



GLOWGREEN AYURVEDA

Date	Post Topic	Visual Idea	Caption Idea	Hashtags	Posting Time
01-10-2025	Brand Intro	Poster with logo & tagline	Glow naturally with GlowGreen 🌿	#GlowGreen #AyurvedaBeauty	11 AM
02-10-2025	Product Highlight (Face Cream)	Product photo + benefits	Hydration + Glow in one jar ✨	#NaturalSkincare #GlowNaturally	7 PM
03-10-2025	Customer Review	Reel/Testimonial photo	Real glow, real stories 🌸	#GlowGreenLove #AyurvedaCare	6 PM
04-10-2025	Skincare Tips	Infographic tips	Simple habits = glowing skin 🌿	#SkinTips #AyurvedaLifestyle	12 PM
05-10-2025	Ingredient Spotlight (Aloe Vera)	Ingredient infographic	Why Aloe Vera is skin's best friend 💕	#HerbalCare #AloeVera	11 AM
06-10-2025	Motivational Quote	Styled quote graphic	Start your day with positivity ☺️	#PositiveVibes #GlowNaturally	9 AM
07-10-2025	How to Use Product Reel	Step by step reel	Easy steps to glowing skin 🌸	#HowToGlow #AyurvedaCare	7 PM
08-10-2025	Festive Glow Post	Poster with festive theme	Festive glow with Ayurveda ✨	#FestiveGlow #GlowGreen	10 AM
09-10-2025	Behind the Scenes	Photo of making products	Here's how we create magic 💕	#BehindTheScenes #AyurvedaBeauty	6 PM
10-10-2025	Product Highlight (Hair Oil)	Product lifestyle shot	Nourishment for your hair 🌿	#HairCare #NaturalGlow	7 PM
11-10-2025	Customer Testimonial	Review screenshot	Loved by thousands 💕	#ReviewLove #GlowGreen	5 PM
12-10-2025	DIY Skincare Tip	Infographic DIY tips	Try this DIY tip 🌸	#DIYSkincare #AyurvedaTips	12 PM
13-10-2025	Before/After Result Post	Before/After photo	Results that shine ✨	#BeforeAfter #GlowNaturally	7 PM
14-10-2025	Ayurveda Fact	Fact card design	Did you know this about Ayurveda?	#AyurvedaFacts #HerbalGlow	11 AM
15-10-2025	Team Introduction	Team group photo	Meet our amazing team 🌿	#TeamGlowGreen #Ayurveda	5 PM
16-10-2025	Product Highlight (Face Wash)	Product usage poster	Freshness in every wash 💧	#FaceWash #NaturalCare	7 PM
17-10-2025	Customer Review Reel	Reel with user review	Listen from our customers 💕	#ReviewReel #GlowGreen	6 PM
18-10-2025	Tips for Healthy Skin	Infographic tips	Healthy skin = happy skin 🌸	#HealthySkin #AyurvedaLifestyle	11 AM
19-10-2025	Ingredient Spotlight (Neem)	Neem leaf design	Neem power for skin 💕	#NeemCare #GlowNaturally	7 PM
20-10-2025	Weekend Wellness Tip	Wellness poster	Weekend care, Ayurveda style 🌿	#WeekendWellness #AyurvedaTips	10 AM
21-10-2025	Festive Special	Festive graphic	Festive glow secrets ✨	#FestiveGlow #NaturalBeauty	11 AM
22-10-2025	Product Highlight (Body Lotion)	Product in lifestyle setting	Moisture & glow 💧	#BodyCare #GlowGreen	7 PM
23-10-2025	Customer Testimonial	Review post	Your love keeps us going 💕	#CustomerLove #AyurvedaCare	5 PM
24-10-2025	Reel: Skincare Routine	Reel skincare steps	Daily skincare in 3 steps 🌸	#SkincareRoutine #NaturalGlow	8 PM
25-10-2025	User-Generated Content	Customer selfie post	Your glow, your story 🌿	#UGC #GlowGreenFamily	6 PM
26-10-2025	Ayurveda Lifestyle Tip	Infographic lifestyle tips	Ayurveda = lifestyle 🌸	#AyurvedaLifestyle #GlowTips	11 AM
27-10-2025	FAQ Post	QnA poster	Got questions? We got answers 💕	#FAQ #GlowGreen	12 PM
28-10-2025	Product Highlight (Face Pack)	Product with herbal theme	Glow with herbs 🌿	#HerbalPack #NaturalCare	7 PM
29-10-2025	Customer Love Post	Collage of reviews	Thank you for the love 💕	#CustomerLove #GlowGreen	6 PM
30-10-2025	Month Recap	Summary graphic	September with GlowGreen 🌿	#GlowGreenRecap #Ayurveda	9 AM