



cocokind

7-day
glow up

welcome!

At cocokind, we know that wellness looks different for everyone, and we respect that. Our team spent some time talking about what wellness truly means for us, and how we achieve it.

We believe that everything is interconnected – from the bottom of your gut to the outermost layer of your skin. We believe that practices like eating healthy food, getting good exercise, finding time to relax, and nourishing your skin are all cornerstones in feeling our best.

And with summer coming to an end, and many of us resuming a more consistent schedule with fewer vacations and barbeques, we wanted to find a way to kick-start our healthiest rituals, and help turn them into habits.

So, regardless of what wellness means for you, we're excited that you've decided to join us on this week-long journey. Get ready for 7 wholesome days filled with nourishing recipes, balancing workouts, and skincare recommendations from experts we trust.

And don't forget to join the conversation online in our Facebook group!
Can't wait to get well together!

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meet the experts



Priscilla Tsai, skincare expert

She's the founder and CEO of our brand. After leaving her job on Wall Street, Priscilla followed her passion and created a line of skincare products that are clean, sustainable, and effective. You probably know her as 'P'. Follow her @priscilla.tsai.



Dr. Amy Shah MD, nutrition expert

She's a double board-certified physician and nutrition expert with extensive training in allergies and the immune system. She also practices wellness consulting and teaching. Follow her @fastingmd or check out her [site](#).




Rachael DeVaux, fitness expert

She's a Seattle-based dietitian and trainer. She's also the co-founder of Toast Society Café in Las Vegas and the founder of Good Sweat, a week-by-week training program designed to help people of all fitness levels get stronger, build endurance, and find their groove. Follow her @rachaelsgodeats or check out her [site](#).




the food section

including nourishing tips
by Dr. Amy Shah



We firmly believe that wellness starts with what you eat. While we don't recommend ultra-restrictive dietary plans, we will provide themes to stick to and recipes to try! We'll be offering guidance for things that you SHOULD do, instead of concentrating on all the things that you SHOULDN'T do. And the best part? We'll all be in this together. Don't forget to share pics of your meals and recipes in our facebook group to inspire others!



our food philosophy

With the help of Dr. Amy Shah, we've developed two big themes that we hope will guide you when thinking about what to consume this week.

#1: keep your body hydrated!

As you may have heard, hydration is key. We recommend aiming for 8-10 glasses of *pure* water (at room temperature) a day. In addition, we highly recommend "eating your water" by consuming foods with a high H2O content. Foods that are known to contain a lot of water include: watermelon, celery, cucumber, and spinach.

It's also helpful to make sure you're not over-doing it with caffeine! While we totally respect the decision to keep coffee in your life during this program (if that's what you want!), we definitely recommend swapping it out for matcha or another superfood beverage. We've shared many beverage recipes in the next section!

#2: keep your gut in mind.

By now, you've probably read a million articles emphasizing the importance of a healthy gut. Here are a few simple (but still delicious!) ways to support your gut health through diet.

EAT REAL, WHOLE FOODS! This is the big, holy grail tip of the week, and your gut will thank you for it. We're not going to tell you what you shouldn't eat this week, but we are going to encourage you to fall in love with real, whole foods...as much as possible! We're talking colorful, in-season vegetables and fruits, healthy fats, and lean proteins. Focus on filling your body with nutritious and nourishing foods!

Get your healthy dose of prebiotics and probiotics. To activate and feed your gut bacteria, we recommend incorporating some fermented foods (like kimchi or sauerkraut) or prebiotic vegetables (like asparagus, garlic, or onions) into your meals. Alternatively, try grabbing a new flavor of coconut yogurt or low-sugar kombucha this week!

Load up on anti-inflammatory herbs and spices. Cultivating a diet and lifestyle that aims to reduce inflammation is so important for overall gut health. By eating real, whole foods, you'll already be on your way. In addition, we'd love for you to incorporate anti-inflammatory herbs and spices, like turmeric and ginger, into your diet this week.

Consume good fats like avocados! Avocados are naturally rich in vitamins, folate, and potassium (even more than bananas!), which help support your muscle functions and your digestion. They're also loaded with fiber and natural, healthy fats that are necessary for keeping your body energized and strong. Other healthy fats to look forward to eating include extra virgin olive oil, coconut oil, eggs, almonds, walnuts, and other raw nuts.

Get involved with omega-3! Omega-3s have many health benefits, including helping to reduce overall body inflammation. Chia seeds are a great, plant-based source of fiber, protein, magnesium, zinc, omega-3 fatty acids, and more. These tiny, ancient superfoods are also rich in antioxidants that help protect the skin and body against oxidative stress. Not a fan of chia seeds? Try flaxseeds, walnuts, seaweed, brussel sprouts, or for the non-vegan people out there, salmon and other types of fish!

