

Perimenopause Date Night Skin Prep Checklist

A 24-Hour Glow Plan for Calm, Hydrated, Long-Wear Makeup



By Pearlypetal

Perimenopause

DATE NIGHT SKIN PREP CHECKLIST

A 24-Hour Glow Plan

24 Hours Before: *The Deep Soak*

- Gentle lactic acid exfoliation
 - Drink water with electrolytes
 - Apply ceramide-rich overnight cream
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Morning Of: *Sculpt & Cool*

- Cold facial rollers or spoons
 - Lymphatic drainage massage
 - Cooling mist
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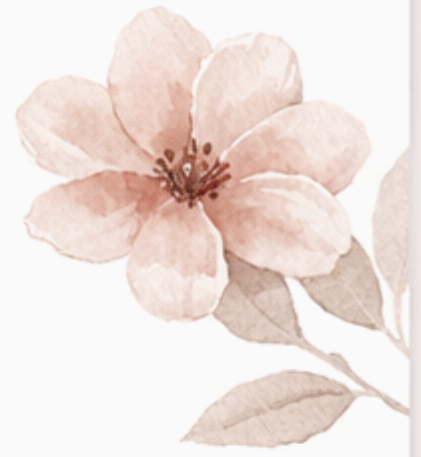
Hydration Layering Rule

- Hydrating mist
 - Hyaluronic acid on damp skin
 - Lightweight peptide moisturiser
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Perimenopause

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————— A 24-HOUR GLOW PLAN —————

Makeup Rules for Perimenopausal Skin:

Base Rules

- Use illuminating primer (no heavy silicone)
- Choose serum foundation or tinted moisturiser
- Apply with damp sponge

Eyes & Concealer

- One drop of squalane before concealer
- Light layers only

Cream Over Powder

- Cream blush
- Cream bronzer
- Minimal powder only in Z-zone



Perimenopause

Date Night Skin Prep Checklist:

A 24-Hour Glow Plan



The Night Before

- Gentle exfoliation
- Hydrating mask
- Nourishing serum
- Beauty sleep



Day of Date Night

- Brightening eye cream
- Cooling face roller
- Lightweight moisturizer
- Glowing makeup



Emergency Date Night Kit

- Setting spray
- Facial mist
- Blotting paper
- Small fan or cooling spray



♥ *Feel radiant & confident!* ♥