

Skin Care Routine



SpectacularSkin

Establishing a daily skin care routine—both morning and evening—is one of the best ways you can take care of your skin and get the healthy skin of your dreams. Use this checklist to help guide you each and every day!

MORNING:

1. Cleanse with _____
2. _____
3. _____
4. _____
5. _____
6. Sunscreen: _____
7. Makeup: (optional)



EVENING:

1. Cleanse with _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

	Daily	Every Other Day	Once a Week
1.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>