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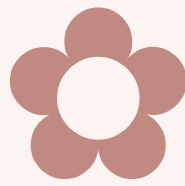
YOUR FREE PRINTABLE

Capsule skincare routine guide



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C A P S U L E S K I N C A R E

the basics

Step 1: Morning cleanser · Product: _____
(gentle, pH-balanced)

Step 2: Morning SPF moisturiser · Product: _____
(SPF 30+ minimum, daily)

Step 3: Evening cleanser · Product: _____ (oil
cleanser or balm)

Step 4: Evening treatment · Product: _____
(retinol or niacinamide)

The two rules · SPF every morning: ☐ Moisturise every night: ☐

Everything else is a bonus · Serums · masks · eye creams —
add if you enjoy them

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