

Fall Skin-Barrier Check-In

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A quick checklist before you add the next skincare trend.

01 Check the Skin First

- ☐ Skin feels comfortable after cleansing.
- ☐ No new burning, stinging, flaking, or unusual sensitivity.
- ☐ No recent peel, waxing service, or intensive treatment that needs recovery time.
- ☐ The routine isn't already overloaded with exfoliants or strong actives.

02 Give the Trend a Reality Check

- ☐ I know what this product or treatment is supposed to do.
- ☐ It addresses an actual concern — not just a viral one.
- ☐ It doesn't duplicate something already in the routine.
- ☐ I've checked directions, precautions, and professional scope when applicable.
- ☐ I'm willing to skip it if the skin isn't ready. The trend will survive.

03 Try One New Thing at a Time

- ☐ Keep the rest of the routine steady.
- ☐ Introduce the new product gradually.
- ☐ Note the start date: _____
- ☐ Watch how the skin looks and feels.
- ☐ Stop if irritation develops instead of trying to "push through."

04 Use the Simple Fall Reset

- ☐ Gentle cleanser.
- ☐ Comfortable, supportive moisturizer.
- ☐ Broad-spectrum SPF 30 or higher every day.
- ☐ Fewer scrubs and exfoliants when skin feels irritated.
- ☐ Actives added back slowly — no ingredient reunion required.

Know when to refer: Persistent burning, swelling, a rash, signs of infection, severe acne, or a suspicious lesion should be evaluated by a qualified medical provider. Estheticians observe, educate, and support — we don't diagnose.

Remember: "Everyone is talking about it" isn't a treatment plan. Let the skin get the final vote.

Professional insight, translated for real life.



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