



BEAUTY • SKIN WELLNESS • DAILY CARE

Glow From Within

Simple daily habits to support skin, hydration and beauty from the inside out.



A practical beauty rhythm with Gelatide in context

Hydration, nourishment, sleep, skincare and consistency working together in one elegant routine.



Beauty works best as a rhythm.

Glow is not created by one isolated step. It is supported by the way you hydrate, eat, rest, care for your skin and repeat simple habits with intention.



Inside support

Water, balanced meals, collagen in context, sleep and daily consistency can help support the way your beauty routine feels.

Outside care

Skincare, cleansing, moisturizing and sun-conscious habits become stronger when they are not expected to do everything alone.

If Gelatide is part of your routine, use it according to the product directions and combine it with habits you can repeat.

| Beauty is a daily rhythm.

Healthy-looking beauty is rarely supported by intensity alone. It is supported by repetition: the water you drink, the meals you choose, the way you sleep, and the care you give your skin.

Many routines focus only on what is applied externally. Skincare matters, but the body also needs daily support from simple internal habits. This guide helps you connect both sides of the routine.

The goal is not perfection. The goal is a routine you can return to.

- 01 Start with hydration before trying to correct everything at once.
- 02 Build meals that support wellness, energy and daily care.
- 03 Let sleep and recovery be part of your beauty system.
- 04 Use Gelatide as a supportive step, not as a shortcut or isolated promise.



What this guide will help you do.

Use this e-book as a practical map for a more complete beauty routine. Each page is designed to turn wellness into simple actions.



Support hydration

Make water and water-rich foods feel like part of your beauty ritual.



Build nourishing plates

Connect protein, color, fiber and variety with everyday wellness.



Value rest

Use evening habits to create a calmer transition into recovery.



Create glow cues

Use small visible reminders to return to care, not pressure.



Stay consistent

Repeat the simple steps often enough for the routine to feel natural.



Place Gelatide wisely

Include it as a supportive step within a broader beauty routine.



Hydration is your first beauty habit.

Before correction, before complicated routines and before chasing perfection, begin with the simplest form of daily care: hydration.



A hydrated routine supports the feeling of freshness, care and daily beauty from within.

| Hydration before correction.



When your routine feels inconsistent, the first question is not “What else should I buy?” It is “What basic support have I repeated today?”

Water, meals, sleep and simple skincare create the base. Without that base, even beautiful products can feel disconnected from the rest of your life.

Start with the basics

- 01 Drink water before your first coffee or sweet drink.
- 02 Notice long gaps without hydration during the day.
- 03 Pair water with moments you already repeat, such as meals or skincare.
- 04 Use simple cues instead of relying only on motivation.

Practical tip: Keep hydration visible. A glass, bottle or water-rich snack can become a gentle reminder that beauty care is not only external.

| Your daily hydration ritual.

A ritual is easier to repeat than a rule. Build hydration into moments that already exist in your day.



Morning water

Begin with water to signal that the day starts with care.



Keep it nearby

Place a bottle where you work, read or prepare your skincare.



Eat water-rich foods

Fruits, vegetables and light meals can support the hydration rhythm.



Hydration reset

When your routine becomes disorganized, do not restart with guilt. Drink water, choose one nourishing meal, return to skincare and continue the day with a softer pace.

| Where Gelatide fits.



If Gelatide is part of your beauty routine, use it according to the product directions and combine it with hydration, balanced meals, consistent sleep, skincare and daily self-care habits.

Think of the product as a supportive step inside a rhythm. The strongest routines are usually the ones that are simple enough to repeat and flexible enough to fit real life.

Use it with context

- 01 Connect it to a daily moment you already remember.
- 02 Pair it with water and a realistic beauty habit.
- 03 Avoid treating any supplement as a replacement for sleep, meals or skincare.
- 04 Let consistency be the strategy, not urgency.

Product Routine Note: Gelatide is positioned here as part of a broader beauty and wellness routine, not as a single-step promise.

Food, skin and the glow connection.

A beauty-supportive routine is not about restriction. It is about giving your body repeated access to nourishment, variety and steadier daily care.



Protein, colorful plants, fats, fibers and water can work together inside a realistic beauty routine.

Build a beauty-supportive plate.

A balanced plate can become one of the most practical beauty habits because it supports the whole routine, not only one visible result.



