

7-Day Summer Glow Up Reset Checklist

A simple Comfort Mind Body routine to help readers protect, hydrate, refresh, nourish, and restore during summer.

This is not a transformation challenge. It is a gentle checklist for skin comfort, energy, rest, body care, hair care, and low-pressure self-care.

Protect	SPF, shade, hats, sunglasses, lip care.
Hydrate	Water, water-rich foods, light moisture.
Refresh	Sweat reset, gentle cleansing, fresh clothes.
Nourish	Protein, fiber, colorful meals, simple snacks.
Restore	Sleep cues, calmer evenings, weekly reset.

How to use it: Pick one small action per day. Skip what does not fit. Repeat the habits that make daily life feel fresher and more comfortable.

Read the full guide: [comfortmindbody.com/routines-that-will-bring-out-your-best-glow-this-summer/](https://www.comfortmindbody.com/routines-that-will-bring-out-your-best-glow-this-summer/)

7-Day Checklist

One focus per day keeps the routine realistic. If a day gets skipped, continue with the next helpful step instead of restarting.

Day / Focus	Small actions
Day 1 Protect	☐ Check sunscreen expiration. ☐ Pack SPF lip balm. ☐ Put hat and sunglasses somewhere easy to grab. ☐ Choose shade when possible.
Day 2 Hydrate	☐ Add one water-rich food. ☐ Drink water before coffee or alcohol. ☐ Moisturize after shower. ☐ Notice if skin feels tight or dry.
Day 3 Refresh	☐ Wash pillowcase. ☐ Clean makeup brushes or beauty sponge. ☐ Reset gym or beach bag. ☐ Change sweaty clothes sooner if possible.
Day 4 Nourish	☐ Build one colorful meal. ☐ Add protein. ☐ Add fiber. ☐ Add flavor without making meals complicated.
Day 5 Move	☐ Walk, stretch, swim, dance, or do light strength. ☐ Avoid peak heat. ☐ Take water. ☐ Stop if overheated or unwell.
Day 6 Restore	☐ Take a calming shower. ☐ Apply body lotion. ☐ Put on clean sleepwear or robe. ☐ Dim lights or reduce phone time.
Day 7 Simplify	☐ Remove one unnecessary product. ☐ Remove one unrealistic rule. ☐ Keep one habit that helped. ☐ Plan one easy repeat habit for next week.

Summer Glow Routine Builder

Use this page to make the checklist fit real life. Keep answers short and practical.

Prompt	My answer
My morning glow habit	
My midday reset	
My evening wind-down	
My weekly body or hair reset	
One product I already own and can use consistently	
One thing I will stop overdoing	
One habit I want to repeat next week	

Comfort Mind Body reminder: A summer glow-up should not feel like pressure. The best routine is the one that makes daily life feel fresher, calmer, safer in the sun, and easier to repeat.

Avoid + Pause Checklist

Use this page as a quick safety and reality check before adding more steps.

Avoid

- ☐ Tanning beds.
- ☐ Skipping sunscreen to tan faster.
- ☐ Over-exfoliating.
- ☐ Trying too many new products at once.
- ☐ Sleeping in SPF or makeup.
- ☐ Harsh DIY masks or lemon juice.
- ☐ Turning glow-up into body comparison.

Pause and ask for help if

- ☐ Blistering sunburn appears.
- ☐ Heat illness symptoms appear.
- ☐ Burning, swelling, hives, rash, or blistering appears.
- ☐ Painful acne or infected skin develops.
- ☐ Eczema or rosacea worsens.
- ☐ Fatigue or sleep issues persist.
- ☐ Body-image or restrictive-eating concerns appear.

Product safety note: Follow product labels and directions. Sunscreen reduces risk but does not make unlimited sun exposure safe. IPL devices are not suitable for everyone and should not be used on sunburned or recently tanned skin unless directions clearly allow it.

Educational only. Not medical advice.

Read Next On Comfort Mind Body

Use these guides to continue the routine on Comfort Mind Body.

Guide	URL
Full Summer Glow Up Routine	https://comfortmindbody.com/routines-that-will-bring-out-your-best-glow-this-summer/
Summer Skincare Routine	https://comfortmindbody.com/the-ultimate-steps-for-a-summer-skincare-routine/
Can You Use Vitamin C In Summer?	https://comfortmindbody.com/can-vitamin-c-skincare-products-be-used-during-summer/
Summer Hair Repair Guide	https://comfortmindbody.com/summer-hair-repair-guide-how-to-keep-your-hair-healthy/
Hydrating vs Moisturizing	https://comfortmindbody.com/difference-between-hydrating-and-moisturizing-for-beautiful-skin/
Comfort Mind Body Skin Care Library	https://comfortmindbody.com/skin-care/

Brand note: This checklist belongs with the full Comfort Mind Body guide. Save it, print it, or repeat it whenever summer routines start feeling too complicated.

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