with plain water or a gentle cleanser.
- Apply moisturizer and SPF 30–50 sunscreen.

Night

- Apply fresh aloe vera gel for 10–15 minutes.
- Rinse gently and moisturize.

Days 6–10 — Nourishment

Face Mask — 2 times during these days

- 1 tbsp plain curd/yogurt
- 1 tsp honey
- Mix, apply for 10 minutes, then rinse gently.

Days 11–15 — Fresh & Bright

Face Mask — 2 times during these days

- 1 tbsp finely ground oats
- 1 tbsp plain yogurt
- Apply gently for 10 minutes and rinse without scrubbing.

Days 16–20 — Glow Maintenance

Use 2 times during these days

- Apply aloe vera gel for 10–15 minutes.
- Rinse gently and moisturize.
- Continue sunscreen every morning.

Daily Habits — Day 1 to Day 20

- Drink enough water.
- Eat fruits and vegetables.
- Include nuts and seeds.
- Get adequate protein.
- Sleep 7–8 hours.
- Use sunscreen every morning.

Avoid

- Lemon directly on the face.
- Baking soda.
- Toothpaste on skin.
- Harsh scrubs.
- Undiluted essential oils.
- Frequent DIY masks.
- Picking or squeezing pimples.

Important

Patch-test any new ingredient before using it on your face. Stop if you experience burning, itching, redness, or irritation. A natural glow comes mainly from consistent skincare, sun protection, hydration, nutrition, and sleep.