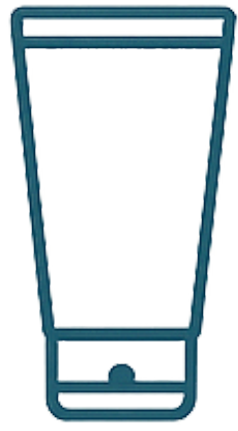


5-Minute Morning Skincare Routine + Optional Add-Ons



Step 1 – Cleanse

Wake up skin: remove overnight oil.
Gentle, low-pH wash. Lukewarm rinse.



Step 2 – Hydrating Essence

Pat a thin layer for instant hydration.
Preps skin so serums absorb better.



Step 3 – Serum / Ampoule

Target one need; 2-3 drops.
Press in—don't rub—to reduce friction.



Step 4 – Moisturizer

Seal in water; support the barrier.
Ceramides or glycerin work fast.



Step 5 – Sunscreen (1 min)

Broad-spectrum SPF 30+ every day.
Use the two-finger rule; last step.



Optional Add-Ons (1-2 min)

Eye cream for de-puff + fine lines
Face mist for mid-morning refresh
Sheety sheet mask for extra glow

5 COMMON MISTAKES



THAT RUIN A 5-MINUTE MORNING SKINCARE ROUTINE



Skipping sunscreen.



Layering too much.



Using harsh cleansers.



Ignoring your barrier.



Changing products too often