

Skin Barrier Repair Checklist — — 3-Step Reset —

Heal over-exfoliated, sensitive & irritated skin safely

Morning Routine (AM)

- Rinse with lukewarm water
- Gentle creamy cleanser (optional)
- Barrier repair serum (ceramides + panthenol)
- Barrier cream
- SPF 30+

Evening Routine (PM)

- Non-foaming cleanser
- Skin-identical serum
- Thick moisturizer
- Occlusive balm on dry areas

Key Ingredients to Look For



Ceramides



Cholesterol



Fatty Acids



Panthenol
(Vitamin B5)



Centella Asiatica



Squalane



Avoid During Repair

- AHAs / BHAs
- Retinoids
- Benzoyl peroxide
- Fragrance
- Physical scrubs

Weekly Progress Tracker

- Week 1 Burning & stinging stops
- Week 2 Texture smooths
- Week 3 Redness fades
- Week 4 Glow returns