Get your healthy dose of fiber every day. Having a fiber-rich diet is also important for supporting a healthy gut. Look for fiber-rich vegetables, fruits, and whole grains; some of our favorites include sweet potatoes, broccoli, avocado, beets, berries, or oats. Speaking of oats (which you can find in our oil to milk cleanser), along with being a great source of fiber, oats help support healthy digestion. Bonus – they're great in both savory OR sweet dishes!

easy beverages to try



matcha latte

Matcha (as found in our mymatcha all-over spot treatment), which is made of whole green tea leaves, is packed with anti-inflammatory and antioxidant compounds called catechins (EGCG 9, or epigallocatechin gallate, to be specific).

A cup of matcha tea in the morning instead of coffee is the perfect way to boost your intake of antioxidants while also getting the caffeine you might need! We also recommend making or ordering your latte with oat or nut milk instead of dairy milk this week. While everyone's body is different, a lot of research suggests that dairy can have inflammatory impacts on your body...and skin!

ingredients:

1 tsp matcha tea
1 cup of nut milk

directions:

Combine 1 teaspoon of matcha powder and 1 cup of hot nut milk. Whisk until desired consistency and froth is achieved!

turmeric latte

Looking for a little spice? You've probably already heard us wax poetic about turmeric (as found in our turmeric spot treatment), but in case you haven't, it offers potent antioxidant benefits along with powerful anti-inflammatory properties. When ingested, it also helps support healthy digestion. Basically, this ingredient is M-A-G-I-C, and so flavorful! Try incorporating turmeric into your diet by whipping up some golden milk!

ingredients:

1 tsp turmeric powder
1 tsp of chopped ginger
¼ tsp cinnamon
⅛ tsp black pepper
1 cup of nut milk

directions:

Heat 1 cup of nut milk on the stove. Pour into a blender with the remaining ingredients. Blend away!

cleansing tonic

This potent tonic is like a detox in a cup. It's especially cleansing first thing in the morning, or in the middle of the day when you start to feel sluggish and need a pick me up!

ingredients:

1 cup hot water
⅛ tsp cayenne pepper
¼ tsp turmeric powder
1 tsp lemon juice
¼ tsp apple cider vinegar

directions:

Combine the cayenne pepper, turmeric powder, lemon juice, and apple cider vinegar. Add hot water and stir. Then get sippin'!

omega pick-me-up

For an easy dose of hydration, fiber, and omegas, add a teaspoon of chia seeds to a glass of water. Toss in some sliced cucumbers and strawberries as well – it's a nutrient-rich snack and a beverage all in one!

ingredients:

1 cup hot water
⅛ tsp cayenne pepper
¼ tsp turmeric powder
1 tsp lemon juice
¼ tsp apple cider vinegar

directions:

Combine the cayenne pepper, turmeric powder, lemon juice, and apple cider vinegar. Add hot water and stir. Then get sippin'!

energizing cocoa latte

We love starting our mornings with this energizing, hot chocolate-like latte.

ingredients:

1 cup of hot nut milk
1 tsp cacao
¼ tsp cinnamon
¼ tsp chaga
½ teaspoon honey (optional)
a dash of cayenne powder (optional)

directions:

Blend all ingredients and enjoy!

sweet potato smoothie

Get your dose of fiber, potassium, good fats, and beta carotene with this smoothie recipe!

ingredients:

1 frozen banana chopped up
½ steamed then frozen sweet
potato chopped up
½ cup coconut milk
seasoning: cinnamon, nutmeg,
cardamom
optional: add almond butter

directions:

Blend until smooth and season as desired.

other beverages that we highly recommend:

Ginger tea or latte
Lemon water
Hibiscus tea
Peppermint tea

Rooibos tea
Ginger lemon kombucha from Health Ade
Any and all beverages from [Teaonic](#)
And of course, WATER

easy meals to try

As mentioned above, we're aiming to eat WHOLE foods this week! As for what you prepare, we're totally flexible. Have fun making creative recipes, or follow our simple ones below!

chia pudding

Ever heard of chia seed pudding (of course you have)? Just like overnight oats, these guys turn themselves into a meal while you sleep, and can be easily made in mason jars to take on the go.

ingredients:

2 tablespoons chia seeds

1 can of coconut milk

1 tsp honey

optional toppings: berries, cinnamon

directions:

Mix all ingredients together and refrigerate overnight. Add toppings and enjoy!



