

QUARANTINE
ROUTINE
FOR
beauty

day 10

Sunday, April 5, 2020

Name

Goals for today

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Exercise planner

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Skincare routine tracker

Morning

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Night

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Sunscreen
Double-check

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Mood Tracker



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Hydration tracker

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Mix it up:

- If you know someone in the healthcare industry working with COVID-19 patients, send them a text to say thank you.
- Sit outside in the sun for a moment and just breathe.
- Give your mom a call if you can.

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FORSYTH PLASTIC SURGERY

Drs. Fagg, Schneider, Kingman, Lawson and Branch

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QUARANTINE
ROUTINE
FOR
beauty



DAY

cleanser

Step
1

toner

Step
2

antioxidant

Step
3

eye cream

Step
4

acne treatment

Step
5

moisturizer/sunscreen

Step
6



NIGHT

cleanser

toner

eye cream

treatments

night cream

other products

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