

Building a Morning Ritual for Radiant Skin

RITUALS • August 2025 • By Kiara H., Founder

Mornings set the tone for how your skin faces the day. At Herban Alchemy, our community loves this simple, effective morning ritual. **1. Gentle Cleanse** Use lukewarm water and a mild cleanser. Avoid hot water, which can strip natural oils—especially important for melanated skin that needs its sebum for protection. **2. Hydrate & Protect** Apply a light layer of our Full Body Fragrance Oil. Choose a bright scent like Citrus Zest or Grapefruit Glow to energize. This provides antioxidants and a subtle scent that lasts. **3. Seal & Glow** Follow with a thin layer of Luxury Body Butter Glaze on drier areas (legs, arms, elbows). For face and neck, many use just a small amount of the oil for a dewy finish under makeup or sunscreen. **Why it works:** This ritual replenishes overnight moisture loss and creates a protective layer against environmental stressors. The result is skin that looks alive, not dull or ashy. **Kiara H.'s tip:** "Do this ritual while your coffee brews. Make it meditative. Your skin—and your spirit—will thank you." Consistency is key. Within a week, most notice softer texture and a natural glow that no highlighter can match.

Herban Alchemy — Natural Skincare for Melanated Skin. A Bougetto Beauty Brand.

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