



3-Step Skin Barrier Reset Checklist

A gentle routine to heal and protect your skin barrier

Step 1: Lipid-Saving Cleanse

- Water-only rinse in the morning
- Cream or milk cleanser at night
- Avoid foaming cleansers
- Lukewarm water only

Step 2: Skin-Identical Serum

- Apply on damp skin
- Look for ceramides
- Multi-lamellar emulsion formula
- No acids or retinoids during repair

Step 3: Occlusive Shield

- Barrier cream with panthenol
- Apply generously at night
- Slug dry areas only
- Avoid fragranced products

Daily Habits

- SPF every morning
- No exfoliation
- Silk pillowcase
- Drink water
- Avoid hot showers

