

— *Lazy Girl 3-Step* —

Skin Barrier Repair Routine

30-Day Recovery Checklist – 2026 Edition



— *Pearlypetal* —

Your Lazy Girl Routine

Step 1: Non-Strip Cleanse



- Milk or cream cleanser
- No foaming
- AM water rinse only

Step 2: Skin-Identical Serum



- Ceramides
- MLE technology
- Apply on damp skin

Step 3: Occlusive Shield



- Barrier cream
- Panthenol + Bisabolol
- Optional slugging
(first 2 weeks)

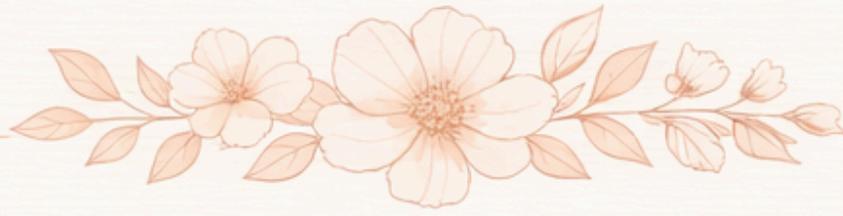
Consistency heals more than complexity.

30-Day Barrier Repair Tracker



Day	Cleanse ✓	Serum ✓	Moisturise ✓	SPF ✓	Skin Feel (notes)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					

Missed days don't matter. Gentle consistency does.



Weekly Skin Check-In

Week: _____

What feels better: _____

What still stings: _____

Dry areas: _____

Redness level (1-5): 1 2 4 5 _____

Products used: _____

Anything new introduced: _____

Notes: _____

Barrier repair is not linear. Be kind to your skin.



Barrier Repair Rules

Avoid:

- Foaming cleansers 
- Acids 
- Retinoids 
- Fragrance 
- Hot water 
- Over-cleansing 

Focus on:

- Ceramides 
- Panthenol 
- Squalane 
- Lukewarm water 
- Sunscreen 
- Rest 

Your skin knows how to heal
when you stop fighting it.