

Facebook Page Setup Pack

Everything you need to launch the My Facial Reset Facebook page in one sitting.

■ Page Basics

Page Name	My Facial Reset
Username	@myfacialreset (fallback: @myfacialresetco)
Primary Category	Health & Wellness Website
Secondary Category	Beauty, Cosmetic & Personal Care
Website	https://myfacialreset.com
Contact Email	hello@myfacialreset.com
Call-to-Action	Sign Up → https://myfacialreset.com

👉 ■ Descriptions (copy/paste)

Short description (≤ 155 chars):

Yoga for your face. 5 gentle minutes a day. No injections, no products. Just breath, movement, and glow.



About / Long description:

My Facial Reset is a gentle daily practice — facial yoga rooted in breath, ancient technique, and quiet intention. Five minutes a day is all it takes to release the tension your jaw, brow, and cheeks are quietly holding. Coming soon: the ■ Glow & Flow ■ 30-day series. Join the waitlist at myfacialreset.com and get your free 5-Minute Jawline Reset guide.

■ Brand Images (already live on your site)

Profile Photo	https://myfacialreset.com/wp-content/uploads/2026/06/mfr-social-avatar.png
Cover Banner	https://myfacialreset.com/wp-content/uploads/2026/06/mfr-social-cover.png

Right-click each URL on desktop and choose *Save Image As*, then upload directly to Facebook.

■ Email Addresses to Have Ready

Public / contact	hello@myfacialreset.com
Page admin login	your personal Facebook (Sherryl's account)
Business Manager	add MFR to the same Meta Business account as ThriveVault + Sherry Scoops

■ Launch Posts (in order, ~5–7 days apart)

Day 1 — Tension hook

Image: <https://myfacialreset.com/wp-content/uploads/2026/06/mfr-teaser-post-1.png>

Your jaw, brow, and cheeks hold more tension than you realize. ■

Most of us spend the day with our face clenched and don't even know it. The good news? It takes just five minutes a day to let it all soften.

A new ritual is coming.

■ *Join the waitlist (link in bio) — and get my free 5-Minute Jawline Reset guide the moment you sign up.*

#FacialYoga #FaceYoga #NaturalBeauty #WellnessRoutine #GlowAndFlow #MyFacialReset

Day 7 — Promise / Differentiator

Image: <https://myfacialreset.com/wp-content/uploads/2026/06/mfr-teaser-post-2.png>

No injections. No surgery. No products you'll forget in a drawer. ■

Just five gentle minutes a day. Quiet, intentional movement — guided by breath, ancient practice, and a little softness.

The Glow & Flow series is almost here. ■

A 30-day ritual designed for first-timers, busy mornings, and anyone who wants to feel a little lighter in their own skin.

Get on the waitlist → myfacialreset.com

#FacialYoga #SkinHealth #SlowBeauty #SelfCareRitual #GlowAndFlow

Day 14 — Direct Waitlist CTA

Image: <https://myfacialreset.com/wp-content/uploads/2026/06/mfr-teaser-post-3.png>

Waitlist is open. ■

*Sign up and get the **free 5-Minute Jawline Reset guide** — five gentle facial yoga moves you can do in less time than it takes to make coffee.*

Plus: founding-member pricing the moment Glow & Flow launches.

Tap the link in bio or visit myfacialreset.com to join.

■ *Your face is going to love what's coming.*

#WaitlistOpen #FacialYoga #GlowAndFlow #MyFacialReset #FreeGift

■ Setup Checklist

- Create the page with name + category above
- Set the username to @myfacialreset (or @myfacialresetco if taken)
- Upload profile avatar (from the URL on page 1)
- Upload cover banner (from the URL on page 1)
- Fill in Short description + About
- Add website: <https://myfacialreset.com>
- Add contact email: hello@myfacialreset.com
- Set CTA button to Sign Up → myfacialreset.com
- Add the page to Meta Business Suite next to ThriveVault + Sherry Scoops
- Create matching Instagram @myfacialreset (same avatar, same bio)
- Link the IG account inside Business Suite
- Post Day 1 teaser

■ Instagram Bio (bonus — same avatar)

■ *Yoga for your face*
5 minutes a day · no injections · no products
■ *Free 5-Min Jawline Reset ↓*
myfacialreset.com

Brand assets preview page: <https://myfacialreset.com/brand-assets/> · Full brand kit: projects/myfacialreset/BRAND_KIT.md