

QUARANTINE
ROUTINE
FOR
beauty

day 8

Friday, April 8, 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:

- Find 17 things you can toss or give away.
- Make a crudite platter with whatever you have on hand and head outside for a picnic.
- Take a moment to just meditate, clear your head or simply do nothing at all.
- Book an online beauty consultation. It's fun.

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FORSYTH PLASTIC SURGERY

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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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