



GLOW FROM  
THE INSIDE OUT!

SKINCARE  
PLANNER

[susansoaps.com](http://susansoaps.com)

# SKIN PROFILE

## SKIN TYPE

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| <input type="radio"/> Normal      | <input type="radio"/> Sensitive |
| <input type="radio"/> Combination | <input type="radio"/> Dry       |
| <input type="radio"/> Acne Prone  | <input type="radio"/> Oily      |

## TOP SKIN CARE CONCERNS

- |                                  |                                    |
|----------------------------------|------------------------------------|
| <input type="radio"/> Dry Skin   | <input type="radio"/> Sensitive    |
| <input type="radio"/> Wrinkles   | <input type="radio"/> Redness      |
| <input type="radio"/> Sun Damage | <input type="radio"/> Loss of Tone |

## CURRENT PRODUCTS

PRODUCT	BRAND
▶	
▶	
▶	
▶	
▶	
▶	

## TOP SKIN CARE GOALS

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## INGREDIENTS TO AVOID

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NEXT STEP; FILL OUT THE EASY  
SKINCARE CHECKLIST ON THE  
NEXT TWO PAGES. 📝

*"Beautiful skin  
requires commitment,  
not a miracle."*

- ERNO LASZLO





# SKIN CARE CHECKLIST

## CLEANSING ROUTINE

- ☐ AM I USING A GENTLE CLEANSER SUITABLE FOR MY SKIN TYPE?
- ☐ DO I CLEANSE MY FACE TWICE DAILY, ESPECIALLY BEFORE BEDTIME?
- ☐ DO I AVOID HARSH SOAPS THAT CAN STRIP AWAY NATURAL OILS?

## SUN PROTECTION

- ☐ DO I APPLY SUNSCREEN WITH AT LEAST SPF 30 EVERY MORNING, EVEN ON CLOUDY DAYS?
- ☐ DO I REAPPLY SUNSCREEN EVERY TWO HOURS WHEN EXPOSED TO DIRECT SUNLIGHT?
- ☐ AM I PROTECTING MY NECK, CHEST, AND HANDS FROM SUN EXPOSURE?

## MOISTURIZATION

- ☐ IS MY MOISTURIZER SUITABLE FOR MY SKIN TYPE (DRY, OILY, COMBINATION)?
- ☐ DO I APPLY MOISTURIZER BOTH IN THE MORNING AND EVENING?
- ☐ AM I USING A MOISTURIZER ON MY BODY AS WELL AS MY FACE?

## ANTI-AGING PRODUCTS

- ☐ HAVE I INCORPORATED PRODUCTS WITH RETINOID, ANTIOXIDANTS, OR PEPTIDES INTO MY ROUTINE?
- ☐ AM I USING TARGETED PRODUCTS FOR SPECIFIC CONCERNS LIKE FINE LINES OR HYPERPIGMENTATION?
- ☐ DO I FOLLOW A CONSISTENT ROUTINE WITH THESE PRODUCTS?



# SKIN CARE CHECKLIST

## HYDRATION

- ☐ AM I DRINKING ENOUGH WATER THROUGHOUT THE DAY FOR OVERALL HYDRATION?
- ☐ HAVE I CONSIDERED USING A HYALURONIC ACID SERUM FOR ADDITIONAL HYDRATION?
- ☐ DO I LIMIT ALCOHOL AND CAFFEINE INTAKE, WHICH CAN CONTRIBUTE TO DEHYDRATION?

## SLEEP QUALITY

- ☐ HAVE I PROVIDED A SOOTHING BEDROOM ENVIRONMENT THAT IS CONDUCIVE TO A RESTFUL SLEEP?
- ☐ HAVE I ESTABLISHED A CONSISTENT BEDTIME ROUTINE TO PROMOTE QUALITY SLEEP?