overnight oats

Overnight oats made with nut milk, oat milk, or whatever your liquid of choice may be, make for an effortlessly healthy breakfast. Top them with berries, cinnamon, or honey or agave if you're in the mood for it.

ingredients:

½ cup oats
½ cup oat milk or nut milk of choice
honey or agave
cinnamon
sliced berries or bananas (optional)
nut butter (optional)

directions:

Combine oats, oat or nut milk, cinnamon, and honey or agave. Refrigerate overnight. Add sliced berries, banana, nut butter, or all of the above, and enjoy!

oat and banana pancakes

Ready for the next level? Give 3-ingredient oat and banana pancakes a try!

ingredients:

2 eggs
¼ cup oats
1 sliced banana
½ tsp coconut oil
cinnamon or nut butter (optional)

directions:

Blend the eggs, oats, and banana together. Melt a little coconut oil in a pan on the stove, and get cooking and flipping! Top your pancakes with cinnamon, nut butter, or whatever else your heart desires.

simple beet and avocado salad

Beets are an excellent source of vitamin C, fiber, antioxidants, and folate, which is a B vitamin that helps support a healthy metabolism. They're a great addition to any meal, especially if your energy is low and you need a boost. Take advantage of the deliciously rich flavor and texture of beets, and the healthy fats from avocados, by making your own simple salad.

ingredients:

2 whole beets
½ avocado
½ cup walnuts
arugula

dressing:

extra virgin olive oil
balsamic vinegar

directions:

Wash your beets and cover in foil. Heat oven to 375 degrees and bake beets for 30 minutes (or until tender). Remove beets from oven and run under cool water. Once cooled, peel skin off and slice into ready-to-eat pieces. Toss with avocado, walnuts, and arugula, and top with equal parts olive oil and balsamic vinegar. Enjoy!

refreshing pomegranate zucchini salad

This salad is refreshing and crunchy – and feel free to add an additional serving of lean protein!

ingredients:

arugula
chopped snap peas
thinly sliced or shaved zucchini
pomegranate seeds
pistachios
salt & pepper
lean protein (optional)

dressing:

equal parts olive oil & lemon
a touch of apple cider vinegar
salt and pepper

optional:

goes really well with grilled chicken or falafel

easy end of summer salad

Take advantage of in-season fruits and vegetables to create a tasty and hearty vegetarian salad!

ingredients:

chopped tomatoes
chopped peaches
chopped avocado
chopped basil leaf

dressing:

equal parts balsamic vinegar and olive oil
salt and pepper

two minute avocado toast

This is the perfect, two minute solution for when you're craving comfort food that's also packed with good fats and fiber.

ingredients:

1 slice of multigrain or gluten-free bread
½ avocado
¼ tsp of lemon juice
¼ tsp of apple cider vinegar
salt to taste
extra virgin olive oil (optional)
red pepper flakes (optional)

directions:

Mash your avocado with lemon juice, apple cider vinegar, and salt. Spoon onto toasted bread. Drizzle with olive oil and add red pepper flakes. Enjoy!

Go-To Balanced Bowl or Salad Recipe

This is our most basic meal that we'll probably have multiple times this week because there are so many combinations that are easy and tasty! You'll also be able to order some version of this out if you don't have time to pack your lunch. The idea is to load up on leafy greens, veggies, and lean protein, and then top it all off with good fats and fermented veggies!

ingredient ideas (choose ingredients from each of the below categories):

bowl base:

leafy greens: lettuce, spinach, arugula, spring mix OR

whole grains like barley and quinoa, or savory oats

veggies (raw or cooked): carrots, broccoli, cauliflower, cucumber, radish, bell pepper, sprouts, beets

good fats: avocado, almonds, pistachios, walnuts, eggs

lean protein: lean meat, fish of any kind, or lentils or mixed beans for a vegetarian option

dressing:

equal parts olive oil and apple cider vinegar (or balsamic vinegar) OR equal parts olive oil and lemon juice
salt and pepper

bonus ingredients:

fermented vegetables
artichoke hearts

directions:

Pick your base, load up on as many veggies, healthy fats, and fermented foods as you can, include one serving of lean protein, and drizzle with dressing (especially olive oil!). That's it!



soups!



We LOVE soups. They are an easy way to pack in nutrients, and you can make a big pot that will last you all week. Below, you'll find a few recipe options that all follow the same five-step process.

ingredients for soup base:

- 1-2 tbsp ghee (or coconut oil)
- ½ to 1 diced yellow onion
- 1-2 bunch diced celery
- 3 diced garlic cloves
- 1 diced shallot (optional)
- 1 small bunch green chives (optional)
- 1 box of organic veggie or chicken stock

1) Create your soup base. In a large pot (6-8 quarts), sauté onion in ghee or coconut oil for 5-7 minutes on low heat. Then, throw in chives, garlic, and celery. Continue to sauté until onions and celery have turned completely transparent.

