

CHECKLIST

TIMELESS BEAUTY & SKINCARE

Includes:

- Morning & Evening routines
- Weekly additions

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