## HEALTHY LIFE STYLE CHOICES















- ☐ DO I MAINTAIN A BALANCED DIET RICH IN ANTIOXIDANTS, VITAMINS, AND MINERALS?
- ☐ AM I MANAGING STRESS THROUGH RELAXATION TECHNIQUES OR MINDFULNESS PRACTICES?
- ☐ HAVE I CONSIDERED MASSAGE THERAPY OR AM I USING IT TO HELP BOTH STRESS AND TO COMBAT EFFECTS OF AGING ON MY BODY?
- ☐ AM I GETTING SOME TYPE OF EXERCISE ON A REGULAR BASIS?
- ☐ AM I GETTING OUTSIDE AND ENJOYING NATURE AT LEAST TWICE A MONTH, EVEN IF IT'S JUST A WALK DOWN MY STREET?
- ☐ AM I USING NATURAL PRODUCTS WITH NO CHEMICALS ON MY SKIN?
- ☐ HAVE I MADE THE EFFORT TO GET FAMILIAR WITH ESSENTIAL OILS AND INCORPORATE SOME OF THEIR BENEFITS INTO MY LIFE THROUGH SKIN CARE AND AROMATHERAPY?





# SKINCARE ROUTINE

Put here what you are currently doing for your skin care routine.

PRODUCT	BRAND	MON		TUE		WED		THU		FRI		SAT		SUN	
															
Cleanser															
Exfoliator															
Toner															
Serum															
Face oil															
Eye cream															
Moisturizer															
Sunscreen															
Chemical Peel															
Face Mask															

*"Happiness is a habit  
- so is your skincare  
routine. Choose both  
wisely."*

## SKIN CONCERNS

- |                                     |   |
|-------------------------------------|---|
| <input type="radio"/> Acne          | <input type="radio"/> Pigmentation/ Age Spots |
| <input type="radio"/> Oily Skin     | <input type="radio"/> Anti-aging              |
| <input type="radio"/> Blackheads    | <input type="radio"/> Blemishes               |
| <input type="radio"/> Clogged Pores | <input type="radio"/> Uneven Skin Tone        |

Notes:



# DAILY SKINCARE ROUTINE

## MORNING

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## EVENING

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**Susan Shares:** I use my Anti Aging Face Serum 2X each day. Every morning and evening. My face just doesn't feel "right" otherwise.

*Notes:*





# WEEKLY SKINCARE ROUTINE

## MORNING

PRODUCT	BRAND	MON	TUE	WED	THU	FRI	SAT	SUN

## EVENING

PRODUCT	BRAND	MON	TUE	WED	THU	FRI	SAT	SUN

Notes:



# WEEKLY WELLNESS ROUTINE

Plan out your various wellness activities here. List things you already do and add in new activities. Include your exercise times, outside time, massages, meditations, even log your water intake and sleep notes.

ACTIVITY	WHY	MON	TUE	WED	THU	FRI	SAT	SUN

Notes:





# WEEKLY SKINCARE PLANNER

List here what you would like your weekly routine to look like including any new products or activities you want to try.

MON

TUE

WED

THU

FRI

SAT

SUN

## SOME SUSAN'S SOAPS PRODUCT TO CONSIDER

ANTI-AGING FACE SERUM

CARROT SEED  
COMPLEXION BAR

FACE SCRUB

LIP BALM

BODY OIL

## PRIORITIES



# MONTHLY SELF CARE ROUTINE

M	T	W	T	F	S	S

*Notes:*

**Susan Shares:** I sign up for yoga and water aerobic classes so they are on my calendar. Otherwise it doesn't happen!





# SKINCARE WISHLIST

PRODUCT
PRODUCT TYPE
WHERE TO BUY
BRAND
PRICE

NOTES
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PRODUCT
PRODUCT TYPE
WHERE TO BUY
BRAND
PRICE

NOTES
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PRODUCT
PRODUCT TYPE
WHERE TO BUY
BRAND
PRICE

NOTES
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# SKINCARE TRACKER

PRODUCT	BUY AGAIN
EXPIRATION DATE	<input type="radio"/> YES <input type="radio"/> NO
BRAND	NOTES
PRICE	