2) Add in your veggies and flavor of choice (options below) and vegetable or chicken stock until the pot is 2/3rds full. This is where you can get creative and make whatever flavor soup you want. We've listed several options below!

3) Let your veggies boil until soft, and then pureé soup with an immersion blender. You can also use a normal blender, but you might have to blend in small batches. If you like your soup somewhat chunky, don't blend all the way!

4) Add soup toppings (optional) and salt/pepper as desired.

5) Let sit for 20 minutes to cool, then enjoy!

For step 2), see the below options for fun ideas!

pumpkin-curry soup

ingredients:

1 can pumpkin
1 sliced tomato
1 sliced jalapeno pepper (optional,
if you like spicy!)
1 can coconut milk
1 tbsp turmeric powder
2 tbsp curry powder
½ tsp nutmeg powder
½ tsp red pepper flakes
salt and pepper

After you've blended all soup ingredients
(step 3), proceed to step 4 below.

step 4 ingredients:

½ cup peas
½ cup corn
1 diced red bell pepper

Sautee all three ingredients together until soft.
Add to soup, along with salt and pepper as
desired.

our go-to green soup

step 2 ingredients:

1 frozen bag of peas
1 bag of spinach
2 cups of uncooked broccoli
1 avocado

directions:

Boil until broccoli is soft, then add in 1 avocado.
Proceed to Step 3 (blending).

curry carrot soup

step 2 ingredients:

8 cooked carrots (bake them in tin
foil before so they are already soft)
2 tbsp curry powder
1 tsp turmeric powder
1 diced tomato
1 can coconut milk

corn chowder

Step 2 ingredients:

2 cans of corn
1 can coconut milk (drained)
2 jalapeno peppers
2 cups of cauliflower

For other health-FUL recipes to try this week, we highly recommend checking out our fitness
and nutrition expert, Rachael Devaux's, [blog](#).

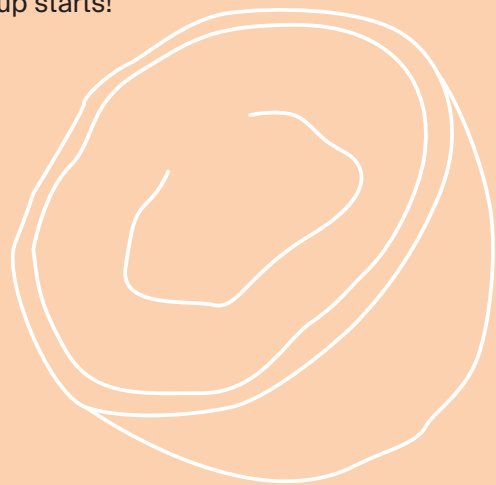
Have an amazing recipe that you want to share? Post it to our facebook group!



the skincare section

skincare routine by
Priscilla Tsai and team

This week, we want to encourage you to listen to your skin! We'll be providing tips on how to adapt your routine, create amazing DIY recipes, AND learn about food ingredients as skincare ingredients. We recommend reading through this section and identifying any skincare products or foods that you'll want to stock up on at Whole Foods or on cocokind.com before your 7 day glow up starts!



the daily skin tracker

an exercise created by the cocokind team

becoming your skin's #1 expert

People always ask us what the best skincare routine is for them. Our response is that we actually don't believe in following strict routines – instead, we advise people to “listen to your skin” and develop your own, adjustable routines with our products!

But how do you “listen to your skin”? This week, we're going to learn how by paying *extra* close attention to what it's trying to tell us. Get up close and personal, and be observant of any changes, little or big!

We're going to ask you to fill out the below tracker every morning, so you can learn how to listen to your skin and customize your own routine. Because ultimately, we may not all be skincare experts, but we can be experts in our own skincare.

the daily skin tracker

In an ideal world, we'd all wake up every morning with glowing skin. However, we all have off days, or days when our skin just looks or feels a little different. This is when it's important to observe your skin and make appropriate adjustments to your routine for that morning or night.

Fill in this skincare tracker every day, first thing in the morning. Don't forget to look at the notes on select questions!



my daily skin tracker

My skin feels¹ _____

My skin looks² _____

The biggest thing I still want to address with my skin is

I used the following products yesterday:

I drank _____ cups of water yesterday and slept _____ hours last night.

Other non-skincare, lifestyle factors that may have contributed to my skin are³:

⁴On a scale of 1 (not great) - 10 (amazing), I feel _____ about my skin today.

