

Korean-Inspired Skincare Routine Planner

A simple printable for building a calm AM and PM routine without overbuying. Comfort Mind Body | www.comfortmindbody.com

Start Here: Choose One Main Goal		
■ Hydration or glow	■ Barrier comfort	■ Acne or clogged pores
■ Dark spots or uneven tone	■ Oil control	■ Dryness or flakes
■ Sensitive or reactive skin	■ Texture or dullness	■ Simple daily maintenance

Skin Type And Routine Reality Check				
Skin type:	■ Dry	■ Oily	■ Combination	■ Sensitive
Current issue:	■ Tight	■ Stinging	■ Breakouts	■ Too many steps
Routine rule:	Add one product only when it solves a clear problem.	Patch test when skin is reactive.	Stop trends if skin burns.	Sunscreen stays basic.

Morning Routine		
■ Rinse or gentle cleanse if needed	Product:	
■ Hydrating toner, essence, or serum if useful	Product:	
■ Moisturizer if skin needs it	Product:	
■ Broad-spectrum sunscreen	Product:	
■ Makeup if used	Product:	

Night Routine		
■ Oil cleanser or balm only for makeup/heavy SPF	Product:	
■ Gentle water-based cleanser	Product:	
■ One treatment step if needed	Product:	
■ Moisturizer or barrier cream	Product:	
■ Recovery night with no strong actives	Product:	

Choose One Optional K-Beauty Add-On		
■ Hydrating toner or essence	■ Centella or cica	■ Snail mucin
■ Korean sunscreen	■ Toner pads	■ Ferments
■ Peptides	■ PDRN	■ Exosomes
■ Spicules or reedle skincare	Use only after basics are stable.	Avoid if skin is irritated.

Korean-Inspired Skincare Routine Planner

Comfort Mind Body | www.comfortmindbody.com

Weekly Routine Map			
Day	AM	PM	Skin notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Do Not Add Yet List
Products or trends to pause until skin feels calm:

Comfort Check	
<input type="checkbox"/> Skin feels comfortable after cleansing	<input type="checkbox"/> No repeated burning or stinging
<input type="checkbox"/> Moisturizer feels enough	<input type="checkbox"/> Sunscreen is used generously
<input type="checkbox"/> Only one new product added at a time	<input type="checkbox"/> Actives are reduced on irritated days

Planner Note

Korean skincare is strongest when it supports prevention, hydration, barrier comfort, and consistency. Trend products like PDRN, exosomes, spicules, ferments, toner pads, and snail mucin are optional add-ons after the basic routine feels stable.

This printable is for general skincare education only and is not medical advice. Persistent acne, painful irritation, spreading rash, sudden skin changes, or skin that reacts badly to most products should be checked by a dermatologist or qualified healthcare professional.