

MyFacialReset Content Plan

Rest of July + All of August 2026

Posting cadence: **3 posts per week**

Platform focus: **Instagram / Facebook + Pinterest repurposing**

Tone mix: **healing + educational + hopeful transformation + soft promotion**

Core strategy

Each week uses this balance: - **1 Reel** — best for reach, emotional hooks, education, or brand-series promotion
- **1 Carousel** — best for teaching, myth-busting, and saveable content - **1 Static Post** — best for quotes, hope, gentle promo, and branded consistency

Pinterest repurposing: - Turn each **carousel** into **1 standard pin** or **idea pin graphic sequence** - Turn each **static post** into **1 vertical quote/education pin** - Turn the strongest **reel topic** into a **video pin** or title card pin

Content buckets to rotate

1. **Facial exercise education**
 2. **Stress / jaw / neck / lymph connection**
 3. **Myth-busting**
 4. **Before-and-after hope / encouragement**
 5. **Glow & Flow series / subscription promotion**
 6. **Engagement / conversation starters**
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Asset guidance from what you uploaded

Strongest asset themes so far

- **Glow & Flow series branded visual** → best for promo, series intro, subscription CTA, Pinterest cover
- **Anatomy / neck / jaw / tension style assets** → best for educational and myth-busting content
- **Human stress / overwhelmed visuals** → best for emotional hooks and problem-aware reels
- **Soft portrait / beauty / serene assets** → best for hope, natural-aging encouragement, and elegant static posts

Use videos mainly for

- Reels
 - Ad-style hooks
 - Subscription/series invitations
 - Short educational teasers
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CONTENT CALENDAR

WEEK 1 — Jul 22–26

Post 1 — REEL

Date: Wed Jul 22

Theme: Emotional hook / stress in the face

Concept: “Your face may be holding more stress than you realize.”

Use: overwhelmed/stress-style video

Caption angle: facial tension doesn’t always start in the face — stress, jaw clenching, shallow breathing, and overload all show up there.

CTA: “Comment RESET if you want more gentle facial reset tips.”

Pinterest repurpose: video pin or title graphic pin:

Title: 3 signs stress is showing up in your face

Post 2 — CAROUSEL

Date: Fri Jul 24

Theme: Education

Concept: “Why jaw and neck tension change the whole face”

Use: anatomy / neck / jaw visual

Slides idea: 1. Hook: Jaw tension doesn’t stay in your jaw 2. It can affect your face shape 3. It can affect headaches and tightness 4. It can affect how your mouth rests 5. Gentle release matters 6. MyFacialReset helps you work with the whole system

CTA: Save this for later.

Pinterest repurpose: vertical infographic pin

Post 3 — STATIC

Date: Sun Jul 26

Theme: Brand / soft promo

Concept: Glow & Flow introduction

Use: Glow & Flow series image

Caption angle: introducing the feeling behind MyFacialReset — less force, more flow; less panic, more softness; less chasing youth, more supporting your natural beauty.

CTA: “This is the energy behind the Glow & Flow series.”

Pinterest repurpose: branded quote pin / series intro pin

WEEK 2 — Jul 27–Aug 2

Post 4 — REEL

Date: Tue Jul 28

Theme: Myth-busting

Concept: “Facial aging is not just about skin.”

Use: anatomy/tension-style video or image + text overlay

Talking points: skin is one piece; posture, tension, circulation, habits, breath, and facial holding patterns matter too.

CTA: “Save this if you’re rethinking what facial care really means.”

Pinterest repurpose: myth-busting title pin

Post 5 — CAROUSEL

Date: Thu Jul 30

Theme: Before-and-after hope

Concept: “What a reset can help you feel”

Use: serene beauty/soft portrait assets

Slides idea: 1. Not frozen — softened 2. Not perfect — supported 3. Not younger overnight — more at ease over time 4. Less clenched 5. More lifted, more aware, more connected 6. This is the kind of progress that lasts

CTA: “Progress can be gentle.”

Pinterest repurpose: transformation mindset pin

Post 6 — STATIC

Date: Sat Aug 1

Theme: Engagement

Concept: “Where do you hold tension first?”

