



BEAUTY WORLD

My Daily Skincare Routine

Name: _____

Week of: _____

My skin type: ☐ Dry ☐ Oily ☐ Combination ☐ Sensitive ☐ Normal

MORNING (AM)

- 1 Cleanse or rinse**
Gentle cleanser, or water if dry
My product: _____
- 2 Treat**
Optional: vitamin C or niacinamide
My product: _____
- 3 Moisturise**
Gel for oily, cream for dry skin
My product: _____
- 4 SPF 30+**
Every day, even on cloudy UK days
My product: _____

EVENING (PM)

- 1 Remove makeup & SPF**
Balm, oil or micellar water
My product: _____
- 2 Second cleanse**
Gentle cleanser
My product: _____
- 3 Treat**
One active: retinol, acid or none
My product: _____
- 4 Moisturise**
Seal in hydration overnight
My product: _____

Weekly tracker Tick each routine you complete

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning routine	☐	☐	☐	☐	☐	☐	☐
Evening routine	☐	☐	☐	☐	☐	☐	☐
SPF applied	☐	☐	☐	☐	☐	☐	☐
Drank enough water	☐	☐	☐	☐	☐	☐	☐
Slept 7+ hours	☐	☐	☐	☐	☐	☐	☐

Notes: how my skin feels

Quick tips

- Add one new product at a time; wait 2 weeks.
- Patch test new products for a few days.
- SPF goes last in the morning.
- Use actives at night; start twice a week.
- Hard water? Pick a creamy, gentle cleanser.
- Give it 6-12 weeks to see real change.
- See a GP or dermatologist for painful acne.