



Glow into Spring

30 Day Challenge

Week 1 Nourish

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Find your Clere glow match	Drink 2L of water	Moisturise after your shower	Eat one extra fruit	Get 8 hours of sleep	Eat one serving of green vegetables	Take a 20-minute walk

Week 2 Refresh

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Exfoliate your skin	Moisturise within 3 minutes of your shower	Wear SPF	Stretch for 10 minutes	Swap one sugary drink for water	Wash your pillowcases	Take a screen-free evening

Week 3 Bloom

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Wear something that makes you feel beautiful	Write down three things you love about yourself	Dance to your favourite song	Do one random act of kindness	Read a chapter of a book	Journal for five minutes	Moisturise before bed and take five deep breaths

Week 4 Glow

DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Declutter one small space	Prep a healthy lunch	Drink 2L of water	Move your body for 30 minutes	Everything shower	Treat yourself to a full-body Clere moisturise	Spend time outdoors

DAY 29	DAY 30
Reflect on how far you've come	Show us your Spring Glow

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- Share your progress for weekly chances to win



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