

High-Performance
Skincare Rituals
for Your 40s



Skin Longevity • Barrier Care • Intentional Self-Love

Morning Ritual – Protect & Strengthen



Gentle cleanse (non-stripping)

Antioxidant serum (Vitamin C + Ferulic Acid)

Peptide or ceramide moisturizer

Broad-spectrum SPF 30+

1 minute of mindful breathing

Evening Ritual—Repair & Restore

- Gentle cleanse or double cleanse
- Peptide or barrier-repair serum
- Ceramide-rich moisturizer
- Optional facial massage (2 minutes)
- Screen-free wind-down moment



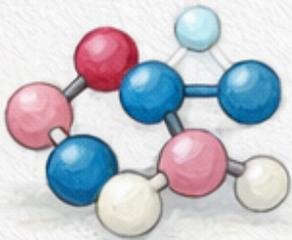
Ingredient Intelligence

for Skin 40+



Ceramides

Strengthen thinning skin barrier



Peptides

Support collagen signaling



Antioxidants

Protect against oxidative stress



SPF

Prevent collagen breakdown

*In My 40s,
Skincare Is a Ritual — Not a Race*

- *Consistency over intensity*
- *Barrier health is longevity*
- *My skin reflects
how I care for myself*

