

Easter Weekend
SKIN RESET—
— Spring Glow After 35 —



DAY 1: CALM & SOOTHE (*Friday*)

Goal: Reduce inflammation. Repair the skin barrier. Stop irritation.

- Use a gentle, non-foaming cleanser

- Skip acids, retinoids, scrubs, and harsh masks

- Apply a soothing serum (niacinamide, centella, or oat)

- Use a barrier-repair moisturiser (ceramides or panthenol)

- Avoid hot water and long, steamy showers

- Go to bed earlier than usual (skin repairs at night)



Reminder:

If it stings, tingles, or burns — it's not part of the reset.

DAY 2: REBUILD & HYDRATE *(Saturday)*

Goal: Refill hydration. Strengthen the skin barrier. Improve bounce.

Morning Checklist:

- Gentle cleanse or rinse with lukewarm water
 - Apply hydrating serum on damp skin
 - Use barrier moisturiser
 - Apply SPF (even if it's cloudy)
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Evening Checklist:

- Gentle cleanse
- Apply peptide or barrier-support serum
- Use richer moisturiser
- Optional: thin layer of occlusive balm on dry areas



“Hydrated skin reflects light better. This is where natural glow is built.”

DAY 3: GENTLE GLOW *(Sunday)*

Goal: *Smooth texture. Boost radiance. Avoid irritation.*

Checklist:

- Use a very gentle exfoliant (PHA or low-strength lactic acid)
- Apply calming and hydrating layers immediately after
- Keep makeup light and dewy (tinted moisturiser, cream blush)
- Avoid heavy matte foundations or powders
- Focus on fresh, healthy-looking skin — not perfection

*“Glow comes from calm, hydrated skin —
not from over-exfoliating.”*



BONUS:

SKIN-LOVING HABITS FOR THE WEEKEND

- Go to bed 30–60 minutes earlier
- Drink more water (*add electrolytes if needed*)
- Eat protein at breakfast
- Reduce sugar and alcohol
- Get some daylight and gentle movement
- Be consistent — skin responds to *rhythm*, not *force*

*“I am supporting my skin,
not fighting it.”*