

QUARANTINE
ROUTINE
FOR
beauty

day 23

Saturday, April 18

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:

- Knock out your exercise early so you can relax tonight and watch the concert.
- Take a moment to check in with friends and family with a text, call or Zoom.
- Make a salad dressing from scratch.
- Make plans to dig in the dirt tomorrow.

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FORSYTH PLASTIC SURGERY

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QUARANTINE
ROUTINE
FOR
beauty



DAY



NIGHT

cleanser

Step
1

cleanser

toner

Step
2

toner

antioxidant

Step
3

eye cream

eye cream

Step
4

treatments

acne treatment

Step
5

night cream

moisturizer/sunscreen

Step
6

other products

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