Use: face close-up or clean branded asset

Caption prompt: jaw? forehead? around the mouth? neck? under the eyes?

CTA: “Tell me in one word.”

Pinterest repurpose: tension-check awareness pin

WEEK 3 — Aug 3–9

Post 7 — REEL

Date: Mon Aug 3

Theme: Education / quick win

Concept: “One area to release before you touch the face”

Use: jaw/neck video or anatomy asset

Caption angle: start lower — neck/jaw/shoulders — because the face responds better when the surrounding

tension softens too.

CTA: “Want more of these? Follow for the next reset.”

Pinterest repurpose: educational video pin

Post 8 — CAROUSEL

Date: Wed Aug 5

Theme: Myth-busting / education

Concept: “Facial exercise should not feel aggressive”

Slides idea: 1. More force is not always better 2. Strain is not the goal 3. Tension and support are different 4. Slower often works better 5. Breath matters 6. Gentle consistency wins

CTA: Save if you're done with harsh beauty advice.

Pinterest repurpose: myth-busting pin

Post 9 — STATIC

Date: Fri Aug 7

Theme: Soft subscription promotion

Concept: “Inside Glow & Flow”

Use: Glow & Flow series image

Caption angle: explain that the series supports facial relaxation, awareness, softness, and natural beauty through guided, gentle practice.

CTA: “If you want support instead of overwhelm, this is for you.”

Pinterest repurpose: subscription promo pin

WEEK 4 — Aug 10–16

Post 10 — REEL

Date: Mon Aug 10

Theme: Emotional / hopeful transformation

Concept: “You are not too late to begin.”

Use: soft portrait or serene beauty-style video/image sequence

Caption angle: you do not need to panic about aging; you can begin with awareness, softness, and support right where you are.

CTA: “Send this to someone who needs a gentler message.”

Pinterest repurpose: encouragement pin

Post 11 — CAROUSEL

Date: Wed Aug 12

Theme: Education

Concept: “5 reasons your face may look tired even when skincare is good”

Slides idea: 1. Mouth tension 2. Jaw clenching 3. Poor sleep/stress carryover 4. Neck tightness 5. Breathing/posture habits 6. Skin is only part of the story

CTA: Save this for your next self-check.

Pinterest repurpose: educational list pin

Post 12 — STATIC

Date: Fri Aug 14

Theme: Elegant quote / brand voice

Concept: “A softer face often begins with a calmer system.”

Use: Glow & Flow or serene nature/portrait visual

CTA: none or soft follow prompt

Pinterest repurpose: quote pin

WEEK 5 — Aug 17–23

Post 13 — REEL

Date: Mon Aug 17

Theme: Engagement / awareness

Concept: “3 tiny habits that may be tightening your face every day”

Use: educational video or image sequence

Talking points: clenching, screen posture, shallow breathing, tongue tension, stress face.

CTA: “Which one do you catch yourself doing?”

Pinterest repurpose: awareness video pin

Post 14 — CAROUSEL

Date: Wed Aug 19

Theme: Before-and-after hope

Concept: “What people are really looking for”

Slides idea: 1. Not perfection 2. Relief 3. Softness 4. Confidence 5. Calm 6. A face that feels like home again

CTA: “This is what natural beauty work can feel like.”

Pinterest repurpose: emotional transformation pin

Post 15 — STATIC

Date: Fri Aug 21

Theme: Subscription promotion

Concept: “Start your facial reset here”

Use: best branded MyFacialReset / Glow & Flow image

Caption angle: simple intro to the offer with a soft invitation rather than a hard sell.

CTA: “If you’ve been waiting for the right place to begin, this is it.”

Pinterest repurpose: start-here promo pin

WEEK 6 — Aug 24–30

Post 16 — REEL

Date: Mon Aug 24

Theme: Education / myth-busting

Concept: “No, you do not need to yank at your face.”

Use: anatomy or guided-practice style asset

Caption angle: reset work should feel supportive, intentional, and calm — not punishing.

CTA: “Follow for more gentle methods.”

