

MyFacialReset Buffer-Ready Posting Sheet

Rest of July + August 2026

This is the simplified posting sheet version of the plan.

Jul 22 — Reel

Theme: Emotional hook / stress in the face

Asset: Asset B — stress / overwhelmed video

Caption:

Sometimes the tension in your face doesn't start in your face.

It starts with stress.

With holding your breath.

With clenching your jaw without even noticing.

With carrying too much for too long.

MyFacialReset is about learning how to soften that pattern gently.

Comment **RESET** if you want more simple ways to start.

Pinterest: Video pin — “3 signs stress is showing up in your face”

Jul 24 — Carousel

Theme: Education

Asset: Asset C — anatomy / jaw / neck visual

Caption:

Jaw tension doesn't stay in the jaw.

It can affect the cheeks, mouth, temples, neck, and even the way the whole face appears to hold stress.

That's why real facial support has to look at the whole system — not just the skin.

Save this post for the next time your face feels tight, tired, or overworked.

Pinterest: Vertical infographic pin

Jul 26 — Static

Theme: Brand / soft promo

Asset: Asset A — Glow & Flow branded visual

Caption:

Welcome to the energy behind Glow & Flow.

Less force.

More softness.

Less panic.

More support.

Less chasing.

More returning to yourself.

That's the spirit behind MyFacialReset.

Pinterest: Branded quote pin / series intro pin

Jul 28 — Reel

Theme: Myth-busting

Asset: Asset C or anatomy-style video

Caption:

Facial aging is not just about skin.

It's also about: - tension - posture - breath - circulation - habits - how the face is being held every day

That's why gentle reset work can matter so much.

Save this if you're ready for a fuller conversation about beauty.

Pinterest: Myth-busting title pin

Jul 30 — Carousel

Theme: Before-and-after hope

Asset: Asset D — soft portrait / serene beauty

Caption:

A facial reset is not about becoming someone else.

It's about looking more like yourself again.

Softer.
Less clenched.
Less tired.
More supported.
More at ease.

Gentle progress still counts.

Pinterest: Transformation mindset pin

Aug 1 — Static

Theme: Engagement

Asset: Asset E — clean text-forward image

Caption:

Where do you hold tension first?

Jaw?
Forehead?
Around the mouth?
Neck?
Under the eyes?

Drop one word below.

Pinterest: Tension-check awareness pin

Aug 3 — Reel

Theme: Education / quick win

Asset: Asset C — jaw/neck video or visual

Caption:

One of the best places to begin is not always the face.

Sometimes you have to start lower.

The neck.
The jaw.
The breath.
The shoulders.

When those areas soften, the face often follows.

Follow for more gentle reset tips.

Pinterest: Educational video pin

Aug 5 — Carousel

Theme: Myth-busting / education

Asset: Asset E or C

Caption:

Facial exercise should not feel aggressive.

More force is not always better.

More strain is not always better.

More intensity is not always better.

Support works differently.

Slow.

Intentional.

Breath-led.

Consistent.

Save this if you're done with harsh beauty advice.

Pinterest: Myth-busting pin

Aug 7 — Static

Theme: Soft subscription promotion

Asset: Asset A — Glow & Flow branded visual

Caption:

Inside Glow & Flow, the goal isn't perfection.

It's support.

Support for a face that feels tired.

Support for tension you've been carrying too long.

Support for natural beauty that doesn't need panic to be worthy.

If that sounds like what you've been looking for, this space was made for you.

Pinterest: Subscription promo pin

Aug 10 — Reel

Theme: Hopeful transformation

Asset: Asset D — serene / hopeful beauty visual

Caption:

You are not too late to begin.

Not too late to soften.

Not too late to support your face differently.

Not too late to choose a gentler relationship with beauty.

You do not have to rush.

You just have to begin.

Pinterest: Encouragement pin

Aug 12 — Carousel

Theme: Education

Asset: Asset C + E

Caption:

If your face looks tired even when your skincare is good, there may be more going on.

It could be: - jaw clenching - mouth tension - neck tightness - shallow breathing - stress carryover

Skin is only part of the story.

Save this for your next self-check.

Pinterest: Educational list pin

Aug 14 — Static

Theme: Elegant quote / brand voice

Asset: Asset A or D

Caption:

A softer face often begins with a calmer system.

Pinterest: Quote pin

Aug 17 — Reel

Theme: Engagement / awareness

Asset: Asset C or B

Caption:

Three tiny habits may be tightening your face every day:

1. Jaw clenching
2. Screen posture
3. Shallow breathing

Most people don't notice these until the tension has already built up.

Which one do you catch yourself doing most?

Pinterest: Awareness video pin

Aug 19 — Carousel

Theme: Before-and-after hope

Asset: Asset D — soft portrait / serene beauty

Caption:

Most people are not really chasing perfection.

They're chasing relief.

Softness.

Confidence.

Calm.

A face that feels like home again.

That changes the whole conversation.

Pinterest: Emotional transformation pin

Aug 21 — Static

Theme: Subscription promotion

Asset: Asset A — Glow & Flow branded visual

Caption:

If you've been waiting for the right place to begin, this may be it.

MyFacialReset was created for the person who wants a gentler, more supportive path.

Not fear.
Not force.
Not obsession.

Just steady care and a softer way forward.

Pinterest: Start-here promo pin

Aug 24 — Reel

Theme: Education / myth-busting

Asset: Asset C — anatomy/guided practice visual

Caption:

No — you do not need to yank at your face to support it.

Real reset work should feel intentional, calm, and supportive.

Gentle does not mean ineffective.
It means sustainable.

Pinterest: Myth-busting video pin

Aug 26 — Carousel

Theme: FAQ / objection handling

Asset: Asset E — clean branded text-forward image set

Caption:

Is MyFacialReset for you?

Yes, if: - you want natural support - you hold facial or jaw tension - your face looks more tired from stress than from age alone - you want a gentler beauty path

Maybe not, if you only want instant perfection.

This work is about support, awareness, and steady change.

Pinterest: FAQ pin

Aug 28 — Static

Theme: Brand / invitation

Asset: Asset D or A

Caption:

Come back to your glow gently.

Not with panic.

Not with pressure.

Not by fighting your face.

Gently.

Pinterest: Elegant beauty pin

Aug 31 — Optional Static or Reel

Theme: Month-end reflection / engagement

Asset: Asset D or E

Caption:

What changed when you started paying attention to facial tension?

Even a small shift counts.

Pinterest: Reflection pin