HerbaGlow Naturals – 30-Day Social Media Calendar

Day	post Topic	Caption	hashtags	image idea	Platform
1	Morning Routine	Wake up to the power of plant 🌿	#HerbaGlow #MorningHerbs	Flat lay of herbal morning products	Instagram Post, WhatsApp Status
2	Product Highlight	Hydrate naturally with our Aloe-Cucumber Gel 💧	#NaturalHydration #AloeCucumber	Gel on leaf with water splash	Instagram Carousel, Facebook Page
3	Skincare Tip	Sunscreen is your daily herbal shield 🔒	#HerbalSPF #SunCare	Applying sunscreen outdoors	Instagram
4	Customer Review	Nature-backed results you can trust 🌿	#ResultsWithRoots #GlowNaturally	Testimonial screenshot	Instagram Story, Facebook Testimonial Post
5	DIY Recipe	Make your own herbal mask at home 🌿	#DIYNaturalGlow #HerbalDIY	Ingredients collage	Instagram Reel, Pinterest
6	Behind the Scenes	Crafting beauty with every blend 🌸	#EcoBeauty #HerbaGlowBehind	Lab or production team photo	Instagram Reel, YouTube Shorts
7	Fun Post	Tag your green beauty partner 🌿💚	#TagAFriend #GreenGlow	Friends using face masks	Instagram Post, Pinterest
8	Night Routine	Reset your skin the herbal way 🌙	#NightCare #BotanicalReset	Bedside routine setup	Instagram Carousel, WhatsApp Status
9	Ingredient Focus	Benefits of Neem in your skincare 🌿	#NeemPower #PlantBasedSkin	Close-up of neem leaves + bottle	Instagram, Pinterest
10	Myth Busting	Debunking skincare myths – naturally 🌿	#SkincareMyths #AyurvedaTruth	Myth vs fact template	Instagram Post, Pinterest
11	Self-care Sunday	Pamper your skin the HerbaGlow way ✨	#SelfCareSunday #HerbaTreat	Spa-like setup	Instagram Post, WhatsApp Story
12	Q&A	Your questions, answered by HerbaGlow 🌱	#AskGlow #NatureKnowsBest	Question box format	Instagram reels, YouTube shorts
13	Packaging Highlight	Unveiling our eco-packaging ♻️	#EcoPack #SustainableGlow	Box with plant background	Facebook, YouTube shorts
14	Before/After	Before & after with real herbal care ✨	#BeforeAfter #NatureHeals	Comparison face shots	Instagram Reel, Facebook Post
15	Mood Monday	Fresh skin vibes every Monday 🌿	#HerbalMonday #GlowStart	Smiling face with clean look	Instagram Post, WhatsApp Status
16	Hydration Reminder	Hydration is the first step to glow 💦	#HydrateWithHerbs #SkinRefresh	Water bottle + mist spray	Instagram Story, WhatsApp Status
17	Glow Challenge	Take the 7-Day Natural Glow Challenge 🍀	#7DayChallenge #GlowWithNature	Checklist image	Instagram Post, Facebook Event Page
18	Staff Pick	Our team's fav herbal picks 💚	#TeamPick #GlowFav	Team holding products	Instagram Post, LinkedIn, whatsApp status
19	Throwback Thursday	How it all started… throwback to roots 🌿	#Throwback #HerbalJourney	Old photos or brand evolution	Instagram Story Highlight, Facebook Testimonial
20	Skin Type Guide	Which herb suits your skin?Find out 🌿	#KnowYourHerb #SkinScience	Skin type chart	Instagram Post, Pinterest
21	Checklist Post	Your daily skincare checklist with herbs ✅	#Checklist #RoutineGoals	Graphic with checklist	Instagram
22	Giveaway	HerbaGlow giveaway is here! 🎁	#GlowGiveaway #HerbaFun	Giveaway bundle image	Post, Facebook Post
23	Live Alert	We're going live with a skincare expert! 🌿	#LiveWithGlow #HerbaTalk	Live session promo image	Instagram Story, YouTube Live
24	Product Restock	Our bestseller is finally restocked 🌿🛒	#RestockHerbaGlow #BestSeller	Product + "Now Back in Stock" graphic	Instagram Reel, WhatsApp Broadcast List
25	Mini Tutorial	Layer your skincare naturally 🌿	#NaturalSteps #LayerWise	Step-by-step visual	Instagram reel, YouTube short
26	Skincare Goals	What's your herbal skincare goal? 🌱	#GlowGoal #HerbalMission	Goal tracker layout	Instagram Story, Facebook Page
27	Unboxing	Real users. Real unboxings. Real glow 📦	#UnboxingHerbaGlow #RealGlow	User video/photo preview	Instagram Carousel, LinkedIn (Optional)
28	Expert Advice	Ayurveda expert shares skin secrets 👩‍⚕️	#AyurvedaTips #ExpertGlow	Expert portrait with quote	Instagram Post, LinkedIn
29	Sustainability Post	Our green promise 🌍	#GreenBeauty #NatureCares	Nature + brand mission poster	Instagram Story, WhatsApp Status
30	Gratitude Post	We're grateful for your support 🙏	#ThankYouGlowFam #HerbaSupport	Thank-you message + user collage	Instagram Post, WhatsApp Story, Facebook post