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^{1,2} Here are some adjectives to help you answer the “how my skin feels and looks” questions, but feel free to improvise!

¹Potential answers for how my skin FEELS:

Soft, balanced, supple, nourished, rejuvenated, well-rested, inflamed, thin, tired, itchy, sensitive, tight, dry, scaly, oily, clogged, heavy

²Potential answers for how my skin LOOKS:

Glowy, radiant, dewy, youthful, clear, dull, tired, flaky, uneven, yellow, sallow, red, broken out

³For this question, there are many non-skincare related lifestyle factors that can contribute to how your skin feels and looks on a daily basis. Here are some examples of things that happen in the background, that we might not even realize can impact our skin!

You are:

- Going through that time of the month or PMS week - hormonal fluctuations are real!
- Eating lots of good foods that promote glowing, nourished skin (yay!)
- Detoxing your body of sugar and processed foods
- Traveling a ton with lots of plane time
- Stressed out
- Having one too many glasses of wine the night before
- Picking at your skin (don't do it!)

⁴On this last question. It's totally ok to write down that you're feeling like a 1 about your skin on certain days. What you should know, however, is that your skin is NOT a reflection of how you should feel about yourself, because you are amazing and beautiful, PERIOD!

what to do with your skin tracker results

Now that you've tracked your skin, what should you do with that info? And what if your skin changes drastically from one day to the next?

Based on your answers, you may have to change up your routine on certain days. It is **TOTALLY** possible to be one category on Monday and completely the opposite on Tuesday!

Here's your guide to figuring out how to switch up your routine.

if your skin feels or looks

solution

cocokind products

clogged, broken out, or uneven



Your pores could be clogged from excess sebum production, dry skin build up, or the use of heavier products. All of these things can also exaggerate the appearance of pore size.

During this time, you should use lightweight skincare products, tone, exfoliate, and mask to remove dead skin and cleanse pores. Additionally, concentrate on eating anti-inflammatory foods!

- Use our **raspberry vinegar toner** to help purify pores and reduce excess oil
- Use our **sea moss exfoliator** in the am or pm, and our **chlorophyll mask** at night! Both of these products will help decongest your pores.
- Apply our **golden elixir** to moisturize, since it's hydrating but not too heavy.

dull, thin, or tired



If this is how your skin is feeling, you'll want to focus on more R&R and hydration. Try to up your daily sleep intake to 7.5-8 hours, at least – when you're tired, your skin loses its glow! For hydration, sneak in an extra 2-3 cups of water a day.

- Refresh skin using our **rosewater toner**
- Use our **glow essence** morning and night, to help reduce water loss
- Use our **vitamin C serum** directly after, to brighten your complexion and boost your glow
- Protect your skin from environmental stressors with one of our oil moisturizers, like our **chia facial oil** or our **facial repair serum**

sensitive



Are you using any harsh skincare products? If your skin is feeling sensitive (for example, stinging when you put moisturizer on), you could be reacting poorly to your stronger skincare products. Don't worry, this doesn't mean that you have to toss them out – you just have to take a break!

During this "break", we recommend avoiding potent actives and using only 2-3 skincare products with **REALLY** simple ingredient lists.

- Use our **cleansing oil** as your nourishing makeup and dirt remover
- Use as much of our **rosewater toner** as you'd like. This can actually be your cleanser and toner, if you use it on a cotton pad
- Use our 3-ingredient **facial repair oil** to moisturize and help rebuild your skin barrier.

if your skin feels or looks

solution

cocokind products

itchy, inflamed, red, or flaky



Sounds like your skin could be suffering from an inflammatory response to an internal or external factor.

If this is how your skin is feeling, you'll want to nourish and balance your skin and body. Eat anti-inflammatory and gut-friendly foods, and limit your consumption of processed foods and sugar. Additionally, you'll want to use balancing, gentle skincare products

- Use our **oil to milk cleanser** to feed your microbiome with prebiotic ingredients
- Use our **rosewater toner** to balance skin
- Moisturize using our **chia facial oil**, which contains soothing omega-3s that help to reduce the effects of inflammation

oily or heavy



Your skin is producing a lil' too much sebum! Have you tried combatting too much oil with a nourishing facial oil? Many times when skin is feeling oily, it could be because your skin isn't getting enough moisture. Your sebaceous glands then go into overtime and produce too much oil/sebum!

Unfortunately, what is harder to "control" is hormonal impacts on oiliness. It is common to experience more oiliness right before menstruation, but you can use balancing toners, slightly acidic skincare products, and moisturizing oils to balance this!

