



How to Use:

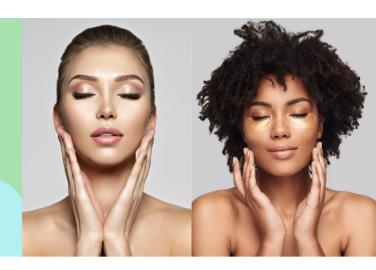
- Check off each box as you complete that step daily.
 - Stay hydrated aim for 6 to 8 cups of water.
- Use the notes column to reflect or jot down any changes or breakouts.

Days	Cleanse	Tone	Moisturize	SPF	Lip Care	Hydrate (Water)	Notes
1							
2							
3							
4							
5							
6							
7							

How did your skin feel after 7 days?

"Remember, even 5 minutes of self-care is a win. Keep glowing — one day at a time!"

Quiz: What's Your Skin Type? (Find Your Glow Match)



Answer the questions and tally your letters to find your skin type!

- 1 1. By the middle of the day, my face usually feels...
 - a) Shiny and oily
 - b) Tight or flaky
 - c) Oily in some spots, dry in others
 - d) Pretty normal not too dry or oily
- 2 2. After washing my face, it feels...
 - a) Fine just clean
 - b) Dry or itchy
 - c) Dry in some spots, oily in others
 - d) Balanced and smooth
- 3 3. I deal with...

- a) Frequent breakouts and clogged pores
- b) Dry patches or redness
- c) Both breakouts and dry spots
- d) Barely any skin issues

4 4. When I try new products, my skin...

- a) Handles them fine
- b) Reacts with redness or burning
- c) Sometimes reacts, but not always
- d) Rarely has issues

5 Results:

- Mostly A's = Oily or Acne-Prone Skin
- Mostly B's = Dry or Sensitive Skin
- Mostly C's = Combo Skin
- Mostly D's = Normal Skin

Now you know your skin type! Flip back to the routine that works best for you.