Skincare Actives Starter Checklist

Choose one skin goal, pick one active ingredient, support the barrier, and protect with sunscreen before adding more.

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Treat less. Support more. Protect daily.

1. My Main Skin Goal

- [ ] Acne or clogged pores
- [ ] Dark spots or uneven tone
- [ ] Texture or fine lines
- [ ] Redness-prone skin
- [ ] Dryness or barrier recovery
- [ ] Dullness or glow

2. My One Active

- [ ] Salicylic acid / BHA
- [ ] Benzoyl peroxide
- [ ] Azelaic acid
- [ ] Retinol or retinal
- [ ] Vitamin C
- [ ] Niacinamide / TXA
- [ ] Gentle AHA / PHA
- [ ] No strong active yet

3. Support + Protect

- [ ] Gentle cleanser
- [ ] Hydrating serum if needed
- [ ] Moisturizer or barrier cream
- [ ] Broad-spectrum sunscreen AM
- [ ] Recovery nights in the week
- [ ] Patch test new products

Treat
retinol, vitamin C, acids, BP, azelaic

Support
hyaluronic acid, glycerin, ceramides, cica

Protect
sunscreen, antioxidants, barrier cream

Pause
burning, peeling, tight shine, redness

Do Not Crowd These Together

- [ ] Retinol + strong AHA/BHA acids
- [ ] Retinol + benzoyl peroxide
- [ ] Peel pads + scrubs
- [ ] Strong vitamin C + acids if skin stings
- [ ] Multiple acne treatments at once
- [ ] Several new products in one week

Two-Week Starter Plan

Use the active only if skin feels calm. Keep SPF steady.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	☐	☐	☐	☐	☐	☐	☐
Week 2	☐	☐	☐	☐	☐	☐	☐

Pause If Skin Feels...

- [ ] Burning, stinging, or painful warmth
- [ ] Peeling, flaking, or tight shiny skin
- [ ] Very red, swollen, raw, or newly sensitive
- [ ] Moisturizer or sunscreen starts to sting

Notes For My Routine

Educational only. Not medical advice. Ask a dermatologist for painful, severe, spreading, or persistent irritation.