

30 Days to Glow

This 30-day routine is designed to help support your skin, hair, nails and overall vitality from within. Unlike quick topical fixes, real transformation begins at a cellular level, which is why consistency is key. Each week builds on the last, focusing on nourishment, hydration, and gentle lifestyle rituals to help you feel confident, hydrated and glowing.

Your daily foundation is simple:

Take ProPlenish Marine Collagen every day + drink 2L of water. From there, we layer in small, achievable habits that align with how collagen works within the body to support healthy skin, glossy hair, strong nails and a radiant complexion. You don't need perfection, just commitment.

This PDF is interactive, so you can tick off each day and save your progress as you go. You may complete it digitally or print it if you prefer a physical tracker.

Small daily actions done often will always outperform occasional effort. Start today, stay consistent, and feel the difference build week by week.



WEEK 1 *In 7 days*

What to Expect

Your body begins to restore balance from within. Collagen’s amino acids support gut health and nutrient absorption, the foundation for glowing skin, healthy hair and stronger nails.

Your focus this week

- Daily: Take ProPlenish Marine Collagen (morning smoothie or water) ☐
- Daily: Hydration goal 2L of water ☐
- Monday: Mindfulness – try 10 minutes of morning meditation ☐
- Tuesday: Movement – gentle walk or Pilates ☐
- Wednesday: ProPlenish Micro-vibrating Rose Quartz Roller for circulation ☐
- Thursday: Hair nourishment – apply a lightweight scalp serum or nourishing oil ☐
- Friday: Microneedle Derma Roller (evening) ☐
- Saturday: Nails – apply a cuticle oil or nail strengthening treatment ☐
- Sunday: Apply ProPlenish Anti-ageing Facial Mask to soothe and hydrate ☐

Try this Recipe

- Mango Coconut Gut-Glow Smoothie***
- 1 sachet ProPlenish Marine Collagen Original*
- ¾ cup coconut water*
- ¼ cup coconut yoghurt (unsweetened)*
- ½ cup frozen mango*
- 1 tsp chia seeds*
- Squeeze of fresh lime*

WEEK 2 *In 12 days*

What to Expect

Collagen production increases, supporting tissue repair, joint health and vitality.
Hair feels stronger, nails grow faster and your skin tone looks more even.

Your focus this week

- Daily: Take ProPlenish Marine Collagen (morning smoothie or water) ☐
- Daily: Hydration goal 2L of water ☐
- Monday: ProPlenish Microneedle Derma Roller (evening) ☐
- Tuesday: Movement – Try yoga or resistance training for improved blood flow ☐
- Wednesday: Mindfulness: Gratitude journalling before bed ☐
- Thursday: ProPlenish Micro-vibrating Rose Quartz Roller for circulation ☐
- Friday: Hair mask – apply a hydrating or repairing mask for shine ☐
- Saturday: Gut support – prioritise probiotic-rich foods (yoghurt, sauerkraut, kefir) ☐
- Sunday: ProPlenish Anti-ageing Facial Mask for hydration ☐

Try this Recipe

Iced Matcha Glow Latte
1 sachet ProPlenish Marine Collagen (Original)
1 tsp matcha powder,
1 cup almond milk, honey to taste.

Whisk, pour over ice and enjoy a calm energy boost for the day.

WEEK 3 *In 21 days*

What to Expect

Hydration and elasticity improve. Fine lines soften, skin texture evens out, and your hair gains more shine. Nails appear smoother and less prone to peeling.

Your focus this week

- Daily: Take ProPlenish Marine Collagen (morning smoothie or water) ☐
- Daily: Hydration goal 2L of water ☐
- Monday: Mindfulness – 5 minutes of deep breathing or guided meditation ☐
- Tuesday: Movement – Add brisk walks or a dance class, to lift your mood ☐
- Wednesday: ProPlenish Microneedle Derma Roller (evening) ☐
- Thursday: ProPlenish Micro-vibrating Rose Quartz Roller for circulation ☐
- Friday: ProPlenish Anti-ageing Facial Mask for a plump, dewy finish ☐
- Saturday: Scalp care – gentle exfoliating scalp scrub or massage for circulation ☐
- Sunday: ail strength day – file, shape, apply strengthening polish or cuticle oil ☐

Try this Recipe

Summer Berry Collagen Bowl

- 1 sachet ProPlenish Marine Collagen
- ½ cup yoghurt
- ½ cup berries
- 1 tbsp granola
- 1 tsp honey

Mix for a refreshing antioxidant-packed start to the day.

WEEK 4 *In 28-30 days*

What to Expect

You're glowing. Skin is firmer and more luminous, hair glossy, and nails resilient. Your collagen routine continues to strengthen and nourish from within.

Your focus this week

- Daily: Take ProPlenish Marine Collagen (morning smoothie or water) ☐
- Daily: Hydration goal 2L of water ☐
- Monday: Movement – Include light cardio or reformer Pilates ☐
- Tuesday: ProPlenish Micro-vibrating Rose Quartz Roller or T-Bar attachment ☐
- Wednesday: Hair gloss or nourishing mask to enhance shine ☐
- Thursday: Mindfulness – Unplug for 30 minutes with a walk without your phone ☐
- Friday: ProPlenish Anti-ageing Facial Mask to prep for the weekend ☐
- Saturday: Self-care reset – dry body brushing ☐
- Sunday: Glow lock-in – gentle exfoliation + hydrating serum + early bedtime ☐

Try this Recipe

Citrus Sparkle Refresher
1 sachet ProPlenish Marine Collagen (Citrus)
Sparkling water,
lemon juice
Orange slices and mint.

Serve over ice for a refreshing
skin-brightening mocktail.