- Use a combination of our **oil to milk cleanser** and our **sea moss exfoliator** to cleanse and gently polish skin
- Post cleansing, use our **raspberry vinegar toner** to purify pores and balance your skin's pH
- Use our **chlorophyll mask** as much as you want!

tight, dry, or scaly



This sounds like you could be dehydrated and/or your skin's barrier and microbiome might be compromised! Your skin barrier helps your skin feel comfortable and protected, so it's important to keep it healthy.

Focus on upping your water intake and protect your skin if you're exposing it to harsh temperatures, too much time on airplanes, excessive caffeine, or other environmental stressors. Use gentle skincare products that feed your skin's microbiome and fortify your barrier. Avoid harsh cleansers or soaps that strip away too much!

- Use our **oil to milk cleanser** to feed your microbiome with prebiotic ingredients
- Use our **rosewater toner** as much as you want
- Use our **glow essence** to seal in more hydration and encourage greater water retention
- Moisturize with our nourishing **chia facial oil**

yellow or sallow



The solution here lies in nutrition! If you're not getting enough vitamins in your diet, your skin cells can't get the valuable nutrients that keep them healthy – over time, waxy, yellowed skin can result.

To combat this, make sure you're eating enough vitamin-rich foods. We recommend lots of dark leafy greens, citrus fruits, broccoli, nuts, berries, and the like.

- Use our **glow essence** and **vitamin C serum** to brighten skin and up your glow!
- Boost your complexion with our **chlorophyll mask**, which keeps your skin looking radiant by supporting healthy circulation

This tracker will also help you to notice lifestyle factors that might be impacting your skin. Did you just come back from a bachelorette weekend and are now *coincidentally* dealing with more skin issues? All of these things matter for your skin and it's important to track to better understand how your skin evolves with time, occasion, and behavior.

As with anything skincare related, finding what works for you is an extremely personal exercise. The more you observe and listen, the better you'll become at knowing how to care for your skin on a day-to-day basis. You're on your way to becoming an expert in your own skin!



diy beauty & self-care recipes

As we've mentioned, we believe that everything is connected – what's good for your gut is also good for your skin! Why not try bringing the two together? In this section, we'll be sharing a few DIY beauty and self-care recipes using our products and some of our favorite superfoods. Incorporate as many of these fun recipes as you want into your week to treat your skin, body, and mind!

avocado face mask

Avocados can be just as nourishing to your skin when applied topically as they can be to your body when ingested! We make this mask with honey, which has antibacterial properties, and our chlorophyll mask, for extra complexion-boosting power.

ingredients:

- ½ avocado
- 1 tbsp honey
- 1 scoop chlorophyll mask

directions:

Mix ingredients together in a bowl or in a blender for extra smoothness. Apply mixture to your skin and leave on for 15-20 minutes. Remove with a warm, damp towel.



sweet potato face mask

In our opinion, there's nothing more comforting than a warm sweet potato. And guess what? Your skin agrees – it will love this nourishing, sweet potato and coconut milk face mask. Even better, this recipe also doubles as a sunburn-soother, if you've been getting a little too much heat.

ingredients:

1 cup cooked sweet potato (warm or cold, depending on what feels better to you!)
2-3 tablespoons organic coconut milk (shop our favorite brand here)
3 pumps of our facial repair oil

directions:

This recipe makes 2 servings, so make sure to share with a friend or refrigerate to use the next day! Combine the 3 ingredients in a bowl, apply to clean skin, kick back, and relax. Leave on for at least 15 minutes and then rinse off with warm water or a damp washcloth.

cleansing oil scalp and hair mask

Our cleansing oil can help soothe uncomfortable scalp conditions AND boost the shine in your hair! The oil works to deeply moisturize the skin and hair, and reduce the feeling of inflammation. Tea tree oil and lavender oil work to cleanse the scalp, while the lavender oil is naturally stress-relieving.

ingredients:

our organic facial cleansing oil

directions:

Divide your hair into sections to expose your scalp. Use your fingertips to gently massage a few pumps of the cleansing oil into your scalp. Work gently and in circular motions, making sure to cover as much of the scalp as possible. Leave this on for at least 30 minutes, or leave it on overnight for ultimate hydration purposes!* Rinse with natural shampoo and conditioner. Repeat 1-2x per week.

