

SHAADIPATH

# WEDDING GLOW & FITNESS SYSTEM

A Step-by-Step Wedding Preparation System  
for Skin, Body & Confidence (for couples)



## PHASE 1: THE QUICK WINS

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### START HERE: The “No-Time” Cheat Sheet

(If you only follow one part of this system, follow this.)

- **For Her:** The 3-Step Pharmacy Glow Routine (Daily)
- **For Him:** The All-Day Freshness & Personal Care Protocol
- **For Both:** The 7-Day Face De-Puff Plan (Start 1 week before)
- **For Both:** The Photo-Posture Fix (Look leaner instantly)
- **For Both:** The 24-Hour Emergency Toolkit

Follow these and you will already look noticeably better.

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## PHASE 2: THE STRATEGY

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### Chapter 1: The Wedding Countdown Planner

(Choose the right strategy for your timeline.)

- Wedding in 6+ months → Long-Game Skin Repair
- Wedding in 30–60 days → Glow, de-tan & definition focus
- Wedding in 7–14 days → Safe Emergency Mode only
- The Couple Rulebook: Supporting each other without pressure

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## PHASE 3: THE SKIN SYSTEM

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### Part 1: The ₹500 Pharmacy Glow System (Skin)

(Calm, predictable skin that behaves on the wedding day.)

### Chapter 2: Pharmacy vs Luxury — What Actually Works

- Why simple pharmacy products outperform expensive creams
- Label reading made easy (no chemistry degree needed)
- **His vs Her skin:** why routines differ slightly

### Chapter 3: Ready-Made AM & PM Routines

- **For Her:** 5-step glow routine (by skin type)
- **For Him:** 3-minute routine he'll actually follow
- Correct layering order to avoid irritation & waste

### Chapter 4: Her Wedding Skin Fix-It Guide

- Tan & pigmentation reset
- Dark circles & dullness
- Back acne for deep-back outfits
- Facial hair timing to avoid redness

### Chapter 5: His Skin & Shaving Guide

- Razor bumps & ingrowns
- Oily face in flash photography
- Smoother skin texture without heavy treatments

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## PHASE 4: THE BODY & COMFORT RULES

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### Part 2: The Unwritten Rules (Freshness & Hygiene)

(The details nobody tells you — but everyone notices.)

#### Chapter 6: Stay Fresh Through Long Wedding Days

- Deodorant vs sweat control (what actually lasts)
- For Him: personal care for confidence & comfort
- For Her: staying fresh under heavy outfits
- Oral care for close rituals
- Hand & foot grooming for ring photos & barefoot rituals

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## PHASE 5: FOOD, FACE & FIT

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### Part 3: Eat Normal, Look Sharp

(No dieting. No starvation. Just smart control.)

#### Chapter 7: The Indian Couple Anti-Bloat Plan

- Eat roti & rice without looking puffy
- Handling sweets, chai & wedding snacks
- Alcohol damage control for pre-wedding parties

#### Chapter 8: The 7-Day Face De-Puff Routine

- Reduce facial puffiness safely
- What to eat & avoid one week before
- Simple gut-calming drink for clearer skin

### Part 4: Look Fit in Your Outfits (No Gym)

(Posture, structure, presence — not weight loss.)

#### Chapter 9-11: Outfit-Fit Workouts & Camera Angles

- Toned arms, strong shoulders & clean posture
- Jaw, neck & back alignment for photos
- Couple posing basics that actually work

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## PHASE 6: POLISH & PROTECTION

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### Part 5: The Finishing Touches

(Polished, comfortable, confident — up close.)

#### Chapter 12-13: Hair, Grooming & Shine

- Hair spa, body glow & smile brightening
- Beard shaping, haircut timing & clean-ups

### Part 6: The 24-Hour Emergency Toolkit

(Because something always happens.)

#### Chapter 14: Wedding-Day Crisis Fixes

- Sudden pimple shrink plan
- Puffy face quick massage
- Razor cut or irritation fix
- Last-minute bloating relief

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## BONUS VAULT

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(Tools that remove guesswork.)