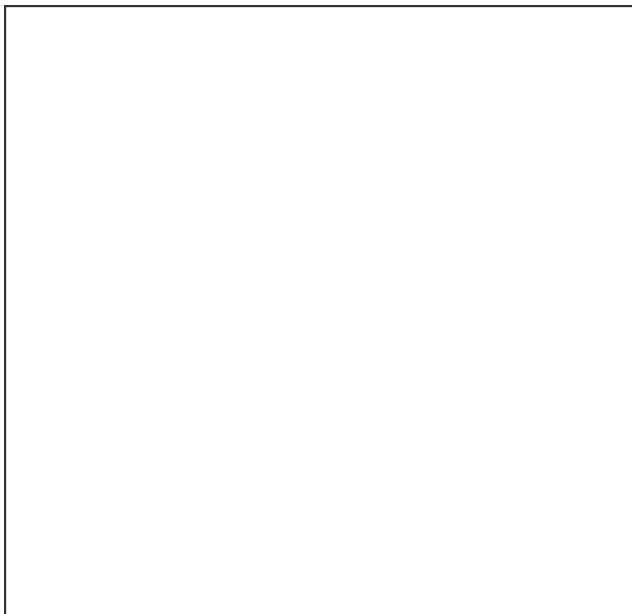
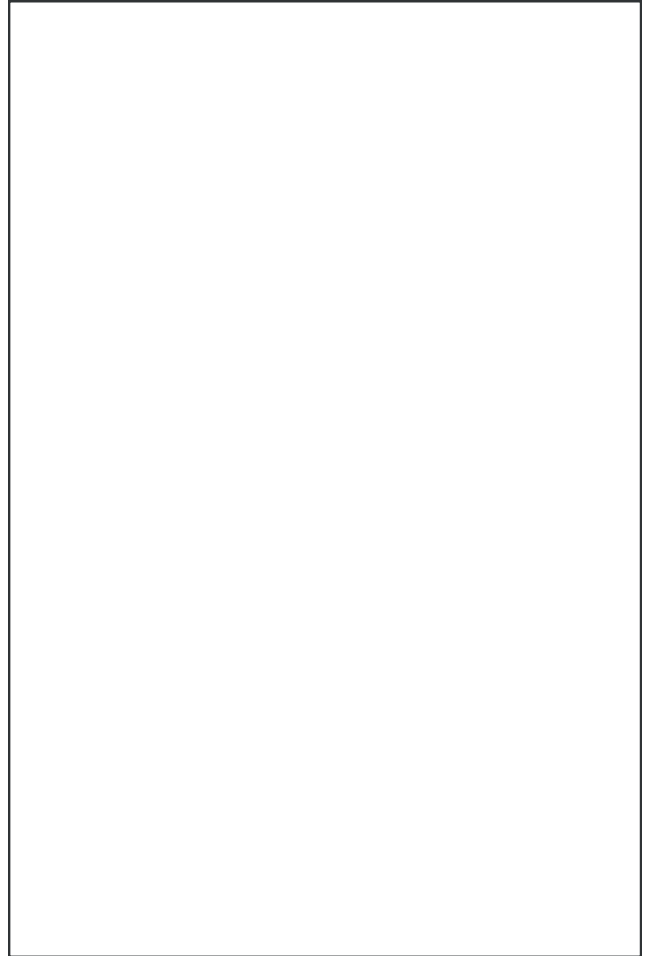
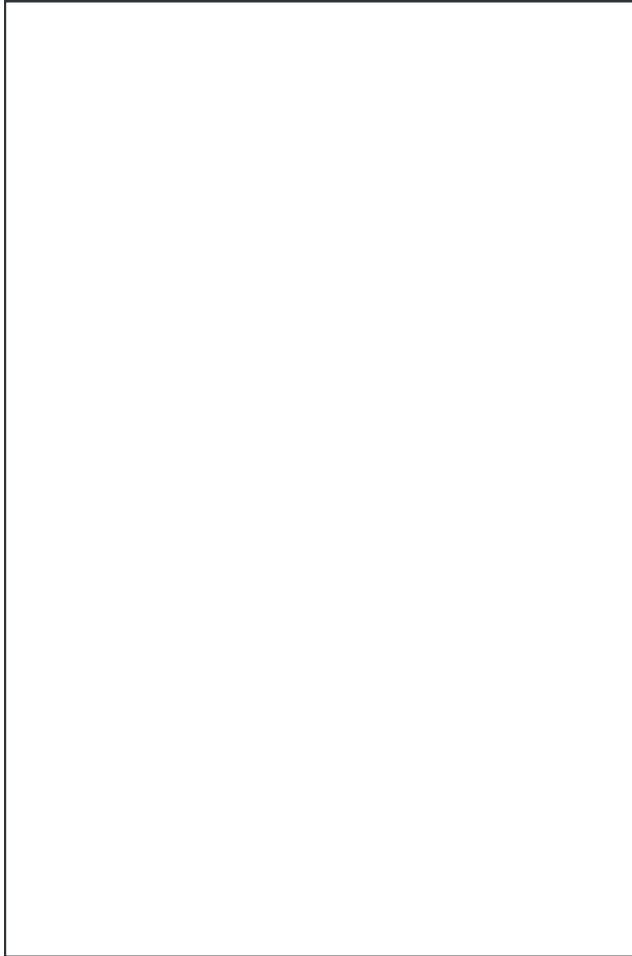
PRODUCT	BUY AGAIN
EXPIRATION DATE	<input type="radio"/> YES <input type="radio"/> NO
BRAND	NOTES
PRICE	

