

Skin Longevity

ROUTINE CHECKLIST

— 2026 Edition —



by Pearlypetal

Morning Skin Longevity Routine

Gentle cleanse or rinse



Hydrating serum



Antioxidant serum



Barrier moisturizer



Broad-spectrum SPF 30+



Evening Skin

LONGEVITY ROUTINE



Oil or balm cleanse (if wearing SPE or makeup)



Gentle cleanser



Hydrating serum



Peptides / PDRN / Retinoid (selected night)



Barrier moisturizer

Weekly Skin Longevity Habits

— Treatment Nights —

-  Retinoid nights (2~3x weekly if tolerated)
-  Peptide / regeneration nights

— Weekly Tasks —

-  Wash pillowcase
-  Check sunscreen supply
-  Gentle exfoliation (optional)

— Skin Barrier Care —

-  Barrier repair focus day

Lifestyle Habits That Support Skin Longevity



Drink enough water



Omega-3 rich meals



Fruits and vegetables daily



7–9 hours of sleep



Stress reduction break



Gentle movement

—30-Day—

Skin Longevity

Progress Tracker

Day	1-5	6-10	11-15	16-20	21-25	26-30
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