- Daily Glow Trackers (His & Hers)
- Smart Shopping Lists (Affordable, India-friendly)
- What NOT To Do List
- 7-Day Wedding Week Meal Plan
- Ingredient Decoder Cheat Sheet
- Couple De-Stress Toolkit

# THE NO-TIME CHEAT SHEET

*(If you do nothing else, do THESE)*

The  
80/20  
Rule



## The 5 Wedding Non-Negotiables:

-  **01. For Her:** The 3-Step Pharmacy Glow Routine (*Daily*)
-  **02. For Him:** The All-Day Freshness & Personal Care Protocol
-  **03. For Both:** The 7-Day Face De-Puff Plan (*Do this 1 week before*)
-  **04. For Both:** The Photo-Posture Fix (*Look leaner instantly*)
-  **05. For Both:** The 24-Hour Emergency Toolkit (*Save on your phone*)

# CHAPTER 1: THE TIMELINE DECODER

## *Your Navigation System*

Most wedding prep fails because people try the wrong things at the wrong time. This chapter tells you exactly what to read based on your timeline.

### ⌚ FIND YOUR TRACK (30 Seconds)

Your wedding date: \_\_\_\_\_

Today's date: \_\_\_\_\_

Days until wedding: \_\_\_\_\_



Circle your track above and follow **ONLY** that roadmap.

# CHAPTER 2: PHARMACY VS LUXURY — WHAT ACTUALLY WORKS

## (Why your skin cannot read price tags)

We have been conditioned to believe that if a cream costs ₹5,000, it works ten times better than the one that costs ₹500.

The Truth? Your skin cannot read price tags. It only recognizes molecules.



### THE ₹45,000 LIE



#### ₹5,000 LUXURY CREAM

- Active Ingredients: ₹200 (4%)
- Packaging: ₹1,500 (Heavy glass)
- Marketing: ₹2,000 (Celebs)
- Perfume: ₹300
- Markup: ₹1,000



#### ₹450 PHARMACY TUBE

Active Ingredients: ₹200 (45%)

- Packaging: ₹50
- Marketing: ₹0
- Perfume: ₹0
- Markup: ₹200

RX



### The ShaadiPath Rule

A ₹300 tube of Tretinoin or Niacinamide will do more for anti-aging and glow than a ₹30,000 jar of 'Miracle Broth' ever could.