Protein

Include a protein source to make meals feel more complete and supportive.



Color

Use vegetables and fruits to bring variety, freshness and daily care.



Fiber

Choose whole foods often enough to make the routine steadier.



Simple plate idea

One protein, one colorful plant, one fiber-rich source, one healthy fat and water nearby.

Beauty angle

Instead of chasing extremes, repeat meals that make you feel cared for, nourished and steady.

| Collagen in context.

Collagen support belongs inside a wider routine. It should not be framed as an instant beauty fix or a replacement for the habits your body still needs.

A thoughtful beauty routine gives collagen-related products a better context: hydration, protein, colorful meals, rest, skincare and repetition.

The context makes the message stronger

- 01 Use Gelatide according to the product directions.
- 02 Support the routine with water and balanced meals.
- 03 Keep skincare simple, consistent and realistic.
- 04 Measure success by consistency, not pressure.

Language note: This guide avoids promises such as reversing aging, eliminating wrinkles or guaranteeing a glow. The message is daily support.



| Beauty without extremes.

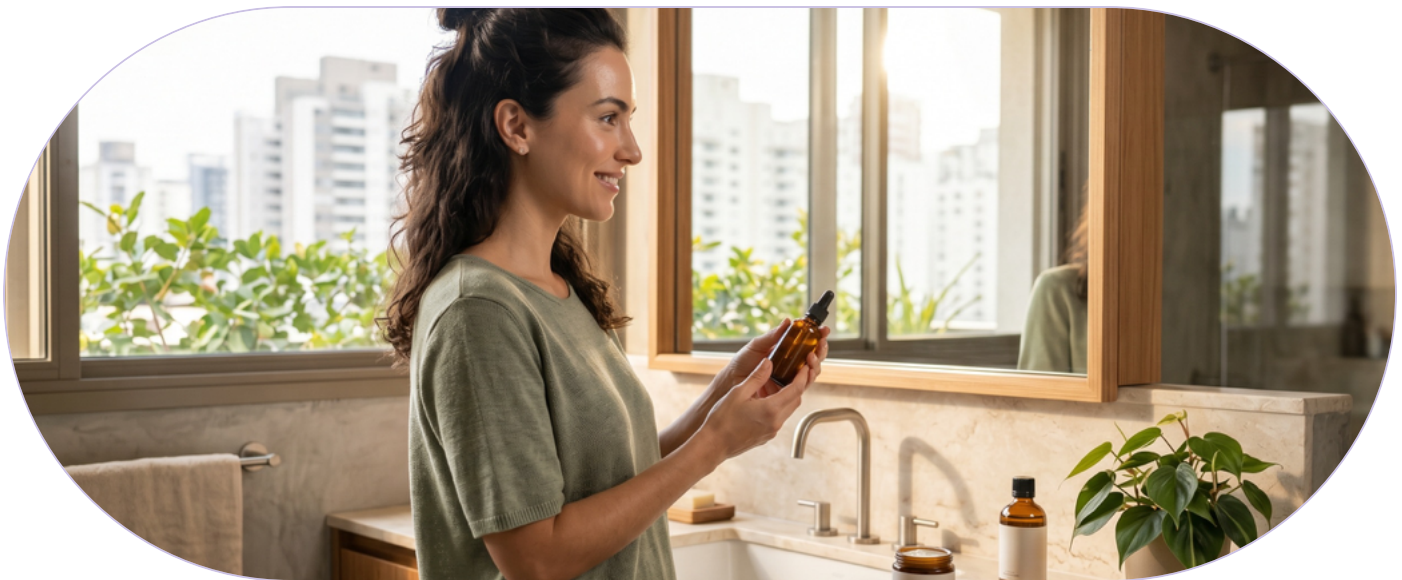
A beauty routine can feel premium without becoming rigid, expensive or overwhelming. Sustainable beauty is built with choices you can repeat.

Instead of pressure

- ☐ Starting a strict routine you cannot maintain.
- ☐ Buying more steps because you feel behind.
- ☐ Skipping basics and chasing quick fixes.
- ☐ Expecting one product to carry the entire routine.
- ☐ Giving up when one day is imperfect.

Try a calmer pattern

- ☐ Repeat water, meals, sleep and skincare.
- ☐ Choose one habit to improve at a time.
- ☐ Keep Gelatide connected to daily care.
- ☐ Use a minimum routine for busy days.
- ☐ Return the next day without guilt.



