

5 minute *morning de-puff* ROUTINE



...wake up less puffy



YOUR 5-MINUTE MORNING RESET

Do this 3 days in a row and notice the difference.



Step 1 — Cold Reset (1 min)

Splash cold water on your face or dip it in a bowl of ice water.

Cold temperature tightens blood vessels and slows fluid pooling, which is why your face looks less swollen and more awake almost instantly.



Step 2 — Gentle Drainage (2 mins)

Using your fingers, gently stroke from your cheeks down toward your jaw.

This follows your lymphatic pathways — the drainage system that moves excess fluid buildup out of your face and down toward your neck, where your body can actually process it.



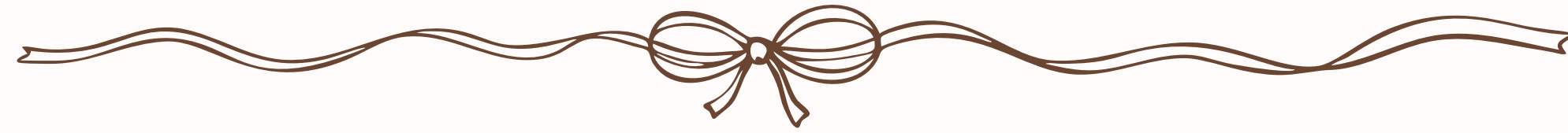
Step 3 — Your De-Puff Drink (1 min)

Drink a warm glass of water (with lemon if you like) before coffee.

Warm water kickstarts circulation and digestion first thing, so your body starts flushing excess fluid instead of holding onto it.



CAUSES OF PUFFINESS



If you wake up feeling swollen around your cheeks or eyes... you're not imagining it.

Your morning puffiness is usually your body responding to small things from the night before.

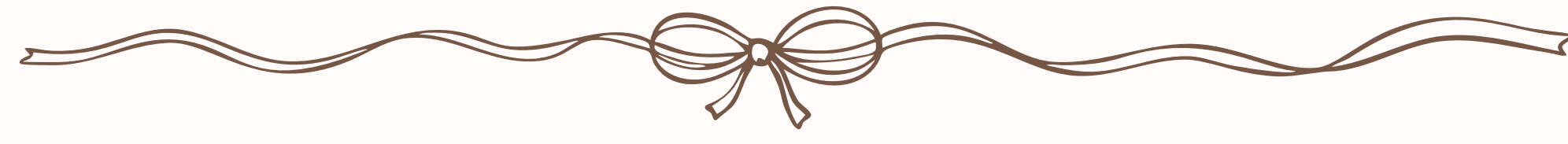
Here are a few common reasons :



- 💧 Fluid retention from salty or late-night eating
- 😴 Poor sleep slowing down your circulation
- 🥛 Not drinking enough water
- 🌙 Hormonal changes throughout the month

Honestly? It happens to all of us — and it's way more common than you think.💭

Between salty dinners, late nights, and stress, our bodies are doing a lot behind the scenes while we sleep. So if you've been waking up puffy and wondering what's wrong with you... nothing is. It's just cause and effect.



Avoid these if you want to wake up less puffy

Sometimes it's not about what you do — it's about what you stop doing.



Eating salty meals late at night;

Your body holds onto that fluid while you sleep.



Sleeping flat on your face;

Fluid has nowhere to drain and pools around your eyes and cheeks.



Reaching for coffee first thing;

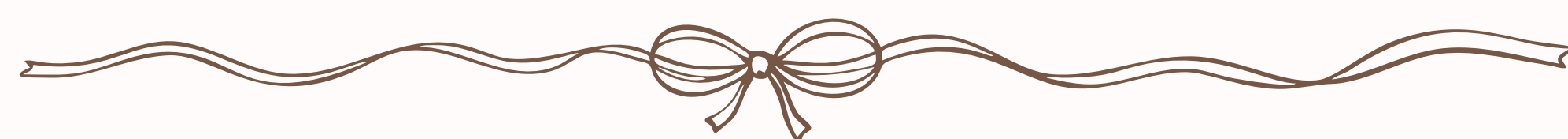
Coffee dehydrates you before your body has had a chance to reset.



Sleeping with your head too flat;

Try an extra pillow - elevation helps fluid drain overnight .

Small changes the night before can make a big difference in the morning.





This routine is your quick fix

Puffiness builds all day from what you eat, how you sleep, and how much water actually reaches your cells. So by tomorrow, you're kind of starting from zero again.

If you want your face to stay less puffy — not just look better for an hour, you need a routine that follows you through the whole day, not just the first 5 minutes of it.

The Puffy Face Reset Guide takes you deeper:



A simple 7 day reset plan to help you stay consistent



The real reasons your face gets puffy



A complete morning and night routine for better results



Foods that help reduce puffiness from within



A full lymphatic drainage routine (with easy visual guides)



A 7-day tracker to help you stay on track and see your progress



Everything in one place.

No guessing. No confusion. Just results you can maintain.

[Start your full reset here](#)