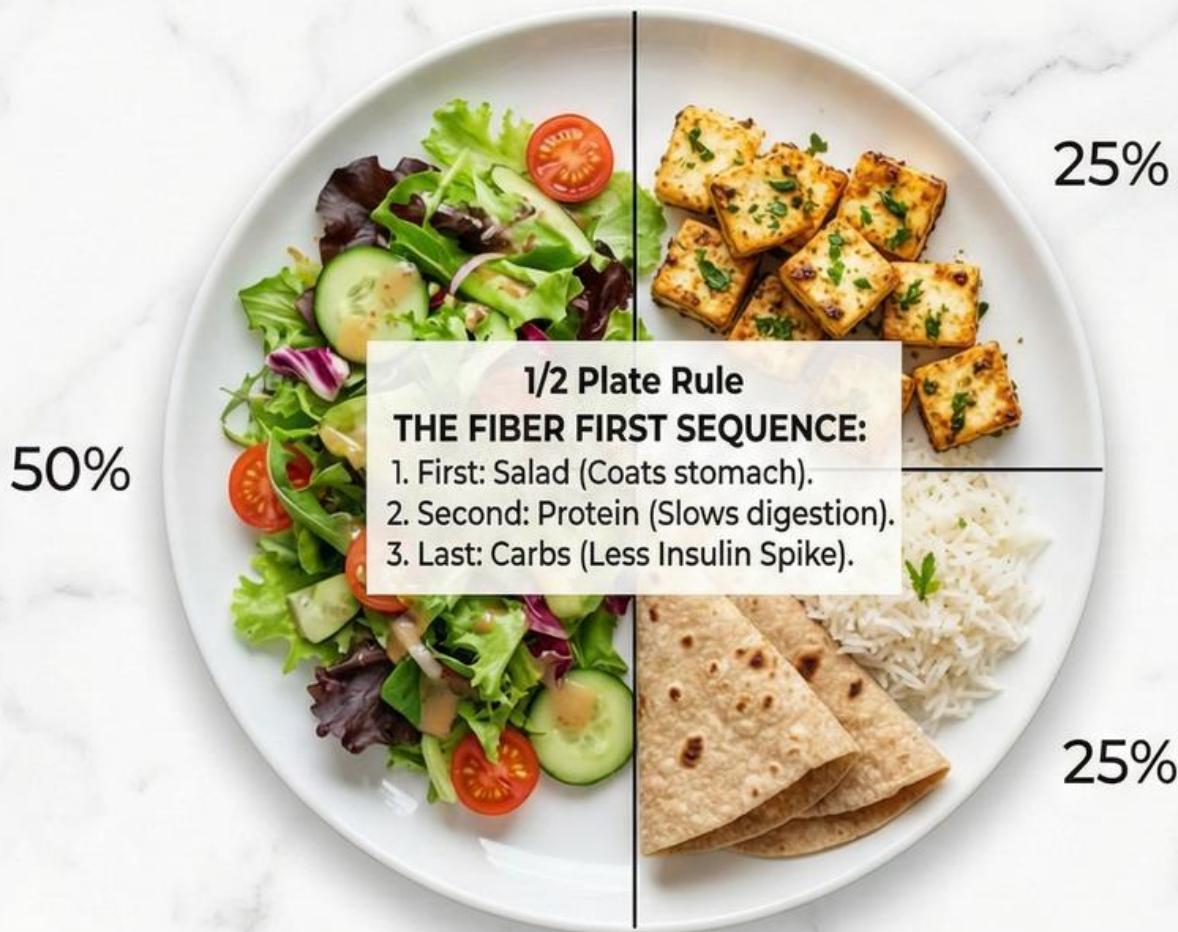
Pharmacy brands strip away the fluff. They prioritize delivery systems.

# CHAPTER 7: THE ANTI-BLOAT PLAN

## *(How to eat Roti, drink Chai, and still zip up)*

Most weight gain is water retention. Here is how to hack your biology.

### 1. EAT ROTI & RICE (WITHOUT THE PUFF)



### 2. SWEETS, CHAI & SNACKS

#### THE CHAI STRATEGY:

Drink "Cutting" size. Never on empty stomach.  
Eat Almonds first.

#### THE SWEET BUFFER:

Eat Mithai *\*immediately\** after a meal.  
Never as a 4 PM snack.

#### THE PACKET BAN:

**7 Days Out:** STOP Packaged Foods (Chips, Biscuits).  
Hidden Sodium = Water Retention.



# CHAPTER 8: THE 7-DAY DE-PUFF ROUTINE

(Sharper Jawline. Calmer Eyes. No Contouring Needed.)

**The Cause:** Lymphatic Stagnation. Fluid pools when you sleep flat. Here is the flush protocol.



## 1. THE PHYSICAL FIX: DRAIN THE FLUID

### A. The Ice Dip

**What:** Dip face in ice water 10-15s (3x).

**Why:** Vasoconstriction tightens pores instantly.

### B. The Knuckle Drain

**Step 1:** Apply Face Oil.

**Step 2:** Use Knuckles.

**Step 3:** Glide Center → Ear.

**Step 4:** Drain down to Collarbone (Crucial).



## 2. THE INTERNAL FIX: CCF TEA

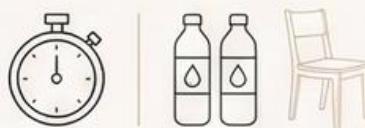
**Ingredients:**  $\frac{1}{2}$  tsp Jeera +  $\frac{1}{2}$  tsp Dhaniya +  $\frac{1}{2}$  tsp Saunf.

