



Fall Skincare Transition Planner

14-Day Barrier Reset After Summer

A practical two-week routine tracker for cooler weather, dry air, recovery nights, treatment nights, body care, lips, hands, and sunscreen habits.

Use this planner with the full Fall Skincare Routine guide on Comfort Mind Body.
Educational only. Not medical advice. Pause strong products if skin feels irritated.

Comfort Mind Body

comfortmindbody.com



How To Use This 14-Day Fall Reset

Calm first. Add actives later.

Week 1: Calm And Rebuild

Goal: reduce dryness, stop overdoing actives, rebuild basic comfort, keep sunscreen daily, and start body, lip, and hand care.

Week 2: Reintroduce Slowly

Goal: add one treatment night at a time, keep recovery nights, track stinging or dryness, and avoid stacking strong products.

Daily Marks To Track

- | | |
|--|---|
| ☐ AM routine done | ☐ SPF used |
| ☐ PM routine done | ☐ Body care done |
| ☐ Lips and hands cared for | ☐ Comfort score |
| ☐ Treatment night or recovery night | |

Reset rule: Recovery nights are part of the routine, not a failure. If skin feels dry, tight, stinging, flaky, or reactive, pause strong actives and repeat Week 1.

Your Simple Fall Routine Map

Use this page when the routine starts to feel confusing.

Morning

Comfort + protection

- ☐ Cleanse or rinse
- ☐ Hydrate if tight
- ☐ Moisturize
- ☐ Sunscreen
- ☐ Lip care if dry

PM Recovery Night

Calm + rebuild

- ☐ Cleanse
- ☐ Hydrate if needed
- ☐ Moisturizer/barrier cream
- ☐ Lip balm
- ☐ Hand cream

PM Treatment Night

One active only

- ☐ Cleanse
- ☐ One active
- ☐ Moisturize
- ☐ Recovery night next if dry

Body Care

Dryness is not only face skin

- ☐ Gentle body wash
- ☐ Moisturize after shower
- ☐ Hand cream after washing
- ☐ Lip balm before bed

Week 1: Calm And Rebuild

Reduce irritation before adding strong treatments.

Use this week to rebuild comfort. Skip strong actives if skin feels tight, stinging, flaky, sun-stressed, or reactive.

Days 1-4

Day 1

- ☐ AM cleanse/rinse
- ☐ Moisturizer
- ☐ SPF
- ☐ PM cleanse
- ☐ Moisturizer/barrier cream
- ☐ Lip + hand care
- ☐ Body care

Comfort score: 0 calm | 1 dry | 2 tight | 3 irritated

Note: _____

Day 2

- ☐ AM cleanse/rinse
- ☐ Moisturizer
- ☐ SPF
- ☐ PM cleanse
- ☐ Moisturizer/barrier cream
- ☐ Lip + hand care
- ☐ Body care

Comfort score: 0 calm | 1 dry | 2 tight | 3 irritated

Note: _____

Day 3

- ☐ AM cleanse/rinse
- ☐ Moisturizer
- ☐ SPF
- ☐ PM cleanse
- ☐ Moisturizer/barrier cream
- ☐ Lip + hand care
- ☐ Body care

Comfort score: 0 calm | 1 dry | 2 tight | 3 irritated

Note: _____

Day 4

- ☐ AM cleanse/rinse
- ☐ Moisturizer
- ☐ SPF
- ☐ PM cleanse
- ☐ Moisturizer/barrier cream
- ☐ Lip + hand care
- ☐ Body care

Comfort score: 0 calm | 1 dry | 2 tight | 3 irritated

Note: _____

Week 1: Calm And Rebuild

Reduce irritation before adding strong treatments.

Use this week to rebuild comfort. Skip strong actives if skin feels tight, stinging, flaky, sun-stressed, or reactive.

