

11 WEEKS SKIN CARE ROUTINE

CRAFT YOUR 11 WEEKS SKIN GLAM UP ROUTINE BASED ON THE OBJECTIVES YOU HAVE SET FOR YOURSELF

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11
Start with a Cleanse											
Introduce Antioxidants											
Exfoliate & Refresh											
Hydration Focus											
Introduce Retinol (Night)											
Protect with Sunscreen											
Skin Type Review and Tuning											
Introduce Hydrating Masks											
Aesthetic Treatments Introduction											
Fine-Tuning & Observations											
Final Reflection & Routine Refinement											