Sleep is part of your skincare.

Evening care is not only about what you apply. It is also about the transition you create before rest.



Your beauty routine can become a signal: the day is ending, the pace is softening, and care continues through rest.

| Your evening beauty reset.



A night routine does not need to be elaborate. It needs to help you close the day with enough care to return tomorrow.

A simple reset

- 01 Remove makeup, SPF or residue from the day.
- 02 Cleanse and moisturize without rushing.
- 03 Reduce screens and bright stimulation when possible.
- 04 Prepare your room, clothes or skincare for the next morning.
- 05 Use Gelatide according to directions if it belongs in your routine.

Soft rule: Make the routine short enough that you can do it even when you are tired.

Stress, screens and skin perception.

A fast routine can make the face feel tired even before the mirror says anything. Beauty care can also be a way to slow the day down.



Screen pause

Create a small distance from screens before sleep when possible.



Breath cue

Use a few slow breaths as a transition between the day and your routine.



Care signal

Let cleansing, water and moisturizer tell your body the day is closing.



Realistic beauty care

The goal is not to eliminate every stressful moment. The goal is to create small anchors that help your routine feel calmer, kinder and more consistent.

| The consistency principle.

A simple routine repeated often is usually more useful than a perfect routine done for three days and abandoned.



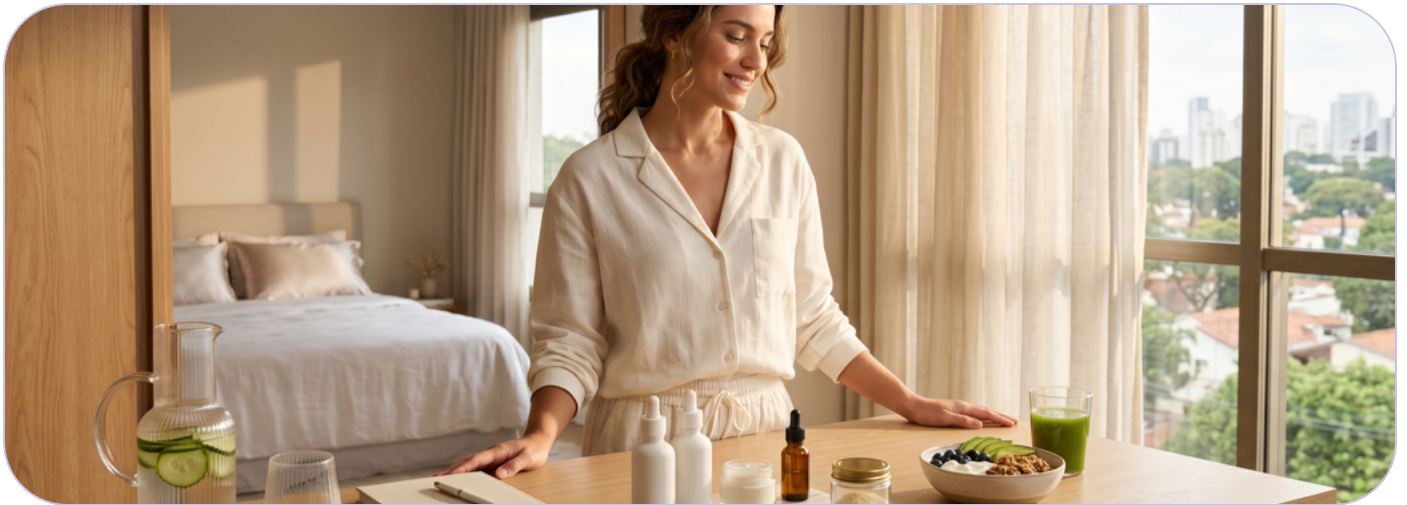
Repeat the anchors

Water. Skincare. Nourishing food. Sleep cues.
Gelatide according to directions if it is part of your daily habits.



Track gently

Notice what you did, not only what you missed. A routine should guide you back, not make you feel behind.



Consistency is a beauty strategy because it turns care into a pattern.

Your Glow From Within routine.

The best routine is the one you can actually do. Choose the version that fits your time, energy and day.



Start with the smallest version. Expand only when the basics feel natural.

| Pick your routine by time.

