

### Mewing:

- Practice proper tongue posture by placing your tongue against the roof of your mouth, making sure the entire tongue, especially the back, is in contact.
- Keep your teeth lightly touching and lips closed.
- Breathe through your nose.

### Face Exercises:

1. Cheek Puff Exercise:
  - Puff out your cheeks and move the air from one side to the other. Repeat for 1 minute.
2. Jaw Release Exercise:
  - Sit with your mouth closed and move your jaw as if you're chewing. Breathe in deeply through your nose and exhale while humming. Repeat for 1 minute.
3. Neck Roll Exercise:
  - Tilt your head back and look at the ceiling. Move your lower lip over your upper lip as far as you can. Hold for 10 seconds and repeat 10 times.

### Water Intake

- Aim to drink at least 8-10 glasses of water daily.
- Start your day with a glass of water.
- Carry a water bottle to ensure you stay hydrated throughout the day.

### Food Diet

#### Breakfast:

- Oatmeal with fruits and nuts.
- A smoothie with yogurt, spinach, banana, and berries.

#### Lunch:

- Grilled chicken or tofu salad with a variety of vegetables.
- Whole grain sandwich with lean protein and veggies.

#### Dinner:

- Baked salmon or legumes with quinoa and steamed vegetables.
- Stir-fried veggies with brown rice or whole grain pasta.

#### Snacks:

- Fresh fruits.
- Nuts and seeds.
- Greek yogurt.

#### Face Care

1. Cleansing:
  - Use a gentle cleanser twice a day to remove dirt and oil.
2. Exfoliating:
  - Exfoliate 2-3 times a week to remove dead skin cells.
3. Moisturizing:
  - Use a suitable moisturizer for your skin type to keep it hydrated.
4. Sun Protection:
  - Apply sunscreen with at least SPF 30 daily.

#### Hair Care

1. Shampooing:
  - Shampoo your hair 2-3 times a week to keep it clean without stripping natural oils.
2. Conditioning:
  - Use a conditioner after every shampoo to keep your hair soft and manageable.
3. Hair Mask:
  - Apply a hair mask once a week for deep conditioning.

#### 4. Scalp Care:

- Massage your scalp regularly to improve blood circulation.

#### Sample Daily Routine

##### Morning:

- Start with a glass of water.
- Practice mewling while getting ready.
- Cleanse your face and follow with a moisturizer.
- Eat a nutritious breakfast.

##### Afternoon:

- Drink water regularly.
- Have a balanced lunch.
- Perform face exercises during a break.

##### Evening:

- Drink water throughout the evening.
- Eat a balanced dinner.
- Practice face exercises before bed.
- Cleanse and moisturize your face.
- Use a hair mask if it's your designated day.