Pinterest repurpose: myth-busting video pin

Post 17 — CAROUSEL

Date: Wed Aug 26

Theme: FAQ / objection handling

Concept: “Is MyFacialReset for me?”

Slides idea: 1. If you want natural support, yes 2. If you hold jaw tension, yes 3. If your face looks tired from stress, yes 4. If you want gentler beauty, yes 5. If you want instant perfection, probably not 6. This is for steady, supportive change

CTA: Save or share with someone who’s curious.

Pinterest repurpose: FAQ pin

Post 18 — STATIC

Date: Fri Aug 28

Theme: Brand / invitation

Concept: “Come back to your glow gently.”

Use: elegant nature/face branded image

CTA: soft subscription or follow CTA

Pinterest repurpose: elegant beauty pin

BONUS END-OF-MONTH OPTION — Aug 31

Optional Post 19 — STATIC or REEL

Date: Mon Aug 31

Theme: Month-end reflection / engagement

Concept: “What changed when you started paying attention to facial tension?”

CTA: ask followers to reflect, comment, or save

Simple weekly workflow

For Instagram/Facebook

- **Monday/Tuesday:** Reel
- **Wednesday/Thursday:** Carousel
- **Friday/Saturday/Sunday:** Static

For Pinterest

For every week, post: - 1 pin from the carousel - 1 pin from the static post - optional 1 video pin from the reel

Best high-level positioning for MyFacialReset

Use these recurring message angles: - **Aging gracefully, not fearfully** - **A softer face starts with a calmer system** - **The face reflects stress, breath, posture, and tension** - **Gentle consistency beats aggressive force** - **Natural beauty can be supported, not chased**

What I can do next

I can now turn this into either: 1. **full captions for all posts** 2. **caption + hashtag set for each week** 3. **a downloadable PDF calendar** 4. **a Buffer-ready posting sheet**

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

MyFacialReset Hashtags + Pinterest Copy

Rest of July + August 2026

Recommended hashtag banks

Core MyFacialReset / brand-aligned

**MyFacialReset #GlowAndFlow #NaturalBeauty
#GracefulAging #FacialWellness #HolisticBeauty
#GentleBeauty #BeautyFromWithin**

Education / tension / anatomy

**JawTension #FaceTension #NeckTension
#FacialTension #StressRelief #LymphaticSupport
#PostureAwareness #MindBodyBeauty**

Hope / transformation / emotional

**SoftBeauty #AgingGracefully
#BeautyWithoutPressure #CalmBeauty
#RadianceFromWithin #SelfCareRitual
#GlowGently #GentleTransformation**

Subscription / series / lifestyle

**WellnessRoutine #BeautyRitual #DailyReset
#GlowRoutine #HolisticSelfCare #NaturalLift
#FacialExercise #FaceYogaInspired**

Usage note: Use about 6–10 hashtags per post, not all of them.

POST 1 — Jul 22

Hashtags:

**MyFacialReset #FaceTension #StressRelief
#JawTension #GentleBeauty #GlowAndFlow
#MindBodyBeauty #CalmBeauty**

Pinterest Title:

3 Signs Stress Is Showing Up in Your Face

Pinterest Description:

Stress doesn't only live in your mind — it can show up in your jaw, breath, and facial tension too. Save this gentle MyFacialReset reminder for later.

POST 2 — Jul 24

Hashtags:

**MyFacialReset #JawTension #NeckTension
#FacialTension #NaturalBeauty #HolisticBeauty
#PostureAwareness #BeautyFromWithin**

Pinterest Title:

Why Jaw and Neck Tension Change the Whole Face

Pinterest Description:

Jaw tension doesn't stay in the jaw. Learn why neck and facial tension affect the whole face and why gentle support matters.

POST 3 — Jul 26

Hashtags:

**MyFacialReset #GlowAndFlow #GentleBeauty
#GracefulAging #SoftBeauty #BeautyRitual
#HolisticSelfCare #RadianceFromWithin**

Pinterest Title:

Glow & Flow: A Gentler Beauty Approach

Pinterest Description:

Less force, more softness. Discover the energy behind Glow & Flow and the gentler philosophy behind MyFacialReset.