*If leaving on overnight, make sure to sleep with your hair in a bun, or with a towel covering your pillowcase, to avoid any staining from the oil!

diy rosewater toner

If you've tried our rosewater facial toner, you probably already know that it's formulated with one ingredient and one ingredient only – rose hydrosol. Since all you have to do is steam rose petals, DIY-ing your own rosewater toner is pretty simple – and can actually be kind of fun!

ingredients:

1 dozen organic roses
6 cups distilled water
ice
empty bottle or jar for the
end product
heat-safe saucer or small plate
heat-safe small bowl
3 quart pot with lid

directions:

Watch our video [here](#) for step by step
instructions on how to create our rose hydrosol!

chlorophyll mask bath bomb

After a long day or an intense workout, we often find our muscles and skin feeling a little fired up and in need of some soothing. Luckily our chlorophyll mask plus a few ingredients from your pantry can help purify, soothe and nourish your body. Ready to try making your first bath bomb? Follow these easy steps, and let's get fizzy with it.

ingredients (makes 3-4 bath bombs):

1 cup baking soda
½ cup citric acid¹
½ cup epsom salt
¾ cup arrowroot starch
2 tbsp olive oil
2 tsp water
1 tsp vanilla extract
1 tbsp cocokind organic chlorophyll face
mask
bath bomb molds²

¹Necessary for the fizzing reaction. You can buy natural citric acid [here](#).

²Using bath bomb molds will give your creations that perfect spherical look, but you can also use ice cube trays or muffin tins.

directions:

Mix the dry ingredients in one bowl, and the wet ingredients in another. Slowly pour the wet ingredients into the dry ingredients, and begin mixing with your hands. You'll know you have the right consistency when you squeeze the mixture and it holds together. If it's feeling a little dry, add a couple drops of water, and if it's feeling a little wet, add some baking soda. Pack the mixture into your bath bomb molds and let sit for fifteen minutes to an hour. You don't want to leave them for much longer than that, as they'll become difficult to remove from the mold! To use, simply drop into your bath water, watch the naturally fizzy bomb dissolve, and enjoy! Store in an air-tight bag or container and use within two weeks for your freshest bath bomb.

pineapple body scrub

Your body needs some lovin' too! This body scrub smells like a piña colada and leaves your skin soft and silky-smooth.

ingredients:

¼ cup fresh pineapple, chopped into cubes

¾-1 cup coconut sugar

5-10 pumps facial cleansing oil

¼ cup melted coconut oil


directions:

Blend the pineapple chunks until smooth, then add in the coconut oil and blend some more!

Pour mixture into a bowl and stir in the cleansing oil and sugar. Use circular motions to massage this scrub into damp skin, and then rinse with water.



finding food in our skincare products



If you haven't noticed already, many of the foods we recommend can also be found in your cocokind products! Here's a quick summary of some of our favorite ingredients that are just as great for your skin when applied topically as they are for your body when ingested.

avocados

When applied topically, avocados can be extremely moisturizing, which is why we used them to formulate our facial repair oil. This restorative daily moisturizer uses avocado oil, rosehip oil, and coconut oil to help smooth and soften skin while also reducing the appearance of dark spots and discoloration.

chia seeds

Chia oil is one of the most omega-3 packed oils out there. We talked about the importance of omega-3s in the foods you eat, but they also have so many benefits for your skin! Our regenerative chia facial oil provides deep, nourishing moisture, as it soothes the skin, increases suppleness, and defends your skin against environmental stressors.

beets

Beets are well known for their rich burgundy hue, which is why we used them to formulate our maca-beet tinted moisture stick. Dab a little on your lips and cheeks for a hydrating burst of color plus an antioxidant boost.

matcha

Found in our mymatcha all-over moisture stick, matcha's powerful antioxidant catechins will help protect your skin against oxidative stress. Its caffeine content also helps reduce the look of puffiness or under eye circles.

oats

Our oil to milk cleanser is formulated with a fermented oat complex that helps support your skin's natural barrier, and promote a plump, hydrated complexion. Use this ultra-gentle cleanser to remove dirt and impurities, while also promoting soft, replenished skin.

raspberries

Our raspberry vinegar toner centers around fermented raspberries, which deliver natural acetic acid to your skin to help reduce excess oil, balance your skin's pH levels, and purify pores. Your skin can benefit from fermented products just as much as your gut can!

turmeric



Turmeric is our spot treatment's star ingredient. It's packed with a compound called curcumin, which helps reduce signs of inflammation and lighten the appearance of dark spots. Dab our spot treatment on any desired areas and let sit for at least 20 minutes.





the workout section

at home workouts with
Rachael DeVaux



Below are a few ways to get moving this week, which we drummed up with our exercise expert, Rachael Devaux! These workouts are not meant to be overly strenuous; they are 15 minute workouts that you can do ANYWHERE!

As with any workout, modify and LISTEN to your body! While we're providing ideas for seven workouts, feel free to take as many recovery days as you need, or substitute them with whatever workout makes you feel best. Make it your own!

