

Your Daily Skincare Checklist



Daily Routine

AM

- Cleanser
- Exfoliant (2-3x a week)
- Moisturizer
- Vitamin C Serum
- Sunscreen

PM

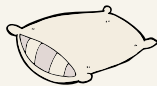
- Cleanser
- Moisturizer
- Face Mask (1-2x a week)

*The above are basics for good skin health. Once you're doing this consistently, other things can be added to enhance your routine.

Make sure you're cleaning these items regularly



phone



pillowcases



make up tools



bonnets/
scarves



glasses



masks