



Mindful Skincare Routine Checklist

— SEASONAL EDITION —

Simple rituals for healthy skin, all year round



Pearly Petal

Daily Mindful Skincare Routine

AM Routine

Gentle cleanse or water rinse



Hydrating serum (hyaluronic acid / glycerin)

Moisturiser



Broad-spectrum SPF 30+



Lip balm with SPF

PM Routine

Gentle cleanse / double cleanse if wearing makeup or SPF



Treatment serum (niacinamide / vitamin C / barrier serum)

Moisturiser



Eye cream (optional)

Facial oil (optional)



— Mindful Reminder: —

Apply slowly. Breathe deeply. Notice your skin.

Seasonal Skincare Adjustments

Winter



- Rich moisturiser
- Ceramides
- Avoid hot water
- Use humidifier
- Extra lip care

Spring



- Light exfoliation 1–2x weekly
- Vitamin C
- Lighter textures

Summer



- Gel moisturiser
- SPF reapplication
- Antioxidants
- Aloe / centella

Autumn



- Barrier repair focus
- Ceramides + niacinamide
- Gradual texture increase


Mindful Skincare Ingredient Guide

LOOK FOR:

 Ceramides – barrier repair

 Niacinamide – calm & even tone

 Hyaluronic acid – hydration

 Glycerin – moisture retention

 Squalane – softness

 Panthenol – soothing


 Vitamin C – antioxidant


AVOID WHEN IRRITATED:

 Alcohol denat

 Strong acids

 Fragrance

 Benzoyl peroxide

 Over-Exfoliation



Skin Tone Notes & Barrier Care Reminders



— Skin Tone Notes: —



- Fair skin – prone to redness and sensitivity
- Medium skin – balance hydration + pigment control
- Deep skin – prioritise barrier repair & sunscreen to prevent PIH

All skin tones benefit from barrier protection, hydration, and daily SPF.

— Barrier Care Reminders: —

- Avoid over-cleansing
- Limit exfoliation
- Patch test new products
- Use lukewarm water
- Apply products on damp skin
- Sleep on silk or satin pillowcase
- Stay hydrated