Your First Week of Skincare

A fillable weekly calendar from The Skin Discipline Method™.

Set a routine you can repeat

In the morning, cleanse as needed, moisturize if your skin needs it, and apply broad-spectrum SPF 30 or higher to exposed skin. In the evening, gently remove makeup and sunscreen and moisturize. Follow your prescriber's directions for prescription products.

WHY START HERE?

Moisturizers help support the outer skin barrier. Some draw water into the outer layer of skin, while others help slow water loss. A simple routine makes it easier to see how each step feels.

Morning steps, in the order I use them

Evening steps, in the order I use them

One thing to notice this week

REFERENCES

American Academy of Dermatology. Skin care on a budget.

Purnamawati et al. The role of moisturizers. Clin Med Res, 2017.

American Academy of Dermatology. How to apply sunscreen.

OPTIONAL PRODUCT EXAMPLES / SHOP OPULENCE GLAMOUR

Biologique Recherche Lait Dermo-S

EltaMD Skin Recovery Light Moisturizer

EltaMD UV Clear Broad Spectrum SPF 46

Weekly routine tracker

Save a new copy each week. Check the boxes after completing your planned steps.

Week of

DAY	AM	PM	WHAT DID YOU NOTICE, AND WHEN?
Monday	☐	☐	
Tuesday	☐	☐	
Wednesday	☐	☐	
Thursday	☐	☐	
Friday	☐	☐	
Saturday	☐	☐	
Sunday	☐	☐	

Changes, dates, or recent treatments

Sunday review: one step to keep and one question to ask