

Korean Skincare Routine Order Checklist

AM, PM, 3-step, 5-step, and optional trend placement - Comfort Mind Body | www.comfortmindbody.com

Start Here: Pick The Routine Size

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| ■ 3-step reset: sunscreen AM, cleanser + moisturizer PM | ■ 5-step routine: cleanse, hydrate, treat, moisturize, SPF |
| ■ Optional 10-step menu: only when skin is calm | ■ Trend add-ons: toner pads, PDRN, spicules, masks, devices |

AM Routine Order

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| ■ 1. Rinse or gentle cleanse if needed | Skip morning cleanser if skin feels dry and calm. |
| ■ 2. Toner or essence if helpful | Use one hydrating layer first. |
| ■ 3. Serum if there is one clear goal | Vitamin C, niacinamide, or hydrating serum are optional. |
| ■ 4. Moisturizer if needed | Use when sunscreen alone is not enough. |
| ■ 5. Sunscreen as final step | Apply enough and reapply as needed. |

PM Routine Order

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| ■ 1. Oil cleanser or balm only if needed | Best for makeup, heavy SPF, or long-wear products. |
| ■ 2. Gentle water cleanser | Avoid tight, squeaky-clean skin. |
| ■ 3. Toner or essence if helpful | Use before serum or moisturizer. |
| ■ 4. Treatment, serum, or active | Pick one: retinoid, acid, acne treatment, tone serum, or hydrating serum. |
| ■ 5. Moisturizer | Support comfort and barrier feel. |
| ■ 6. Sleeping mask only if useful | Optional; may feel heavy on acne-prone skin. |

Order Shortcut

Cleanse	Hydrate if needed	Treat one concern	Moisturize	SPF last in AM
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Customize The Routine By Skin Type

Use this page to decide what to add, what to pause, and what to keep simple.

Skin Type Routine Map			
Skin type	AM focus	PM focus	Be careful with
Dry	Hydration + moisturizer + SPF	Gentle cleanse + richer cream	Skipping moisturizer
Oily	Light layers + SPF	Cleanser + one treatment + gel cream	Over-cleansing
Combination	Moisturize only where needed	Balanced hydration	One heavy layer everywhere
Sensitive	Simple moisturizer + gentle SPF	Gentle cleanser + barrier cream	Pads, fragrance, spicules
Acne-prone	Light moisturizer + SPF	One acne treatment + moisturizer	Rich layers and daily pads
Mature	Hydration + moisturizer + SPF	Treatment if tolerated + barrier cream	Skipping sunscreen

Toner, Essence, Serum, Ampoule: Choose One Lane First	
■ Toner: after cleansing for light hydration or prep	■ Essence: after toner or instead of toner
■ Serum: after toner/essence for one clear concern	■ Ampoule: serum-style step, often more concentrated
■ Moisturizer: after watery layers	■ Sunscreen: final morning step

Pause If Skin Feels Irritated		
■ Exfoliating toner pads	■ Spicules or reedle products	■ Strong vitamin C
■ Retinoids on irritated nights	■ Fragrance-heavy experiments	■ Multiple new products
■ Acid toners or peel pads	■ Sleeping masks if congested	■ Long 10-step routines

My Routine Notes	
Current skin goal _____	Products to pause _____
One product to add _____	Patch test date _____
AM routine _____	PM routine _____

Weekly Routine And Trend Tracker

Keep trends optional. Basics first, then one add-on at a time.

Weekly Routine Map			
Day	AM	PM	Focus
Monday	Hydration + SPF	Cleanser + moisturizer	Basic
Tuesday	Simple SPF routine	One treatment + moisturizer	Treatment
Wednesday	Hydration + SPF	Barrier moisturizer	Recovery
Thursday	Simple SPF routine	Cleanser + moisturizer	Basic
Friday	Hydration + SPF	Optional pad or exfoliation if tolerated	Optional
Saturday	Simple SPF routine	Optional mask	Comfort
Sunday	Simple routine	Cleanser + moisturizer	Reset

Where Trends Fit		
Trend	Routine placement	Reminder
Toner pads	After cleansing	Avoid daily rubbing or acid overuse.
PDRN or exosomes	Serum, cream, or mask step	Optional; claims and formulas vary.
Spicules/reedle	Treatment step	Avoid on irritated, peeling, or barrier-damaged skin.
Collagen/sleeping mask	Last PM step	Optional; may feel heavy for acne-prone skin.
Beauty device	As directed	Read safety warnings and do not overuse.

Final Check Before Adding A Product

Buy Less, Use Better	
■ Does this solve one clear routine problem?	■ Does it duplicate a product I already use?
■ Is my skin calm enough to test it?	■ Can I use it without skipping sunscreen?
■ Do I know where it fits: AM, PM, weekly, or optional?	■ Will I stop if it burns, stings, or causes bumps?

Educational only. Not medical advice. Ask a qualified professional for persistent acne, painful irritation, spreading rash, sudden skin changes, severe dryness, or skin that reacts badly to most products.