

The Lazy Girl

VITAMIN C PROTOCOL

— *for Perimenopausal Skin* —

*A simple, barrier-safe routine for brighter,
stronger skin after 40*

- *Brightens dull skin*
- *Supports collagen*
- *Strengthens barrier*
- *Designed for sensitive skin*



Skincare Checklist

YOUR DAILY ROUTINE

Step 1: The Splash



- Cleanse your face with a gentle cleanser to remove impurities and refresh your skin.

Step 2: Vitamin C

- Apply a few drops of Vitamin C serum to brighten your complexion and fight free radicals.



Step 3: Seal the Barrier

- Moisturize with a nourishing cream to lock in hydration and protect your skin's barrier.



Step 4: Sunscreen

- Finish with a broad-spectrum sunscreen to shield your skin from harmful UV rays.



Weekly Kitchen Lab Mask



Honey



Camu Camu Powder



Greek Yogurt

Mix 1 tsp honey, 1/2 tsp camu camu powder, and 1 tbsp Greek yogurt.

Apply to clean skin, leave on for 15-20 minutes, then rinse off.

Enjoy glowing, revitalized skin!

Storage Rules



Keep in the Fridge:

Store natural masks
for 2-3 days.



Serums & Oils:

Seal tightly & store in a cool, dark place.
Avoid direct sunlight.

Skincare Safety Checklist

STAY SAFE & INFORMED



Do Not Use If

-  Pregnant or breastfeeding
-  Taking certain medications
-  Have active skin infections
-  Allergic to any ingredients

How To Start Safely

- Patch test first
- Start with a small amount
- Use 1–2 times per week
- Always apply SPF in the morning

What To Expect

-  Mild redness or dryness
-  Possible flaking or purging
-  Tingling sensation
-  Gradual improvement over time

Your Journey

Week 1–2
“Start Slow”

Week 3–4
“Adjust”

Week 5–8
“Progress”

Week 9–12
“Maintain”

Listen to Your Skin & Be Patient