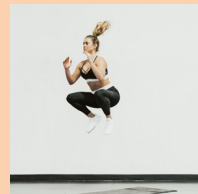
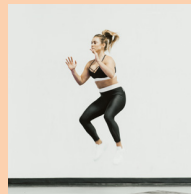
workout #1

circuit 1

goblet squats x 12



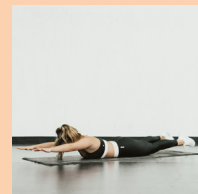
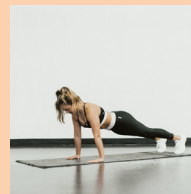
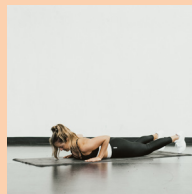
burpee + tuck jump x 10
(modify: regular burpee)



repeat 3x

circuit 2

lay down push-ups x 12



dumbbell bicep curls x 14
(or any weight)



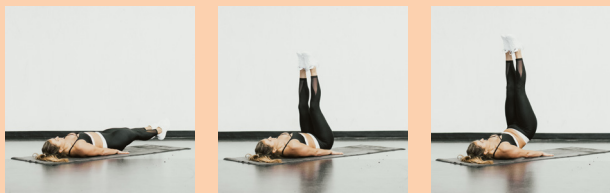
bent over dumbbell tricep extension x 14
(or any weight or soup can)



repeat 2x

circuit 3

straight leg raise + hip thrust, 30 seconds



forearm plank hold, 30 seconds



repeat 2x

workout #2

15 min jog

If you're able to, get out there and go for a jog today, even if it's just for 15 minutes in the morning. It'll give you a chance to clear your mind before the day starts – try to do it without music and leave your phone at home to really take in the world around you. We love starting the day with a morning workout because the more you move your body, the more energy you have. It might sound counterintuitive, but it's true!

15 min

workout #3

circuit 1

walkouts, 45 seconds



crab toe touches, 45 seconds



repeat 3x

circuit 2

curtsy lunge with pulse (2) to high knee x 12 each leg



weighted (dumbbell) squat to press x 14



bent over alternating dumbbell rows x 24 total



repeat 2x

circuit 3

side plank dips x each side,
30 seconds



plank shoulder taps,
30 seconds



repeat 2x

yoga

You made it to the middle of the week! **Give your muscles some love by doing some deep stretches today, or even following along with a yoga video.** Yoga is also good for the mind, as it focuses on re-centering and meditation.

stretch

workout #4

circuit 1

jump squats, 30 seconds



pushups, 30 seconds
(modify: on knees)



4 rounds, 30 sec break

circuit 2

bulgarian split squats,
30 seconds
(modify: without weight)



goblet reverse lunge,
alternating, 30 seconds
(modify: without weight)



4 rounds, 30 sec break

circuit 3

**mountain climbers,
30 seconds**



**plank hip rotations,
30 seconds**



**high plank on bench +
knee to each elbow taps,
alternating, 30 seconds**



3 rounds, 30 sec break

workout #5

30 min walk

Only one more day to go – let's power through! Take today to go for a 30 minute walk to clear your mind and appreciate all the work you've put into this glow-up plan!

30 min

workout #6

circuit 1

**dumbbell alternating
step ups x 20 total**
(or any weight)



**incline push-ups on bench
x 10**



3 rounds

circuit 2

jump squats x 14



commandos x 20



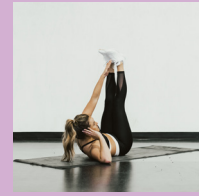
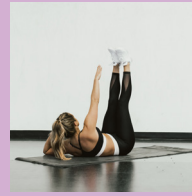
**single leg romanian
deadlift (rdl) x 12**



3 rounds

circuit 3

**vertical toe taps,
alternating x 24 total**



**straight leg raise to
knee tuck x 12**



2 rounds

workout #7

finish strong

Finish this week out strong and repeat your favorite workout from this week or one of your favorites way to move on your own.

repeat

shopping list template

Phew! So many great ideas. Use the handy template below to help you organize you quick trip to the grocery store!

produce

dairy / cheese

meat / protein

grains

healthy fats / oils

herbs / spices

final thoughts

So...how do you feel?

We hope this week helped you fall back in love with whole foods and feel a little more in touch with your body and skin. Mostly, we hope it helped prove that you can do anything you put your mind to...especially with the help of our amazing community!

We'd love to hear and see how you feel! Share pics, stories, and your candid thoughts with us online on Instagram at @cocokindskincare or in our Facebook group.

Wishing you a happy, healthy fall season! <3 Keep it up!

xoxo, team cocokind