



The Ageless Glow Blueprint

My 5 secrets to looking
25 at 52

— by —
Jenna

*A personal guide to vibrant, glowing skin
from the inside out.*

Hi, I'm Jenna!



If you are reading this, you are probably **exhausted** by the beauty industry telling you that you need to spend thousands of dollars on 12-step skincare routines and expensive lasers just to look your age.

When I turned 50, I realized a hard truth:

“Looking younger doesn’t have to be complicated. It just takes consistency and knowing what actually works.”

So, here is my personal **Ageless Glow Blueprint** — the 5 exact secrets I use every single day to stay vibrant, lifted, and glowing at 52.

These are my non-negotiables — my core habits that everything else builds on. The extra tips I share in my videos are great additions, but these are the ones that actually move the needle.



SECRET NO. 01

The Internal Flush

Morning Ritual • Hydration

When you wake up, your body is dehydrated, which makes fine lines look **10x deeper**. Before I touch coffee, I drink a large glass of room-temperature water with a squeeze of fresh lemon and a tiny pinch of Celtic sea salt.

This instantly rehydrates your cells and flushes out the dulling toxins that built up overnight — giving your skin its first sip of life for the day.



SECRET NO. 02

The Morning Reset

Morning Ritual • Circulation & De-Puff

That heavy, puffy look you wake up with? Most of the time it isn't aging — it's fluid that has pooled in your face overnight while you were lying flat.

A few times a week, I press something cold onto my face first thing — an ice cube, cold water, a cold compress, even frozen cucumber. It doesn't matter what you use. The cold contracts your blood vessels, drains that overnight fluid and wakes up your lymphatic system in seconds.

The result is a visibly lifted, tighter, de-puffed face before your coffee is even ready. Takes only 30 seconds and is completely free!



SECRET NO. 03

Eat Your Glow Fats

Diet • Cellular Nourishment

The biggest mistake women make as they age is **cutting out fat**. Your skin cells are literally made of lipids (fats)!

Every single day, I make sure to eat half an avocado, a handful of walnuts, or a drizzle of high-quality extra virgin olive oil. These healthy fats plump up your skin from the inside, giving you that bouncy, elastic look.



SECRET NO. 04

The Collagen Saver

Mindset • Stress Reset

Did you know that **cortisol** (the stress hormone) actively destroys your collagen? If you are constantly stressed, your skin will sag faster no matter what you put on it.

I protect my collagen in 2 ways. First, I stay off my phone for the first 20 minutes after waking. The second your phone, whether it be open social media or email, cortisol spikes — and that spike starts breaking down collagen before your day has even begun.

Then every night before bed, I do 5 minutes of **box breathing** — inhale for 4 seconds, hold for 4, exhale for 4, hold for 4. This signals to my brain to lower cortisol and release the natural growth hormones that repair skin overnight.



My Secret Weapon

Nighttime • Skin Renewal

Secrets 1 through 4 set the foundation — but **this last step is what actually turns back the clock while you sleep.**

As we age, our skin's turnover slows dramatically. When you're young, your skin renews itself every 28 days. But by your 50s that process takes twice as long — which is why skin starts to look dull, textured, sagging and uneven over time.

Every night after cleansing, I apply my retinol cream. It contains 0.2% retinol to accelerate cell turnover and stimulate collagen production, plus 14% azaleic acid which fades fine lines, evens skin tone and reduces redness — plus niacinamide to keep your skin barrier calm and supported throughout. It's even gentle enough to use in the daytime, so one product does the job of several.

This is my **absolute secret weapon**. Gentle enough for every day without irritation. No 12-step routine. Just consistent renewal while you sleep, with everything I need in one product.



► [CLICK HERE TO SEE THE EXACT RETINOL](#) ◀
[I use every day on Amazon](#)



*You deserve to look and feel radiant at every age.
Start these 5 steps today, and watch your glow come back.*

*Stay glowing
— Jenna*

Disclaimer: I am not a medical professional, and this guide is for informational purposes only. Always consult your doctor before starting any new routine.