



EXTRA  
BONUS



# 7-Days Skincare Challenge

## 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.*