POST 4 — Jul 28

Hashtags:

**MyFacialReset #GracefulAging #NaturalBeauty
#FacialWellness #JawTension #MindBodyBeauty
#GentleTransformation #BeautyWithoutPressure**

Pinterest Title:

Facial Aging Is Not Just About Skin

Pinterest Description:

Facial aging is about more than skincare. Tension, posture, breath, and daily habits all play a role. Save this myth-busting reminder.

POST 5 — Jul 30

Hashtags:

**MyFacialReset #SoftBeauty #AgingGracefully
#CalmBeauty #GlowGently
#GentleTransformation #BeautyFromWithin
#RadianceFromWithin**

Pinterest Title:

What a Gentle Facial Reset Can Help You Feel

Pinterest Description:

A facial reset is not about becoming someone else. It's about softening, easing tension, and feeling more like yourself again.

POST 6 — Aug 1**Hashtags:**

**MyFacialReset #FaceTension #JawTension
#NeckTension #FacialWellness #StressRelief
#MindBodyBeauty #SelfCareRitual**

Pinterest Title:

Where Do You Hold Tension in Your Face?

Pinterest Description:

Jaw, forehead, neck, around the mouth, under the eyes — where do you hold tension first? Save this self-check prompt.

POST 7 — Aug 3**Hashtags:**

**MyFacialReset #JawTension #NeckTension
#StressRelief #NaturalLift #GentleBeauty
#FacialExercise #DailyReset**

Pinterest Title:

Where to Start Before You Work on the Face

Pinterest Description:

Sometimes the best place to begin is not the face itself. Learn why jaw, neck, breath, and shoulders matter first.

POST 8 — Aug 5**Hashtags:**

**MyFacialReset #GentleBeauty #FacialExercise
#NaturalBeauty #BeautyWithoutPressure
#GlowRoutine #HolisticBeauty
#FaceYogaInspired**

Pinterest Title:

Facial Exercise Should Not Feel Aggressive

Pinterest Description:

Gentle consistency beats force. If you're tired of harsh beauty advice, this MyFacialReset reminder is for you.

POST 9 — Aug 7

Hashtags:

**MyFacialReset #GlowAndFlow #HolisticSelfCare
#BeautyRitual #GracefulAging #GentleBeauty
#SoftBeauty #DailyReset**

Pinterest Title:

Inside Glow & Flow

Pinterest Description:

Glow & Flow is about support, not perfection. Discover a softer, more grounded approach to facial wellness and natural beauty.

POST 10 — Aug 10

Hashtags:

**MyFacialReset #AgingGracefully #SoftBeauty
#GentleTransformation #CalmBeauty
#RadianceFromWithin #BeautyWithoutPressure
#SelfCareRitual**

Pinterest Title:

You Are Not Too Late to Begin

Pinterest Description:

A gentler beauty path starts where you are. Save this hopeful MyFacialReset reminder if you're ready to begin softly.

POST 11 — Aug 12**Hashtags:**

**MyFacialReset #FacialTension #JawTension
#NeckTension #StressRelief #HolisticBeauty
#MindBodyBeauty #NaturalBeauty**

Pinterest Title:

Why Your Face Looks Tired Even with Good Skincare

Pinterest Description:

Good skincare is only part of the picture. Stress, tension, posture, and breath can all affect how your face looks and feels.

POST 12 — Aug 14**Hashtags:**

**MyFacialReset #CalmBeauty #SoftBeauty
#GlowGently #BeautyFromWithin #GentleBeauty
#HolisticSelfCare #RadianceFromWithin**

Pinterest Title:

A Softer Face Begins with a Calmer System

Pinterest Description:

Save this gentle beauty reminder: a softer face often begins with a calmer system, not more pressure.

POST 13 — Aug 17**Hashtags:**

**MyFacialReset #JawTension #FaceTension
#StressRelief #PostureAwareness #DailyReset
#MindBodyBeauty #FacialWellness**

Pinterest Title:

3 Tiny Habits That May Be Tightening Your Face

Pinterest Description:

Jaw clenching, screen posture, and shallow breathing can quietly build facial tension over time. Save this awareness prompt.

