

# Skin Barrier Reset Checklist

Pause, soothe, seal, protect, then rebuild slowly.

Comfort Mind Body

comfortmindbody.com

## 1. Symptoms Today

- Burning or stinging
- Tight shiny skin
- Flaking or peeling
- Moisturizer hurts
- Sudden redness
- Breakouts look angrier

## 2. Pause For Now

- Retinol or retinal
- AHA/BHA/PHA acids
- Scrubs or cleansing brushes
- Peel pads or masks
- Benzoyl peroxide if skin is raw
- Strong vitamin C
- Fragrance if skin is reactive

## Do not restart yet if:

Skin burns, peels, stings, swells, spreads redness, or moisturizer still hurts.

## 3. 3-Day Calm-Down Plan

Keep the routine quiet. The goal is less irritation, not instant perfection.

**Day 1** AM: rinse, moisturize, SPF  
PM: cleanse, moisturize

**Day 2** AM: repeat, no new serum  
PM: moisturizer, optional balm

**Day 3** AM: track less stinging  
PM: no active restart yet

## 4. 7-Day Repair Tracker

Check each day you kept the routine simple and used sunscreen.

- |                                |                                |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> Day 1 | <input type="checkbox"/> Day 5 |
| <input type="checkbox"/> Day 2 | <input type="checkbox"/> Day 6 |
| <input type="checkbox"/> Day 3 | <input type="checkbox"/> Day 7 |
| <input type="checkbox"/> Day 4 |                                |

**Notes:** \_\_\_\_\_  
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## Keep During Reset

Gentle cleanser, moisturizer, SPF, soft towel, lukewarm water, and patience.

## 5. One-Active Rebuild Plan

- Choose one goal: acne, texture, dark spots, redness, or dryness.
- Pick one active only after skin feels calm.
- Use it 1-2 nights weekly at first.
- Keep recovery nights between active nights.
- Stop again if burning, peeling, or raw feeling returns.

## Barrier Repair Map

**Pause** Retinol, acids, scrubs, strong vitamin C

**Soothe** Panthenol, cica, hypochlorous acid

**Seal** Ceramides, glycerin, squalane, balm

**Protect** SPF, shade, simple AM routine

**Rebuild** One active at a time

## Safety Note

Ask a dermatologist for painful, severe, spreading, swollen, blistering, crusting, or persistent symptoms.