

Charming Health

15-Day Skin Care & Glow Routine Guide

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Amazon Storefront: amazon.com/shop/charming.health

Daily Morning Routine (Glow & Protection)

- Cleanser (gentle, non-stripping)
- Vitamin C serum (brightening & antioxidant)
- Hydrating moisturizer (gel/cream based on your skin type)
- Sunscreen SPF 50+ (broad spectrum, every single day)

This routine protects your skin from sun damage, pollution, and early aging while keeping it bright and hydrated throughout the day.

Daily Night Routine (Repair & Recovery)

- Gentle cleanser to remove sunscreen, makeup, and impurities
- Treatment serum (Hyaluronic acid / Niacinamide / Peptides depending on the day)
- Night cream or sleeping mask to lock in moisture and support overnight repair

Night is the best time to nourish your skin deeply. This routine supports repair, renewal, and a fresh glow by morning.



Recommended Amazon Products for This Routine

You can pair this 15-day plan with the following products. These suggestions fit perfectly into the morning and night steps and help you get visible glow results.

Vitamin C Serum

Brightens dull, tired-looking skin and helps even out skin tone.

<https://amzn.to/48MFM5s>

Hyaluronic Acid Serum

Delivers deep, long-lasting hydration for plump and glowing skin.

<https://amzn.to/3YdDTJW>

Ceramide Moisturizer

Strengthens the skin barrier and locks in moisture to prevent dryness.

<https://amzn.to/4oHMC1X>

AHA/BHA Exfoliant

Gently exfoliates to smooth texture, unclog pores, and fade marks over time.

<https://amzn.to/4oFgc8e>

Facial Massage Oil

Nourishes skin while supporting lymphatic drainage and a natural, healthy glow.

<https://amzn.to/48uq2Uc>

15-Day Step-by-Step Glow Routine

Follow each day in order. Listen to your skin—if you feel any irritation, give yourself an extra hydration-only day and then continue.

Day 1: Deep Hydration Start

AM: Cleanser → Hyaluronic acid serum → Lightweight moisturizer → SPF 50+.

PM: Gentle cleanser → Hyaluronic acid serum → Ceramide-based moisturizer.

■ *Kickstarts your glow journey by flooding the skin with moisture so it looks plump and fresh.*

Day 2: Brightening Boost

AM: Cleanser → Vitamin C serum → Moisturizer → SPF.

PM: Cleanser → Hydrating serum → Night cream.

■ *Targets dullness and early pigmentation while keeping the skin protected in the daytime.*

Day 3: Gentle Exfoliation

AM: Hydrating routine only (no exfoliants).

PM: Cleanser → AHA/BHA exfoliant → Moisturizer.

■ *Removes dead skin buildup so active ingredients absorb better and skin looks smoother.*

Day 4: Barrier Repair Day

AM: Cleanser → Hydrating serum → Ceramide moisturizer → SPF.

PM: Cleanser → Ceramide moisturizer (no acids, no actives).

■ *Gives your skin a rest day to recover, repair, and rebuild its protective barrier.*

Day 5: Glow Mask Therapy

AM: Simple hydrating routine.

PM: Cleanser → Brightening mask (rice/clay) → Moisturizer.

■ *Instantly refreshes skin tone, reduces roughness, and gives a soft, radiant finish.*

Day 6: Under-Eye Revive

AM: Cleanser → Eye serum/cream → Vitamin C → Moisturizer → SPF.

PM: Cleanser → Eye cream → Hydrating moisturizer.

■ *Softens the look of dark circles and puffiness so your whole face appears more awake.*

Day 7: Detox & Reset

AM: Cleanser → Hydrating toner → Moisturizer → SPF.

PM: 3 minutes steam → Detox/clay mask → Hydrating serum → Moisturizer.

■ *Helps clear clogged pores, reduces congestion, and resets skin clarity after the week.*

Day 8: Vitamin C Glow-Up

AM: Cleanser → Vitamin C serum → Moisturizer → SPF.

PM: Cleanser → Hydrating serum → Night cream.

■ *Builds on previous brightening days to give a more even, luminous complexion.*

Day 9: Exfoliation Refresh

AM: Hydrating routine only.

PM: Cleanser → AHA/BHA exfoliant → Moisturizer.

■ *Keeps texture smooth, minimizes the look of pores, and prevents dull buildup.*

Day 10: Overnight Glow

AM: Cleanser → Vitamin C or hydrating serum → Moisturizer → SPF.

PM: Cleanser → Hydrating serum → Peptide sleeping mask.

■ *Uses overnight repair to firm, smooth, and deeply nourish skin while you sleep.*

Day 11: Hydration Recharge

AM: Cleanser → Hyaluronic acid serum → Moisturizer → SPF.

PM: Cleanser → Hydrating toner → HA serum → Ceramide moisturizer.

■ *Restores elasticity and bounce so skin looks dewy and refreshed, not tight or dry.*

Day 12: Facial Massage Ritual

AM: Regular hydrating routine.

PM: Cleanser → Facial massage oil → 5–7 minutes gentle upward massage → Light moisturizer if needed.

■ *Boosts circulation, helps reduce puffiness, and supports a naturally lifted, glowing look.*

Day 13: Glow Mask Repeat

AM: Gentle, minimal routine.

PM: Cleanser → Brightening mask → Moisturizer.

■ *Refreshes radiance and keeps skin tone looking clear and even as you near the end of the plan.*

Day 14: Smooth Texture Day

AM: Cleanser → Niacinamide serum → Moisturizer → SPF.

PM: Cleanser → Niacinamide serum → Hydrating cream.

■ *Helps refine the look of pores, control excess oil, and keep the skin's surface smoother.*

Day 15: Final Glow Routine

AM: Cleanser → Vitamin C serum → Hydrating moisturizer → SPF.

PM: Cleanser → Hydrating serum → Lightweight night cream.

■ *Brings everything together so your skin looks brighter, smoother, and confidently glowing.*