

— *The* —

6-Minute Barrier Repair Protocol

A Simple Daily Reset for Calm, Resilient Skin After 35



By PearlyPetal

Why the 6-Minute Barrier Repair Protocol Works

After 35, your skin barrier repairs more slowly. This protocol focuses on hydration, lipid support, and inflammation reduction—so your skin can heal instead of just being covered.

This routine helps to:



Reduce tightness and reactivity



Improve moisture retention



Support natural barrier lipids



Calm inflammation



Strengthen long-term skin resilience



The 6-Minute Barrier Repair Protocol

Minute 1: Gentle cleanse or rinse with lukewarm water

Minute 2: Apply hydrating serum to damp skin

Minute 3: Apply barrier-support moisturiser

Minute 4: Gently press product into skin (no rubbing)

Minute 5: Apply SPF (morning) or nourishing cream (evening)

Minute 6: 3 slow breaths to lower stress hormones

Consistency beats intensity. Calm skin heals better.

When to Use the 6-Minute Protocol

Use this routine when:



Your skin feels tight or stings with water



You're repairing your barrier



You're introducing new actives



Your skin feels inflamed or reactive

Avoid aggressive actives when:



Skin is burning or peeling



Barrier feels compromised



You're overtired or stressed

“Repair first. Treat later.”



My 7-Day Barrier Repair Tracker

Mon

Tue

Wed

Thu

Fri

Sat

Sun

-
- Did my 6-minute routine
 - Skin felt: Calm / Tight / Reactive / Plump
 - Sleep: Poor / Okay / Good
 - Stress level: Low / Medium / High
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Notes:

Barrier repair is built through repetition, not perfection.