POST 14 — Aug 19

Hashtags:

**MyFacialReset #SoftBeauty #AgingGracefully
#GentleTransformation #CalmBeauty
#BeautyWithoutPressure #NaturalBeauty
#GlowGently**

Pinterest Title:

What People Are Really Looking For in Beauty

Pinterest Description:

Most people aren't really looking for perfection — they're looking for softness, relief, confidence, and calm.

POST 15 — Aug 21

Hashtags:

**MyFacialReset #GlowAndFlow #BeautyRitual
#HolisticSelfCare #GentleBeauty #GracefulAging
#DailyReset #NaturalLift**

Pinterest Title:

Start Your Facial Reset Here

Pinterest Description:

If you've been waiting for a gentler place to begin, this is your invitation. MyFacialReset supports softness, awareness, and steady care.

POST 16 — Aug 24

Hashtags:

**MyFacialReset #FacialExercise #GentleBeauty
#NaturalBeauty #FaceYogaInspired
#BeautyWithoutPressure #HolisticBeauty
#DailyReset**

Pinterest Title:

No, You Do Not Need to Yank at Your Face

Pinterest Description:

Gentle does not mean ineffective. Save this reminder if you want a more supportive and sustainable beauty approach.

POST 17 — Aug 26

Hashtags:

**MyFacialReset #NaturalBeauty #FacialWellness
#JawTension #SoftBeauty #GracefulAging
#GentleTransformation #HolisticSelfCare**

Pinterest Title:

Is MyFacialReset for You?

Pinterest Description:

If you want natural support, less tension, and a gentler beauty path, MyFacialReset may be exactly what you've been looking for.

POST 18 — Aug 28

Hashtags:

**MyFacialReset #GlowGently #SoftBeauty
#CalmBeauty #BeautyFromWithin
#RadianceFromWithin #GentleBeauty
#HolisticSelfCare**

Pinterest Title:

Come Back to Your Glow Gently

Pinterest Description:

Not with panic. Not with pressure. Discover a gentler path back to your glow with MyFacialReset.

OPTIONAL POST 19 — Aug 31

Hashtags:

**MyFacialReset #SelfCareRitual #FacialWellness
#SoftBeauty #GentleTransformation #CalmBeauty
#BeautyFromWithin #DailyReset**

Pinterest Title:

What Changed When You Started Paying Attention to Facial Tension?

Pinterest Description:

Even a small shift counts. Use this prompt to reflect on what changed when you began noticing facial tension more closely.

MyFacialReset Master Scheduling Sheet

Rest of July + August 2026

This version combines: - exact date - platform - post type - theme - best exact available asset choice (using your current uploaded pool as specifically as possible) - caption - hashtags - Pinterest title + description

Note: Because the uploaded image batch came in as many similar filenames and not every asset has been visually audited one-by-one yet, this sheet uses the strongest clearly identifiable exact assets first, then assigns the remaining posts by best-fit filename group. It is fully usable as a working schedule and can be refined further inside Buffer.

Clearly identifiable anchor assets

Video / motion assets

- **video1.mp4** — overwhelmed/stress hook video (47.9s)
- **video2.mp4** — anatomy / neck / jaw education-style video (6.0s)
- **video4.mp4** — Glow & Flow branded series video (6.0s)
- **video3.mp4** — exclude for now (appears off-brand / unrelated)

Clearly identifiable uploaded images

- **1784655482998_My_facial_reset_serene_twilight_image.png** — strongest serene / elegant / static beauty asset
- **1784654580419_Mind_Facial_Reset_Image_19.png** — likely educational / branded theme asset
- **1784655700762_My_facial_reset_man_image.png** — male-focused variation
- **1784655722754_My_facial_reset_man_in_the_mirror.png** — mirror / habit-awareness variation
- **1784655735289_My_facial_reset_man_tongue_mirror.png** — technique / exercise style variation
- **1784655461502_My_facial_reset_image_1.png** — early core MFR image, likely safe for branded static use

Remaining image pool (best-fit grouped)

Educational / anatomy leaning: - image_17, image_18, image_19, image_20, image_21, image_22, image_23, image_24

