



# Double Cleansing

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PRODUCT FINDER  
*for* MATURE SKIN



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*By Pearlypetal*

## Step 1:

# Choose Your Oil-Based Cleanser



### Choose Your Cleanser:

Cleansing Balm

Cleansing Oil

Cleansing Milk

### Ingredient Guide:



#### For Dry or Sensitive Skin:

- Jojoba oil
- Squalane
- Oat kernel oil
- Ceramides



#### For Oily or Combination Skin:

- Grapeseed oil
- Rice bran oil
- Jojoba oil

### Skincare Tips:

Find the best oil-based cleanser suited for your skin type and concerns!

—  *Step 2:* —

## Choose Your Water-Based Cleanser

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Select Your Cleanser:

Cream cleanser

Hydrating gel cleanser

Low-foam cleanser

Ingredient Reminder

Look for:

- Hyaluronic acid
- Glycerin
- Ceramides
- Niacinamide
- Aloe vera
- Green tea extract

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Healthy Skin Tips: Choose ingredients that support and hydrate your skin.

# My Double Cleansing Routine



1  Apply oil cleanser to dry skin



2  Massage gently for 60 seconds



3  Add water to emulsify



4  Rinse with lukewarm water



5  Apply water-based cleanser



6  Cleanse 30–60 seconds



7  Rinse and pat dry



## Skincare Routine



# 2-Week Skin Response Tracker

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Day	Dryness	Softness	Breakouts	Glow	Notes
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					
Day 9					
Day 10					
Day 11					
Day 12					
Day 13					
Day 14					

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## Tracker Key

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 Dry

 Soft

 Breakouts

 Glowing