PRODUCT	BUY AGAIN
EXPIRATION DATE	<input type="radio"/> YES <input type="radio"/> NO
BRAND	NOTES
PRICE	

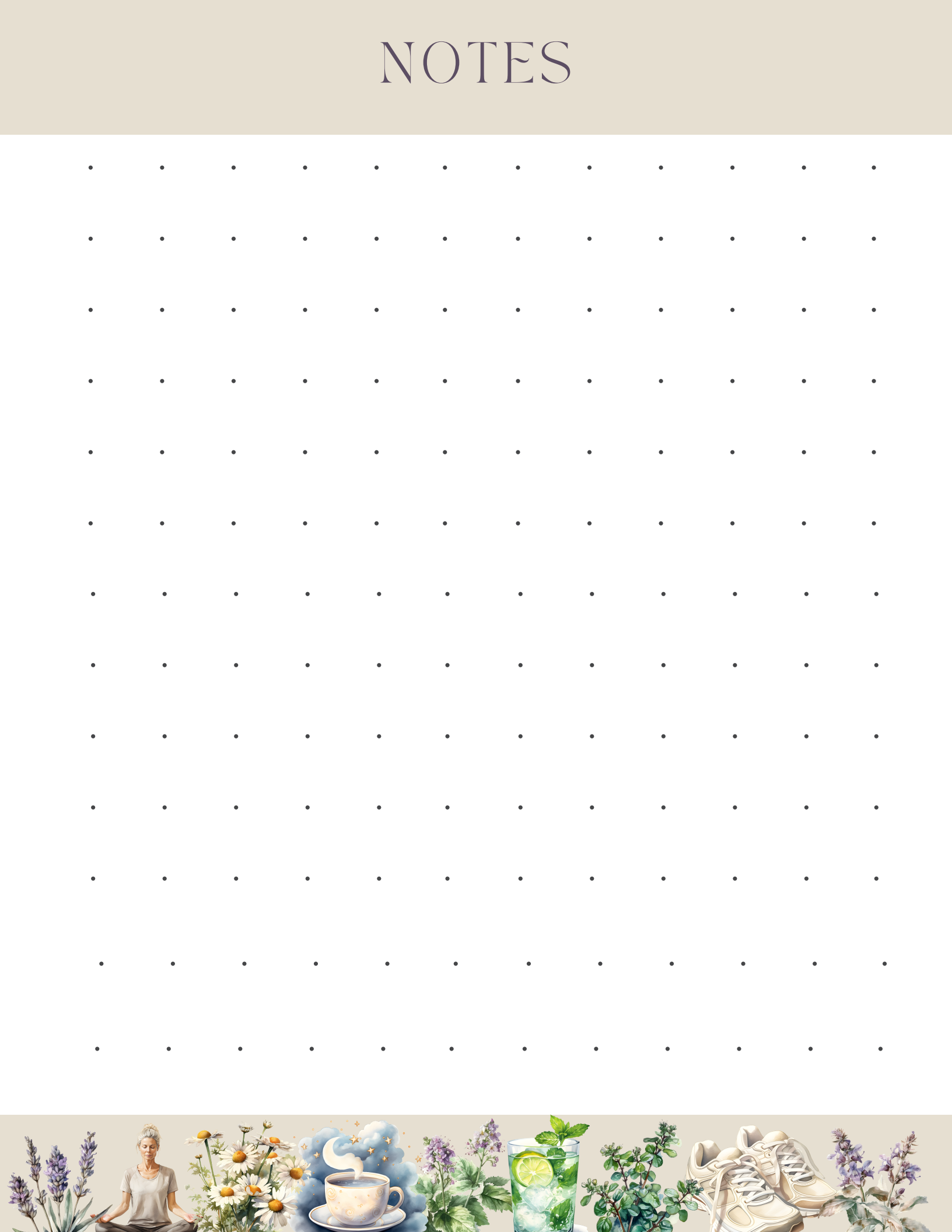
PRODUCT	BUY AGAIN
EXPIRATION DATE	<input type="radio"/> YES <input type="radio"/> NO
BRAND	NOTES
PRICE	



# SKINCARE GOALS







# SKIN REACTION TRACKER

DATE	TIME	PRODUCT	SKIN REACTION



# SELF CARE TRACKER

ACTIVITY	WHAT HELPS	TO AVOID



# SKIN CARE JOURNAL

DATE: \_\_\_\_\_

M / T / W / T / F / S / S

## SKIN IMPROVEMENTS

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## REACTIONS OR ALLERGIES

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## NEW PRODUCTS I USED THIS MONTH

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## REACTIONS OR ALLERGIES

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# SKIN REGIME PLANNER

Week \_\_\_\_\_

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SATURDAY

NOTES



# SUSAN'S SELF CARE TIPS

## THE BASICS

### CLEANSE

- 2x Daily min.
- Go natural
- Remove makeup before cleansing & definitely before bed!

### MOISTURISE

- Face Serum - 2X daily
- Body Oil - daily
- No petroleum products or synthetic ingredients!

## BEYOND THE BASICS

- Exfoliate Regularly
- Drink More Water
- Get Enough Rest
- Move More - Yoga, Walking, Water Aerobics
- Massage
- Get outdoors - don't forget the sunscreen
- Essential Oils
- RELAX & Destress

*"Life is what we make it, always has been, always will be."*

Grandma Moses



# SUSAN'S RESOURCE PAGE

Thanks so much for downloading my Skin Care Planner. I hope it has been helpful for you. Below are links to my product categories as well as my blog.

If you have any questions or I can be of further help please feel free to reach out to me at:  
[mail@susansoaps.com](mailto:mail@susansoaps.com)

**SKIN CARE  
PRODUCTS**

**SOAP**

**HAIR CARE  
PRODUCTS**

**GIFTS**

**ABOUT  
SUSAN**

**BLOG**

*"Beauty begins the moment you decide to be yourself."*

- Coco Chanel

[susansoaps.com](http://susansoaps.com)

