

BARRIER REPAIR FOR REACTIVE SKIN: 5-DAY RECOVERY MAP



Your simple, dermatologist-inspired plan to calm, hydrate, and strengthen your skin barrier.

☒ QUICK DIAGNOSIS

“IS YOUR SKIN BARRIER IN TROUBLE?”

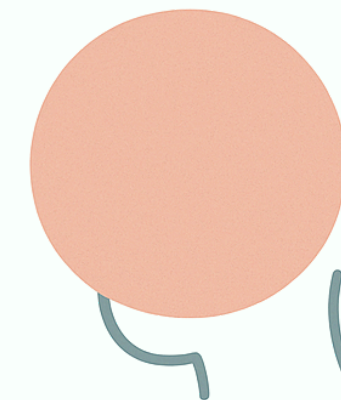
SHORT CHECKLIST:

- Skin feels tight even after moisturizer
- Redness or burning after cleansing
- Makeup looks patchy or flaky
- Breakouts after new products

Mini Note: “If you checked 2 or more, your barrier may need repair.”



Dry Patch



Redness



Stinging



Tightness

💧 THE 5-STEP BARRIER REPAIR ROUTINE

Each step has a micro description + product example:

Cleanse Gently: Remove dirt without stripping oils

→ Example: CeraVe Hydrating Cream-to-Foam Cleanser

Rehydrate Deeply: Refill moisture after cleansing

→ Example: Torriden DIVE-IN Toner

Rebuild Lipids: Strengthen with ceramides

→ Example: RNW Der. Concentrate Ceramide Ampoule

Soothe & Calm: Reduce redness and irritation

→ Example: Medi-Peel Peptide 9 Bio Tox Cream

Protect Daily: Lock in recovery and shield from stress

→ Example: CellFusion C Toning Sunscreen 100

☒ “YOUR 5-DAY CHALLENGE”

Day 1–2: Reset (cleanser + toner)

Day 3–4: Rebuild (ampoule + cream)

Day 5: Protect (SPF + calm routine)

When your skin flares up, do less — not more.

Simplify, hydrate, and rebuild patiently.