



# *The Ageless Blueprint*

My 5 secrets to looking  
25 at 52

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— by —  
Jenna

*A personal guide to vibrant, glowing skin  
from the inside out.*

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## *Hi, I'm Jenna!*



If you are reading this, you are probably **exhausted** by the beauty industry telling you that you need to spend thousands of dollars on 12-step skincare routines and expensive lasers just to look your age.

When I turned 50, I realized a hard truth:

*"You cannot fix aging from the outside. Creams only sit on the surface. True, glowing youth comes from how you treat your cells, your stress, and your body."*

Here is my personal ***Ageless Blueprint*** — the 5 exact secrets I use every single day to stay vibrant, lifted, and glowing at 52.



## SECRET NO. 01

### *The Internal Flush*

#### *Morning Ritual • Hydration*

When you wake up, your body is dehydrated, which makes fine lines look **10x deeper**. Before I touch coffee, I drink a large glass of room-temperature water with a squeeze of fresh lemon and a tiny pinch of Celtic sea salt.

This instantly rehydrates your cells and flushes out the dulling toxins that built up overnight — giving your skin its first sip of life for the day.



## SECRET NO. 02

### *Eat Your Glow Fats*

#### *Diet • Cellular Nourishment*

The biggest mistake women make as they age is **cutting out fat**. Your skin cells are literally made of lipids (fats)!

Every single day, I make sure to eat half an avocado, a handful of walnuts, or a drizzle of high-quality extra virgin olive oil. These healthy fats plump up your skin from the inside, giving you that bouncy, elastic look.



## SECRET NO. 03

### *The Silk & Seal Rule*

#### *Nighttime • Moisture Lock*

As we age, our skin loses its ability to hold onto moisture overnight. After I wash my face at night, I apply a basic moisturizer and *seal* it in by pressing 3 drops of pure Jojoba or Rosehip oil into my skin.

Then, I only sleep on a **silk pillowcase**. Cotton absorbs your expensive skincare and causes permanent "sleep wrinkles." Silk lets your skin glide perfectly — like waking up to a tiny daily miracle.



## SECRET NO. 04

### *The Collagen Saver*

#### *Mindset • Stress Reset*

Did you know that **cortisol** (the stress hormone) actively destroys your collagen? If you are constantly stressed, your skin will sag faster.

Every night before bed, I do 5 minutes of **box breathing** — inhale for 4 seconds, hold for 4, exhale for 4, hold for 4. This signals to my brain to lower cortisol and release the natural growth hormones that repair skin overnight.



## *My Secret Weapon*

### *Cellular Repair • The Game Changer*

Secrets 1 through 4 set the foundation — but **this last step is what actually reverses the clock.**

As we age, our bodies stop producing **NAD+** (a vital molecule for cellular energy). When your cells lose energy, your skin sags, wrinkles form, and you feel constantly tired. You cannot get enough of it from food alone.

Every single morning, right when I wake up, I take my daily **NMN+ Supplement**.

This is my **absolute secret weapon**. It directly boosts those youth-molecules in your cells, giving you that vibrant, "lit-from-within" glow and the energy of someone 10 years younger.



► **CLICK HERE TO SEE THE EXACT SUPPLEMENT** ►  
I take every morning on Amazon



*You deserve to look and feel radiant at every age.  
Start these 5 steps today, and watch your glow come back.*

*Stay glowing  
— Jenna*

*Disclaimer: I am not a medical professional, and this guide is for informational purposes only. Always consult your doctor before starting any new supplement routine.*