



# Skin Barrier Repair *Checklist*

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A gentle reset for irritated, sensitive,  
or over-exfoliated skin



## Morning Barrier Care (AM)



- Rinse with lukewarm water or use a non-foaming cleanser
- Avoid exfoliating acids or active treatments
- Apply ceramide-rich serum on damp skin
- Seal with a barrier-repair moisturizer
- Apply broad-spectrum SPF 30+

*If skin feels tight or stings, skip cleansing and focus on hydration only.*

# Evening Recovery Routine (PM)



- Cleanse gently (oil or milk cleanser preferred)
- Pat skin dry — never rub
- Apply barrier-repair serum (ceramides, panthenol, ectoin)
- Use a rich, soothing moisturizer
- Optional: thin occlusive balm on dry patches

Pro Tip: Avoid retinoids, exfoliating acids, and vitamin C until skin feels calm again.



# Barrier-Friendly Habits

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Avoid hot water on face



Limit product layering



Change pillowcase 2–3 times weekly



Drink enough water daily



Reduce stress and prioritise rest





# *Skin Tone & Sensitivity Notes*

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- Melanin-rich skin may show irritation as dark marks — calm inflammation first

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- Fair or reactive skin may flush or sting — prioritize soothing ingredients

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- Barrier repair supports all skin tones and ages

This checklist is for educational purposes only and does not replace medical advice.

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