Days 5-7

Day 5

- ☐ AM cleanse/rinse
- ☐ Moisturizer
- ☐ SPF
- ☐ PM cleanse
- ☐ Moisturizer/barrier cream
- ☐ Lip + hand care
- ☐ Body care

Comfort score: 0 calm | 1 dry | 2 tight | 3 irritated

Note: _____

Day 6

- ☐ AM cleanse/rinse
- ☐ Moisturizer
- ☐ SPF
- ☐ PM cleanse
- ☐ Moisturizer/barrier cream
- ☐ Lip + hand care
- ☐ Body care

Comfort score: 0 calm | 1 dry | 2 tight | 3 irritated

Note: _____

Day 7

- ☐ AM cleanse/rinse
- ☐ Moisturizer
- ☐ SPF
- ☐ PM cleanse
- ☐ Moisturizer/barrier cream
- ☐ Lip + hand care
- ☐ Body care

Comfort score: 0 calm | 1 dry | 2 tight | 3 irritated

Note: _____

Week 1 Skin Check-In

Decide whether skin is ready for Week 2.

- ☐ Is skin less tight than Day 1?
- ☐ Is skin still flaky?
- ☐ Did anything sting?
- ☐ Are lips or hands dry?
- ☐ Is body skin itchy?
- ☐ Did sunscreen feel comfortable?
- ☐ Did moisturizer feel like enough?
- ☐ Did any product make skin worse?

Decision Guide

If skin feels calmer: move to Week 2 and add one active night if needed.

If skin still feels irritated: repeat Week 1 for a few more days.

If skin is cracking, bleeding, swelling, blistering, or painful: pause actives and consider professional guidance.

Notes For Week 2

Week 2: Add Actives Slowly

Restart treatment products only if skin feels calm.

Use this week to add one treatment night at a time. Do not use retinol and exfoliating acids on the same night when restarting.

Days 8-11

Day 8

- ☐ AM routine
- ☐ SPF
- ☐ PM cleanse
- ☐ Recovery night
- ☐ Treatment night
- ☐ Moisturizer
- ☐ Lip + hand care

Comfort score: 0 calm | 1 dry | 2 tight | 3 irritated

Note: _____

Day 9

- ☐ AM routine
- ☐ SPF
- ☐ PM cleanse
- ☐ Recovery night
- ☐ Treatment night
- ☐ Moisturizer
- ☐ Lip + hand care

Comfort score: 0 calm | 1 dry | 2 tight | 3 irritated

Note: _____

Day 10

- ☐ AM routine
- ☐ SPF
- ☐ PM cleanse
- ☐ Recovery night
- ☐ Treatment night
- ☐ Moisturizer
- ☐ Lip + hand care

Comfort score: 0 calm | 1 dry | 2 tight | 3 irritated

Note: _____

Day 11

- ☐ AM routine
- ☐ SPF
- ☐ PM cleanse
- ☐ Recovery night
- ☐ Treatment night
- ☐ Moisturizer
- ☐ Lip + hand care

Comfort score: 0 calm | 1 dry | 2 tight | 3 irritated

Note: _____

Week 2: Add Actives Slowly

Restart treatment products only if skin feels calm.

Use this week to add one treatment night at a time. Do not use retinol and exfoliating acids on the same night when restarting.

Days 12-14

Day 12

- ☐ AM routine
- ☐ SPF
- ☐ PM cleanse
- ☐ Recovery night
- ☐ Treatment night
- ☐ Moisturizer
- ☐ Lip + hand care

Comfort score: 0 calm | 1 dry | 2 tight | 3 irritated

Note: _____

Day 13

- ☐ AM routine
- ☐ SPF
- ☐ PM cleanse
- ☐ Recovery night
- ☐ Treatment night
- ☐ Moisturizer
- ☐ Lip + hand care

Comfort score: 0 calm | 1 dry | 2 tight | 3 irritated

Note: _____

Day 14

- ☐ AM routine
- ☐ SPF
- ☐ PM cleanse
- ☐ Recovery night
- ☐ Treatment night
- ☐ Moisturizer
- ☐ Lip + hand care

Comfort score: 0 calm | 1 dry | 2 tight | 3 irritated

Note: _____

Plan Treatment Nights Without Overdoing It

One active per night. Recovery nights are allowed.

