

Skin Care Routine Checklist

A step-by-step morning and evening skincare routine, with simple notes to adapt it to your skin type.

Morning Routine (AM)

- Cleanse with a gentle face wash to remove overnight oil
- Apply any morning treatment or antioxidant serum
Vitamin C is a common morning option; introduce actives slowly.
- Apply moisturizer suited to your skin type
- Finish with broad-spectrum sunscreen, SPF 30 or higher
Sunscreen always goes on as the last skincare step in the morning.
- Let each layer absorb for a moment before the next
- Reapply sunscreen during the day if outdoors a lot

Evening Routine (PM)

- Remove makeup and sunscreen before cleansing
- Cleanse to wash away the day's dirt, oil and pollution
- Apply any night treatment such as a retinoid, as directed
Start a couple of nights a week and build up to avoid irritation.
- Apply a moisturizer, slightly richer than your daytime one
- Add eye cream or facial oil last if you use them
- Skip sunscreen at night; it is only needed by day

Cleanse the Right Way

- Use lukewarm water rather than hot, which can dry skin
- Choose a gentle, non-stripping cleanser
- Massage cleanser in for around 30 seconds
- Pat your face dry with a clean towel instead of rubbing
- Avoid harsh scrubbing, which can irritate and inflame skin
Limit physical exfoliation to once or twice a week if you use it.

Notes by Skin Type

- Oily skin: pick lightweight, oil-free or gel moisturizers
- Dry skin: use a richer cream and look for hydrating ingredients
- Combination skin: balance lighter and richer products by area
- Sensitive skin: choose fragrance-free, gentle formulas
Patch test new products and add them one at a time.
- All types: still cleanse, moisturize and wear sunscreen daily

Healthy Skin Habits

- Patch test new products before using them on your face
- Introduce one active ingredient at a time
- Drink water and aim for regular, restful sleep
- Wash pillowcases and clean phone screens regularly
- Avoid picking or popping spots, which can scar
- Important: this is general information, not medical advice
See a dermatologist for persistent or worsening skin concerns.