**Method:** Boil 2 cups → Reduce to 1 cup.

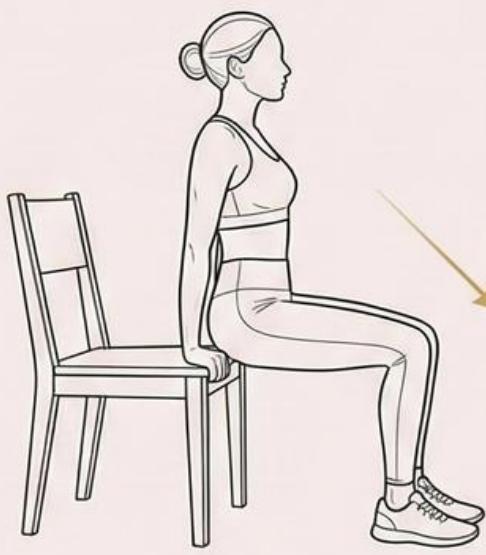
**When:** Sip warm on empty stomach.

# CHAPTER 9: HER OUTFIT-FIT WORKOUT

## (The 'Lehenga Ready' Edit)



**Tools:** Time: 15 Mins. **Equipment:** 2 Water Bottles + 1 Chair.



**Position 1**  
(Arms straight)



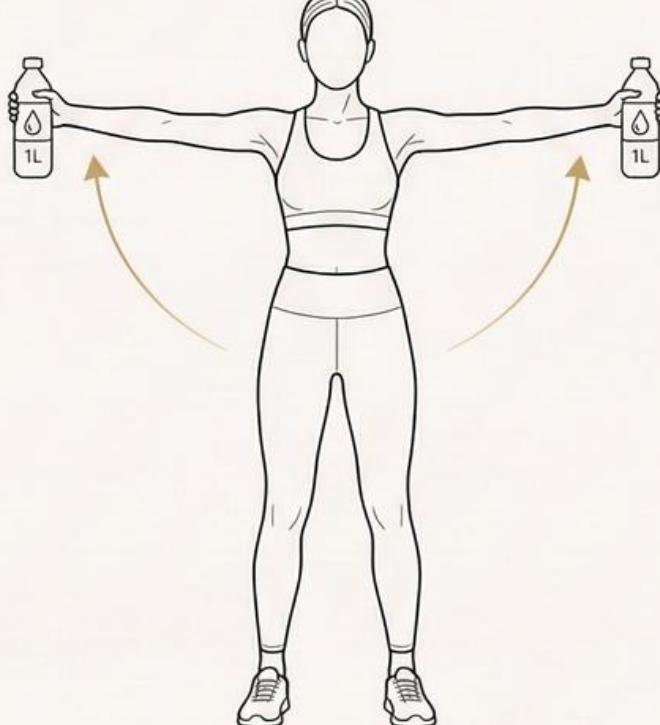
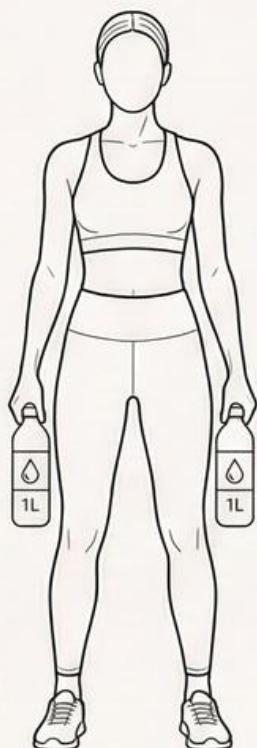
**Position 2**  
(Elbows bent, hips lowered)

### 1. TRICEP CHAIR DIPS

**Target:** The Jiggle.

**Protocol:** 3 sets of 12.

Sit on edge of sturdy chair. Hands on edge next to hips. Slide hips off, supporting weight with arms. Lower body by bending elbows. Push back up. Keep back close to the chair.



### 2. LATERAL RAISES

**Target:** Shoulder Cap.

**How:** Lift bottles to shoulder height. Lower slowly.

Stand with feet shoulder-width. Hold a 1L bottle in each hand. Lift arms like wings to shoulder height. Pause. Lower with control. Do not swing. Keep core engaged.

You have the routine.

You have the tools.

You have the mindset.

The work is done. Now,  
let the glow take over.

Have a beautiful wedding.