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https://growup099.site

# **7-DAY LOOKSMAXXING PLAN** (FOR MEN/WOMEN)

CVERVIEW TABLE

Day	Focus Area	Goal	Actions
1	Grooming Reset	Clean base & first impression	Haircut, shave/trim, nails, teeth, posture
2	Skincare Routine	Glowing, clear skin	Face wash, exfoliation, face mask, hydration
3	Jawline & Puff Reduction	Slimmer, tighter face	Mewing, face yoga, ice water, reduce salt/sugar
4	Fashion & Fragrance	Style boost	Fit clothes, fresh shoes, light scent
5	Mental/Behavioral Upgrade	Social attractiveness	Eye contact, smile, affirmations, reduce screen time
6	Diet for Glow	Inner skin & hair health	Balanced diet, hydration, multivitamin
7	Final Glow Boost	Complete confidence	Face pack, outfit, perfume, smile & posture check

**DAY 1: GROOMING RESET** 

Step	Action
Haircut	Go to a barber/salon. Choose style based on your face shape (search: "hairstyles for [oval/round/square] face").
Facial hair	Trim beard to sharpen jaw OR clean shave.
Eyebrows	Thread/tweeze excess hair (don't overdo).
Teeth	Brush 2x daily, floss, use mouthwash. Use baking soda + lemon once a week.
Nails	Cut, clean and file nails. Clean toenails too.
Posture	Practice 5-minute wall posture hold: stand against a wall, spine straight, head back.

Bonus: Apply light moisturizer on face + Vaseline on lips for instant improvement.

## **X DAY 2: SKINCARE GLOW-UP**

Routine Time	Step	Product/Home Remedy
Morning	Gentle Cleanser	Face wash or raw milk + turmeric
	Moisturizer + Sunscreen	Non-comedogenic moisturizer + SPF 30
Night	Face Wash	Rinse off dirt/pollution
	Exfoliation (2x/week)	Sugar + honey scrub (avoid harsh scrubbing)
	Face Mask (alternate)	Multani mitti + rose water + aloe vera

Also:

• Sleep: 7–8 hours minimum.

- Water: 3-4L/day.
- Avoid touching your face.

#### **6 DAY 3: FACE SLIMMING & JAWLINE**

Activity	Method
Face Yoga (15 min)	Jaw clenching, puff cheeks, air chewing
Mewing	Rest tongue flat on roof of mouth, lips closed, teeth slightly touching
Ice Water Dip	Dip face in cold water for 30 seconds (tightens skin)
Reduce salt & sugar	Avoid salty snacks, sugary drinks – reduces puffiness

#### **TAY 4: FASHION & FRAGRANCE**

Element	Тір
Clothing	Wear fitted clothes in solid, neutral colors (black, white, navy)
Shoes	Clean, polished sneakers or loafers
Accessories	Minimal watch or chain
Fragrance	Light deodorant/body spray (apply to pulse points)
Hygiene	Clean ears, trimmed nose hair, fresh socks

Bonus: Iron clothes. Wrinkled clothing ruins your look instantly.

## 🧠 DAY 5: MENTAL LOOKSMAXXING

Aspect	Practice
Eye Contact	Hold for 2–3 seconds during conversation
Smile	Slight smile = softer, more confident vibe
Affirmations	Say daily: "I am sharp. I am attractive. I radiate energy."
Calmness	Speak slower, reduce fidgeting
Digital Detox	Reduce phone screen time. Read or meditate instead.

#### Solution States and the second second

Time	Meal Example
Morning	Soaked almonds + banana + black coffee/green tea
Lunch	Rice + dal / egg curry / chicken / sabzi
Snack	Cucumber + boiled egg or roasted chana
Dinner	Roti + paneer/tofu/chicken + curd
Fluids	3–4L water + 1 coconut water optional

Supplements (Optional): Omega 3, Vitamin C, Multivitamin (consult doctor if unsure).

### **HAY 7: FINAL BOOST - LOOK READY**

Task	Final Touch
Grooming	Quick trim or shave, comb hair, moisturizer
Glow Face Pack (1 hr prior)	Coffee + honey + lemon pack (leave for 15 min, rinse cold)
Dress Sharp	Best-fit outfit (shirt/t-shirt, jeans/trouser, clean shoes)
Scent	Apply perfume or deodorant to wrist, neck, chest (don't overdo)
Confidence Check	Stand tall, deep breath, slight smile