



TWIXMAS Glow Up Challenge

Join the Twixmas Beauty Challenge by using the downtime between Christmas and New Year to reset, pamper, and give your skin a well-deserved break. Take a break from makeup, treat your hair to some TLC masks, and enjoy relaxing long baths. As you complete each challenge, you can collect points and treat yourself to something fun in January based on your final score. Are you in?

Go make-up free for 3 days in a row

25 points

Drink 1.5 litres of water for 4 days in a row

40 points

Apply a deep conditioning hair mask

15 points

Get 8 hours sleep for at least two nights

35 points

Get a 20 mins massage (free or professional)

40 points

Have a relaxing bath

15 points

Take a 30 second cold shower

40 points

Apply a sheet face mask

15 points

Apply an eye mask

15 points

Get a manicure (DIY or professional)

25 points

Get a pedicure (DIY or professional)

20 points

Do a full body scrub

30 points

Apply a foot mask

30 points

Do an exfoliating face scrub

20 points

Wear sunscreen every time you go out during Twixmas

45 points

Drink green tea 3 times

30 points

Do a 10 minute yoga session

20 points

Do a lip scrub

10 points

Wash face with cold water 3 times

35 points

Have a pampering shave

30 points

How did you do?

0-199 points : Treat yourself to your beauty must-have under £10 plus your favourite dessert

200-299 points: Treat yourself to a brunch or a class (yoga/Reiki/sound healing) with friends

300 points or above: Book a treatment, half day or full day at your favourite spa