



Skin Longevity Checklist

DAILY • WEEKLY • SEASONAL • LIFESTYLE

By Pearlypetal



Weekly & Seasonal



— SKIN RESET —



Gentle exfoliation (1-2x weekly)

Barrier repair day



Hydration mask



Switch routine by season



Check skin sensitivity



Restock SPF



SKIN LONGEVITY

INGREDIENT GUIDE

Barrier Heroes:

Ceramides • Cholesterol • Fatty Acids



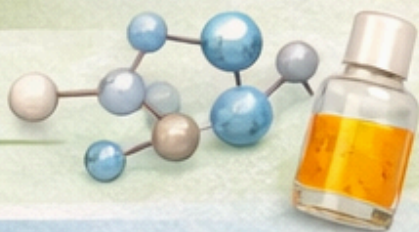
Brightening:

Vitamin C • Niacinamide



Repair:

Peptides • Panthenol



Hydration:

Hyaluronic Acid • Glycerin



All Skin Tones:

Always use SPF



Skin Longevity

Lifestyle & Barrier Care



Sleep 7–9 hours



Drink water + electrolytes



Manage stress



Avoid over-exfoliating



Patch test new products



Protect your skin barrier daily

- Sleep 7–9 hours
- Drink water + electrolytes
- Manage stress
- Avoid over-exfoliating
- Patch test new products
- Protect your skin barrier daily