

QUARANTINE  
ROUTINE  
FOR  
*beauty*

day 14

Thursday, April 9

Name

Goals for today

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.....  
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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:

- Mani/Pedi night! Try our Baby Foot product!
- Make a big bowl of gazpacho for the weekend.
- Get ready to fill your Easter baskets with chocolate (and sunscreen!)
- Zoom with friends tonight!

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**FORSYTH PLASTIC SURGERY**

Drs. Fagg, Schneider, Kingman, Lawson and Branch

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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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