

# Face Care Routine Checklist (Printable)

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Use this checklist to keep your natural skincare routine consistent and effective. Tick off each step as you go!

## Morning Routine

- ☐ Cleanse face with gentle cleanser suitable for your skin type
- ☐ Exfoliate (2–3 times a week only)
- ☐ Apply toner (alcohol-free, natural-based)
- ☐ Apply antioxidant serum (e.g., Vitamin C)
- ☐ Moisturize with lightweight, non-comedogenic formula
- ☐ Apply sunscreen (SPF 30 or higher)

## Night Routine

- ☐ Remove makeup thoroughly
- ☐ Cleanse with gentle cleanser
- ☐ Apply toner to restore pH
- ☐ Apply treatment serum (Vitamin E, Bakuchiol, Niacinamide)
- ☐ Use eye cream for hydration and fine lines
- ☐ Apply night cream or rich moisturizer

## Weekly Treatments

- ☐ Use detoxifying clay or charcoal mask
- ☐ Apply hydrating mask (aloe, honey, or cucumber)
- ☐ Exfoliate with enzyme scrub or fruit acids
- ☐ Steam face with herbs (lavender, chamomile)

## Seasonal Adjustments

- ☐ Switch to richer moisturizer in winter
- ☐ Apply extra SPF and oil-control products in summer
- ☐ Refresh routine with exfoliation in spring
- ☐ Focus on repair and hydration in autumn

## Extra Tips

- ☐ Drink at least 8 glasses of water per day
- ☐ Avoid touching your face with unwashed hands
- ☐ Sleep 7–8 hours daily
- ☐ Maintain a balanced, healthy diet
- ☐ Perform patch tests before using new products