Soft beauty / hopeful transformation leaning: - image_32, image_33, image_34, image_35, image_36, image_37, image_38, image_39, image_41, image_42, image_44, image_45, image_46

Brand / promo / flexible support assets: - image_4, image_5, image_6, image_7, image_8, image_9, image_10, image_11, image_25, image_26, image_27, image_28, image_29, image_30, image_31

SCHEDULE

Jul 22

Platform: Instagram/Facebook

Type: Reel

Theme: Emotional hook / stress in the face

Exact Asset: /root/.openclaw/workspace/tmp/mfr_videos/video1.mp4

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.

Hashtags: #MyFacialReset #FaceTension #StressRelief #JawTension #GentleBeauty #GlowAndFlow #MindBodyBeauty #CalmBeauty

Pinterest Title: 3 Signs Stress Is Showing Up in Your Face

Pinterest Description: Stress doesn't only live in your mind — it can show up in your jaw, breath, and facial tension too. Save this gentle MyFacialReset reminder for later.

Jul 24

Platform: Instagram/Facebook

Type: Carousel

Theme: Education

Exact Asset: 1784654580419_Mind_Facial_Reset_Image_19.png + video2.mp4 thumbnail or educational image set from image_17–24 group

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.

Hashtags: #MyFacialReset #JawTension #NeckTension #FacialTension #NaturalBeauty #HolisticBeauty #PostureAwareness #BeautyFromWithin

Pinterest Title: Why Jaw and Neck Tension Change the Whole Face

Pinterest Description: Jaw tension doesn't stay in the jaw. Learn why neck and facial tension affect the whole face and why gentle support matters.

Jul 26

Platform: Instagram/Facebook

Type: Static

Theme: Brand / soft promo

Exact Asset: /root/.openclaw/workspace/tmp/mfr_videos/video4.jpg or Glow & Flow branded video cover frame

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.

Hashtags: #MyFacialReset #GlowAndFlow #GentleBeauty #GracefulAging #SoftBeauty #BeautyRitual #HolisticSelfCare #RadianceFromWithin

Pinterest Title: Glow & Flow: A Gentler Beauty Approach

Pinterest Description: Less force, more softness. Discover the energy behind Glow & Flow and the gentler philosophy behind MyFacialReset.

Jul 28

Platform: Instagram/Facebook

Type: Reel

Theme: Myth-busting

Exact Asset: /root/.openclaw/workspace/tmp/mfr_videos/video2.mp4

Caption:

Facial aging is not just about skin.

It's also about tension, posture, breath, circulation, habits, and 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.

Hashtags: #MyFacialReset #GracefulAging #NaturalBeauty #FacialWellness #JawTension #MindBodyBeauty #GentleTransformation #BeautyWithoutPressure

Pinterest Title: Facial Aging Is Not Just About Skin

Pinterest Description: Facial aging is about more than skincare. Tension, posture, breath, and daily habits all play a role. Save this myth-busting reminder.

Jul 30

Platform: Instagram/Facebook

Type: Carousel

Theme: Before-and-after hope

Exact Asset: 1784655482998_My_facial_reset_serene_twilight_image.png + soft beauty group images 32–46

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.

Hashtags: #MyFacialReset #SoftBeauty #AgingGracefully #CalmBeauty #GlowGently #GentleTransformation #BeautyFromWithin #RadianceFromWithin

Pinterest Title: What a Gentle Facial Reset Can Help You Feel

Pinterest Description: A facial reset is not about becoming someone else. It's about softening, easing tension, and feeling more like yourself again.

Aug 1

Platform: Instagram/Facebook

Type: Static

Theme: Engagement

Exact Asset: 1784655461502_My_facial_reset_image_1.png or clean text-forward asset from image_25–31 group

Caption:

Where do you hold tension first?

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

Drop one word below.

Hashtags: #MyFacialReset #FaceTension #JawTension #NeckTension #FacialWellness #StressRelief #MindBodyBeauty #SelfCareRitual

Pinterest Title: Where Do You Hold Tension in Your Face?

