

Weekly Skin Care Checklist

Daily

Use this checklist as a starting point to your skin care regimen. You can add more to your daily and weekly routine like spot treatments, eye cream, etc.

	M	T	W	T	F	S	S
AM {Face}							
Cleanser							
Toner							
Moisturizer							
{body}							
Hand Cream							
Body Lotion							
<hr/>							
PM {Face}							
Cleanser							
Toner							
Moisturizer							
{body}							
Hand Cream							
Body Lotion							

Weekly (1-3x per week)

Facial Mask
Exfoliate

Tips

When using a towel, pat skin dry, don't rub

Change your pillowcase at least once per week to prevent hair oil from clogging your pores

Take makeup off every night

Wear sunscreen every day

Don't scrub hard when exfoliating - Use a gentle circular motion to help the granules glide over your skin

Drink plenty of water