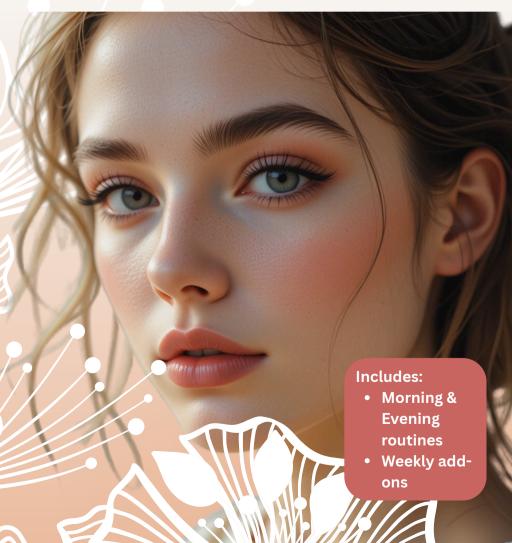
CHECKLIST

TIMELESS BEAUTY & SKINCARE



Daily Skincare Checklist

Morning Routine

- □ Cleanse Remove sweat/oil with a gentle face wash
- Tone (optional) Balance skin and prep for hydration
- □ Serum Apply Vitamin C or hydrating serum
- □ Eye Cream Reduce puffiness and brighten under-eyes
- ¬ Moisturizer Lock in hydration
- Sunscreen (SPF 30+) Protect from UV damage
- □ Lip Balm with SPF Keep lips soft & sun-protected
- □ Neck & Hands Care Apply moisturizer/SPF to both

Daily Skincare Checklist

Evening Routine

- Double Cleanse Remove makeup/SPF, then deep cleanse
- Exfoliate 2–3x/week (chemical or physical, based on skin type)
- □ Toner (optional) Refine and prep skin
- □ Serum Use retinol, niacinamide, or night repair (rotate as needed)
- Eye Cream Hydrate and smooth overnight
- Moisturizer or Night Cream Seal in treatments
- □ Facial Oil or Sleeping Mask Extra nourishment if needed
- □ Neck & Hands Treatment Don't skip these zones
- □ Silk Pillowcase/Bedside Hydration –
 Beauty sleep extras

Daily Skincare Checklist

Weekly Add-Ons (Choose 1-2x/week)

- □ Clay Mask for detox
- □ Sheet Mask or hydrating gel mask
- □ Gua Sha or jade roller massage
- □ Steam facial or warm towel compress