

# The Double Cleanse *After 40*

A Barrier-Friendly Cleansing Ritual  
for Calm, Resilient Skin

By Pearlypetal • Skin Longevity & Barrier Care



## *Step 1: The Balm Cleanse (60 Seconds)*

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- Warm a coin-sized amount between your palms.
- Gently massage over dry skin for 30–40 seconds to dissolve makeup, SPF, and sebum.
- Do not rush. Let the oils do the work.

### *Why This Matters:*

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*Oil dissolves oil. This removes impurities without stripping your skin barrier.*

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## *Step 2: Emulsify (30 Seconds)*

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- Add a few drops of water and continue massaging.
- Watch the balm turn milky.
- Rinse gently with lukewarm water.





## Step 3:

### *The Gentle Second Cleanse (2 Minutes)*



- ◆ Use a cream cleanser or non-foaming cleanser.
- ◆ Massage gently with fingertips for about one minute.
- ◆ Rinse with lukewarm water.
- ◆ Pat dry with a clean towel. Do not rub.

#### What to Look For:

- ◆ Low pH (around 5–5.5)
- ◆ No harsh foaming surfactants
- ◆ Barrier-friendly formula

*Your skin should feel calm and comfortable —  
not tight or squeaky.*



# Step 4:

## The 60-Second Barrier Window

Apply your serum and moisturiser while skin is still slightly damp.

Damp skin holds hydration better and improves absorption. This is where barrier repair happens.

### My Simple Rule:

- Hydrate
- Support the barrier
- Avoid overloading with actives

*Healthy skin after 40 is built on a calm, well-fed barrier.*



# Daily Double Cleanse Reminder

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- Use balm first (don't rush)
- Emulsify before rinsing
- Use gentle second cleanser
- Apply skincare on damp skin
- Protect your barrier

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*“Healthy skin isn’t scrubbed into submission.  
It’s supported.”*

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