A routine can be five minutes or thirty minutes. What matters is choosing the version you can repeat without turning care into pressure.

5

5-minute routine

- ☐ Drink water.
- ☐ Cleanse or moisturize skin.
- ☐ Use Gelatide as directed, if part of your routine.
- ☐ Choose one beauty habit for the day.

15

15-minute routine

- ☐ Hydrate intentionally.
- ☐ Do basic skincare.
- ☐ Prepare a nourishing snack or meal.
- ☐ Take a short screen pause.

30

30-minute routine

- ☐ Prepare a more nourishing meal.
- ☐ Do skincare calmly.
- ☐ Organize the environment.
- ☐ Create a closing ritual for the day.



Your ideal daily beauty sequence.

Use this sequence as a flexible order, not a strict rule. It helps you connect the day instead of treating each habit as separate.

- 01 Start the day with water.
- 02 Do a simple skin care step.
- 03 Include nutritious foods and color.
- 04 Use Gelatide according to product directions.
- 05 Avoid long periods without hydration.
- 06 Reduce excess screens at night when possible.
- 07 Prioritize sleep and repeat the basics.



7-day Glow From Within Blueprint.

Implement gradually. Each day adds one layer so the routine feels more natural by the end of the week.

D1

Observe hydration.
Notice when you drink water and when the day becomes dry or rushed.

D2

Add color.
Include one fruit or vegetable that makes the meal feel fresher.

D3

Simplify skincare.
Keep the essential steps and remove what makes the routine feel heavy.

D4

Reduce screens before sleep.
Create a short screen pause to support a calmer evening.

D5

Build a nourishing meal.
Use protein, color, fiber and water as your anchors.

D6

Create a night ritual.
Cleanse, moisturize, hydrate and prepare for rest.

D7

Design your routine.
Place Gelatide where it fits, if it is part of your habits, and repeat the basics.

| Quick checklist.

Use this as a visual reminder for the habits that create the foundation of a beauty routine from within.



Water

Hydrate throughout the day.



Color

Eat fruits and vegetables often.



Gelatide

Use as directed, if part of your routine.



Sleep

Support a calmer night routine.



Skin care

Cleanse, moisturize and protect with a routine that feels possible.

Consistency

Choose repetition over perfection. The basics matter because they are repeatable.

What to do when your beauty routine fails.

Busy days, travel, tiredness and unexpected schedules happen. A fallback routine keeps you connected to care without demanding a perfect day.

Minimum glow reset

- 01 Drink water.
- 02 Wash your face.
- 03 Moisturize your skin.
- 04 Choose one more nourishing meal.
- 05 Reduce screens before bed if possible.
- 06 Use Gelatide as directed if it belongs in your routine.



Return rule: Do the smallest version today, then return to your regular pattern tomorrow. Consistency allows recovery.

| Key takeaways.

Glow from within is not a single outcome to chase. It is a system of daily choices that make beauty care feel more complete.

01. Beauty starts with simple habits.

Water, meals, sleep and skincare create the foundation.

02. Hydration is a pillar.

Make it visible, repeatable and easy to return to.

03. Food and skin routines connect.

Balanced meals can support the broader wellness rhythm.

04. Collagen needs context.

Place Gelatide inside a routine, not outside the basics.

05. Rest belongs in beauty.

Evening habits help the routine feel calmer and more complete.

06. Consistency wins.

A repeatable routine is more sustainable than intensity.



Glow is built with care, not pressure.

You do not need to chase a perfect routine. You need a rhythm that helps you return to care with more consistency and less overwhelm.

Hydration, nourishment, rest, skincare and mindful supplementation can work together when they are placed inside a realistic day.

Continue the method

Choose one habit from this guide and repeat it for seven days. Keep it small, visible and connected to a moment you already have.

Gelatide reminder: When Gelatide is part of your routine, use it according to the product directions and combine it with balanced meals, consistent sleep, skincare and self-care habits you can repeat.



FINAL NOTE

Let glow become a rhythm.

Glow is not a single step. It is a rhythm of hydration, nourishment, rest and daily care.

When Gelatide is part of your beauty routine, use it according to the product directions and combine it with balanced meals, consistent sleep, skincare and self-care habits you can repeat.

HYDRATION

NOURISHMENT

SLEEP

SKINCARE

CONSISTENCY