Pinterest Description: Jaw, forehead, neck, around the mouth, under the eyes — where do you hold tension first? Save this self-check prompt.

Aug 3

Platform: Instagram/Facebook

Type: Reel

Theme: Education / quick win

Exact Asset: /root/.openclaw/workspace/tmp/mfr_videos/video2.mp4

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.

Hashtags: #MyFacialReset #JawTension #NeckTension #StressRelief #NaturalLift #GentleBeauty #FacialExercise #DailyReset

Pinterest Title: Where to Start Before You Work on the Face

Pinterest Description: Sometimes the best place to begin is not the face itself. Learn why jaw, neck, breath, and shoulders matter first.

Aug 5

Platform: Instagram/Facebook

Type: Carousel

Theme: Myth-busting / education

Exact Asset: 1784655735289_My_facial_reset_man__tongue__mirror.png + image_21–24 set

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.

Hashtags: #MyFacialReset #GentleBeauty #FacialExercise #NaturalBeauty #BeautyWithoutPressure #GlowRoutine #HolisticBeauty #FaceYogaInspired

Pinterest Title: Facial Exercise Should Not Feel Aggressive

Pinterest Description: Gentle consistency beats force. If you're tired of harsh beauty advice, this MyFacialReset reminder is for you.

Aug 7

Platform: Instagram/Facebook

Type: Static

Theme: Soft subscription promotion

Exact Asset: /root/.openclaw/workspace/tmp/mfr_videos/video4.jpg

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.

Hashtags: #MyFacialReset #GlowAndFlow #HolisticSelfCare #BeautyRitual #GracefulAging #GentleBeauty #SoftBeauty #DailyReset

Pinterest Title: Inside Glow & Flow

Pinterest Description: Glow & Flow is about support, not perfection. Discover a softer, more grounded approach to facial wellness and natural beauty.

Aug 10

Platform: Instagram/Facebook

Type: Reel

Theme: Hopeful transformation

Exact Asset: 1784655482998_My_facial_reset_serene_twilight_image.png turned into simple motion reel OR soft beauty video/image montage

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.

Hashtags: #MyFacialReset #AgingGracefully #SoftBeauty #GentleTransformation #CalmBeauty #RadianceFromWithin #BeautyWithoutPressure #SelfCareRitual

Pinterest Title: You Are Not Too Late to Begin

Pinterest Description: A gentler beauty path starts where you are. Save this hopeful MyFacialReset reminder if you're ready to begin softly.

Aug 12

Platform: Instagram/Facebook

Type: Carousel

Theme: Education

Exact Asset: 1784655722754_My_facial_reset_man_in_the_mirror..png +
1784655700762_My_facial_reset__man__image.png + educational group image_17-24

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, or stress carryover.

Skin is only part of the story.

Save this for your next self-check.

Hashtags: #MyFacialReset #FacialTension #JawTension #NeckTension #StressRelief #HolisticBeauty
#MindBodyBeauty #NaturalBeauty

Pinterest Title: Why Your Face Looks Tired Even with Good Skincare

Pinterest Description: Good skincare is only part of the picture. Stress, tension, posture, and breath can all affect how your face looks and feels.

Aug 14

Platform: Instagram/Facebook

Type: Static

Theme: Elegant quote / brand voice

Exact Asset: 1784655482998_My_facial_reset_serene_twilight_image.png

Caption:

A softer face often begins with a calmer system.

Hashtags: #MyFacialReset #CalmBeauty #SoftBeauty #GlowGently #BeautyFromWithin #GentleBeauty
#HolisticSelfCare #RadianceFromWithin

Pinterest Title: A Softer Face Begins with a Calmer System

Pinterest Description: Save this gentle beauty reminder: a softer face often begins with a calmer system, not more pressure.

Aug 17

Platform: Instagram/Facebook

Type: Reel

Theme: Engagement / awareness

Exact Asset: video2.mp4 or 1784655722754_My_facial_reset__man_in_the_mirror..png
animated into reel

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?

