

Skincare Layering Order Cheat Sheet

A Comfort Mind Body printable by Anna, with Sushi's simple routine reminder.

The simple rule: start with cleanser, layer watery products before creams, use treatments before sealing layers, and keep sunscreen as the final morning skincare step.

Anna's Tip: A routine does not need every step every day. The better routine is the one the skin can tolerate calmly and repeat consistently.

Sushi's Note: If the routine feels confusing, simplify first. Clear order matters more than more products.

Morning Order

#	Product	Purpose	Watch
1	Cleanser or rinse	Clears overnight oil or leftover night products.	Dry skin may only need water.
2	Toner or essence	Adds light hydration if the routine needs it.	Acid toners count as actives.
3	Serum	Vitamin C, niacinamide, peptides, or hydration support.	Use one serum at first.
4	Moisturizer	Adds comfort and helps SPF sit more smoothly.	Oily skin may prefer gel cream.
5	Sunscreen SPF 30+	Final morning step for an even protective layer.	Reapply during outdoor time.

Night Order

#	Product	Purpose	Watch
1	Balm/oil cleanser	Helps remove makeup, heavy sunscreen, or long-wear products.	Cleanse again if residue remains.
2	Gentle cleanser	Clears daily buildup before treatments.	Avoid a tight, stripped feel.
3	Toner or essence	Adds hydration or calming support.	Skip if skin is reactive.
4	Treatment	Retinol, exfoliant, acne treatment, azelaic acid, or serum.	Use one main active at first.
5	Moisturizer	Supports recovery, comfort, and active tolerance.	Use more on recovery nights.

Actives: Simple Placement

Active	Common Placement	Watch
Vitamin C	Morning, before moisturizer and SPF.	May sting sensitive skin.
Niacinamide	Morning or night, before moisturizer.	High percentages may irritate.
AHA/BHA/PHA	Usually night, before moisturizer.	Avoid over-exfoliating.
Retinol/retinal	Night, before moisturizer or between moisturizer layers.	Avoid during pregnancy or breastfeeding unless approved by a clinician.

If Skincare Pilling Happens

Try fewer layers, smaller amounts, more settling time, lighter moisturizer under SPF, and no face oil under sunscreen. If pilling happens every day, simplify the morning routine first.

When To Simplify

If skin burns, stings, flakes, cracks, feels hot, swells, or becomes unusually red, pause strong actives. Use gentle cleanser, moisturizer, and sunscreen. Ask a dermatologist about painful acne, cystic breakouts, allergic reactions, or worsening redness.

Comfort Mind Body

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Created by Anna with Sushi's reminder - educational only, not medical advice. Patch test when possible.