

The *Lazy Girl* 4-Step Routine

A Perimenopause-Friendly K-Beauty Ritual
for Strong, Calm, Luminous Skin



By PearlyPetal | Skin Longevity & Barrier Repair

Step 1:

The "Cloud" Cleanse (Evening Only)

Action: Use a Korean cleansing balm with Rice Bran or Ginseng oil to dissolve SPF and pollution.

Why: Preserves your skin's acid mantle and prevents moisture loss.

Morning rule: Just splash with lukewarm water.
No harsh cleanser needed.



Goal: Clean without stripping your barrier.

Step 2:

The '7-Skin' Shortcut (Fermented Essence)

Action: Apply one fermented essence (Galactomyces or Mugwort) to damp skin, pat 3 layers.

Why: Fermentation makes ingredients smaller and easier for mature skin to absorb.

How: Pat gently. Do not rub.



Goal: Deep hydration without overload.

Step 3:

The Signalling Seal

(Peptide Cream)

Action: Apply a moisturiser with Copper Peptides or Snail Mucin.

Why: Signals collagen support and seals hydration into the barrier.

Tip: Apply while skin is still slightly damp.



Goal: *Repair + strengthen the skin barrier.*

— *Step 4:* —

The Invisible Shield (SPF)

Action: Apply broad-spectrum SPF 30+ (mineral preferred) with Centella Asiatica (Cica).

Why: Protects against UV collagen loss and calms hormonal redness.

Rule: Every morning. No exceptions.



Goal: Protect the skin you're rebuilding.

My Lazy Girl

4-STEP DAILY CHECKLIST



Step 1: Cloud Cleanse (Evening)

Step 2: Fermented Essence (3 Layers)

Step 3: Peptide Cream

Step 4: SPF (Morning)

Consistency beats complexity. Strong skin is built daily.

