



THE DAILY  
BECOMING  
\*SHEEP • CATTLE • HORSES\*

# Skin Care Routines



Every  
moment  
is a fresh  
beginning

## Your Glow Guide

Simple Steps to Healthy Skin  
This printable guide is designed  
to help you  
build a consistent,  
nourishing skincare routine  
using gentle steps and  
mindful habits.

Created simple and easy  
for those busy days,  
designed to support you  
in becoming  
your best self  
with grace and confidence.





# Morning Routine

- **Cleanse**-Refresh your skin and remove overnight buildup.
- **Tone**-Balance and prep your skin for hydration.
- **Serum**-Brighten, hydrate, or treat specific concerns.
- **Moisturizer**- Lock in moisture for a smooth, soft glow.
- **SPF**-Protect your skin barrier and prevent early aging.

# Night Routine



- **Cleanse**-Remove makeup, dirt, and impurities.
- **Exfoliate** (2-3x weekly)- Smooth texture and unclog pores.
- **Treatment/Serum** Choose based on your skin goals.
- **Night Cream**-Deep nourishment while you sleep.



# Weekly Skin Boosters

- Hydrating sheet mask



- Clay mask (oily or acne-prone skin)



- Facial massage

- Overnight hydration mask



# Product Notes



Write down your favorite products,  
ingredients that work for you,  
and items you want to try





# Skin Goals Checklist



- My skin feels hydrated
- I apply SPF daily
- I cleanse morning + night
- I exfoliate weekly
- I use products that match my skin type

“I choose to care  
for my skin  
because  
I choose  
to care for  
myself.  
Every small step  
is part  
of my glow.”



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