

# Moisturizer Decision Checklist

Choose a texture and ingredient focus based on how your skin feels today.

COMFORT MIND BODY

## 1. Start with the skin signal you notice most

Pick the clearest pattern. You do not need to solve every concern at once.

- Rough, flaky, itchy, or tight after cleansing
- Dry cheeks with an oily T-zone
- Shiny or oily but still uncomfortable
- Burning, stinging, peeling, or sudden redness

## 2. Match the texture to the signal

### Dry or flaky skin

#### CHOOSE

Cream or balm on dry areas

#### LOOK FOR

Glycerin, ceramides, fatty acids

#### WATCH

Avoid relying on a serum alone

### Oily or shine-prone skin

#### CHOOSE

Gel, lotion, or gel-cream

#### LOOK FOR

Glycerin, panthenol, light emollients

#### WATCH

Do not skip moisturizer entirely

### Combination skin

#### CHOOSE

Balanced gel-cream; add cream to dry zones

#### LOOK FOR

Humectants plus light barrier support

#### WATCH

Do not treat the whole face the same

### Sensitive or reactive skin

#### CHOOSE

Simple fragrance-free lotion or cream

#### LOOK FOR

Ceramides, glycerin, panthenol, oatmeal

#### WATCH

Stop if burning or rash appears

## 3. Check the rest of your routine

These can change what your skin needs, even when your skin type stays the same.

- I use retinol, retinal, adapalene, or acids
- Cold weather, heating, travel, or dry air
- I use benzoyl peroxide or salicylic acid
- My moisturizer pills under sunscreen or makeup

### Pause strong actives if your skin is giving warning signs

Burning, peeling, tight shiny skin, sudden redness, or moisturizer that stings can mean the routine is too much.

Reset: gentle cleanse, a simple moisturizer if tolerated, and sunscreen in the morning.

## 4. My simple next step

My skin signal: \_\_\_\_\_

Texture I will try: \_\_\_\_\_

Ingredients I want to check: \_\_\_\_\_

I will pause or avoid: \_\_\_\_\_