Choose One Active Category

- | | |
|---|---|
| ☐ Retinol or retinal | ☐ Exfoliating acid |
| ☐ Acne treatment | ☐ Azelaic acid |
| ☐ Brightening serum | ☐ Other: |

Choose Frequency

- ☐ 1 night per week
- ☐ 2 nights per week
- ☐ 3 nights per week only if already tolerated

Recovery reminder: After a treatment night, plan moisturizer, no scrub, no extra acids, and sunscreen the next morning.

Weekly Mini Schedule

Mon	☐ Recovery	☐ Treatment	Notes: _____
Tue	☐ Recovery	☐ Treatment	Notes: _____
Wed	☐ Recovery	☐ Treatment	Notes: _____
Thu	☐ Recovery	☐ Treatment	Notes: _____
Fri	☐ Recovery	☐ Treatment	Notes: _____
Sat	☐ Recovery	☐ Treatment	Notes: _____
Sun	☐ Recovery	☐ Treatment	Notes: _____

Keep, Switch, Avoid

Use this before changing products.

Keep

- ☐ Sunscreen
- ☐ Gentle cleanser
- ☐ Moisturizer
- ☐ Working treatments
- ☐ Body care
- ☐ Lip care

Switch

- ☐ Light moisturizer to creamier texture if dry
- ☐ Strong cleanser to gentler cleanser if tight
- ☐ Random actives to planned nights
- ☐ No hand care to hand cream after washing

Avoid

- ☐ Stopping SPF
- ☐ Long hot showers
- ☐ Daily exfoliation
- ☐ Too many new products
- ☐ Scrubbing flaky skin
- ☐ Retinol on irritated skin

Fall Dryness Triggers Checklist

Find what might be making skin drier.

- | | |
|---|---|
| ☐ Hot showers | ☐ Indoor heat |
| ☐ Low humidity | ☐ Harsh cleanser |
| ☐ Too much exfoliation | ☐ Retinol too often |
| ☐ Not enough moisturizer | ☐ Skipping body lotion |
| ☐ Frequent hand washing | ☐ Wind or cold air |
| ☐ Rough fabrics | ☐ Sunscreen removal too aggressively |
| ☐ Humidifier not cleaned | ☐ Not using SPF consistently |

Top 3 Triggers This Week

1. _____
2. _____
3. _____

If the same trigger appears several days in a row, adjust that habit before buying more products.

When To Pause Actives

These signs mean the routine needs to slow down.

- ☐ Burning
- ☐ Swelling
- ☐ Hives
- ☐ Blistering
- ☐ Painful cracking
- ☐ Bleeding
- ☐ Rash
- ☐ Worsening irritation
- ☐ Peeling that feels raw
- ☐ Painful acne flare
- ☐ Eczema or rosacea flare
- ☐ Skin reacts to almost every product

What To Do Next

- ☐ Stop strong actives
- ☐ Use gentle cleanser
- ☐ Moisturize
- ☐ Use sunscreen during the day
- ☐ Avoid hot water
- ☐ Avoid scrubs
- ☐ Ask a qualified professional if symptoms persist or feel severe

Fall Skincare Shopping Filter

Use this before buying a new product.

- ☐ What problem is this solving?
- ☐ Is it cleanser, moisturizer, SPF, active, or body care?
- ☐ Am I already using something similar?
- ☐ Will it replace something or add clutter?
- ☐ Is my skin calm enough to test this?
- ☐ Can I patch test first?
- ☐ Does it fit my skin type?
- ☐ Does it support the barrier?
- ☐ Is it fragrance-heavy if my skin is reactive?
- ☐ Am I buying this because skin needs it or because it is trending?

Decision

- ☐ Buy now
- ☐ Wait 2 weeks
- ☐ Skip
- ☐ Ask a professional first

Your 14-Day Fall Skin Reset Results

Build the routine that actually worked.

What improved? _____

What still feels dry? _____

Which product helped most? _____

Which product made skin worse? _____

Did sunscreen stay consistent? _____

Did lips or hands improve? _____

How many treatment nights worked? _____

What should be removed? _____

My Fall AM Routine

1. _____

2. _____

3. _____

4. _____

My Fall PM Recovery Routine

1. _____

2. _____

3. _____

My Fall PM Treatment Routine

1. _____

2. _____

3. _____