Hashtags: #MyFacialReset #JawTension #FaceTension #StressRelief #PostureAwareness #DailyReset #MindBodyBeauty #FacialWellness

Pinterest Title: 3 Tiny Habits That May Be Tightening Your Face

Pinterest Description: Jaw clenching, screen posture, and shallow breathing can quietly build facial tension over time. Save this awareness prompt.

Aug 19

Platform: Instagram/Facebook

Type: Carousel

Theme: Before-and-after hope

Exact Asset: soft beauty group images image_32 through image_46, starting with 1784655482998_My_facial_reset_serene_twilight_image.png

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.

Hashtags: #MyFacialReset #SoftBeauty #AgingGracefully #GentleTransformation #CalmBeauty #BeautyWithoutPressure #NaturalBeauty #GlowGently

Pinterest Title: What People Are Really Looking For in Beauty

Pinterest Description: Most people aren't really looking for perfection — they're looking for softness, relief, confidence, and calm.

Aug 21

Platform: Instagram/Facebook

Type: Static

Theme: Subscription promotion

Exact Asset: /root/.openclaw/workspace/tmp/mfr_videos/video4.jpg

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.

Hashtags: #MyFacialReset #GlowAndFlow #BeautyRitual #HolisticSelfCare #GentleBeauty #GracefulAging #DailyReset #NaturalLift

Pinterest Title: Start Your Facial Reset Here

Pinterest Description: If you've been waiting for a gentler place to begin, this is your invitation. MyFacialReset supports softness, awareness, and steady care.

Aug 24

Platform: Instagram/Facebook

Type: Reel

Theme: Education / myth-busting

Exact Asset: /root/.openclaw/workspace/tmp/mfr_videos/video2.mp4

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.

Hashtags: #MyFacialReset #FacialExercise #GentleBeauty #NaturalBeauty #FaceYogaInspired
#BeautyWithoutPressure #HolisticBeauty #DailyReset

Pinterest Title: No, You Do Not Need to Yank at Your Face

Pinterest Description: Gentle does not mean ineffective. Save this reminder if you want a more supportive and sustainable beauty approach.

Aug 26

Platform: Instagram/Facebook

Type: Carousel

Theme: FAQ / objection handling

Exact Asset: 1784655461502_My_facial_reset_image_1.png + clean branded support assets from image_25–31

Caption:

Is MyFacialReset for you?

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

Maybe not, if you only want instant perfection.

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

Hashtags: #MyFacialReset #NaturalBeauty #FacialWellness #JawTension #SoftBeauty #GracefulAging
#GentleTransformation #HolisticSelfCare

Pinterest Title: Is MyFacialReset for You?

Pinterest Description: If you want natural support, less tension, and a gentler beauty path, MyFacialReset may be exactly what you've been looking for.

Aug 28

Platform: Instagram/Facebook

Type: Static

Theme: Brand / invitation

Exact Asset: 1784655482998_My_facial_reset_serene_twilight_image.png or Glow & Flow frame

Caption:

Come back to your glow gently.

Not with panic. Not with pressure. Not by fighting your face.

Gently.

Hashtags: #MyFacialReset #GlowGently #SoftBeauty #CalmBeauty #BeautyFromWithin #RadianceFromWithin #GentleBeauty #HolisticSelfCare

Pinterest Title: Come Back to Your Glow Gently

Pinterest Description: Not with panic. Not with pressure. Discover a gentler path back to your glow with MyFacialReset.

Aug 31 (optional)

Platform: Instagram/Facebook

Type: Static or Reel

Theme: Month-end reflection / engagement

Exact Asset: 1784655461502_My_facial_reset_image_1.png or reflective soft beauty asset from image_32–46 group

Caption:

What changed when you started paying attention to facial tension?

Even a small shift counts.

Hashtags: #MyFacialReset #SelfCareRitual #FacialWellness #SoftBeauty #GentleTransformation #CalmBeauty #BeautyFromWithin #DailyReset

Pinterest Title: What Changed When You Started Paying Attention to Facial Tension?

Pinterest Description: Even a small shift counts. Use this prompt to reflect on what changed when you began noticing facial tension more closely.

Next step after this

Use this sheet to schedule in Buffer, then refine exact thumbnail/crop choices visually as each upload is added.