

# BARRIER REPAIR FOR REACTIVE SKIN: 5-DAY RECOVERY MAP



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

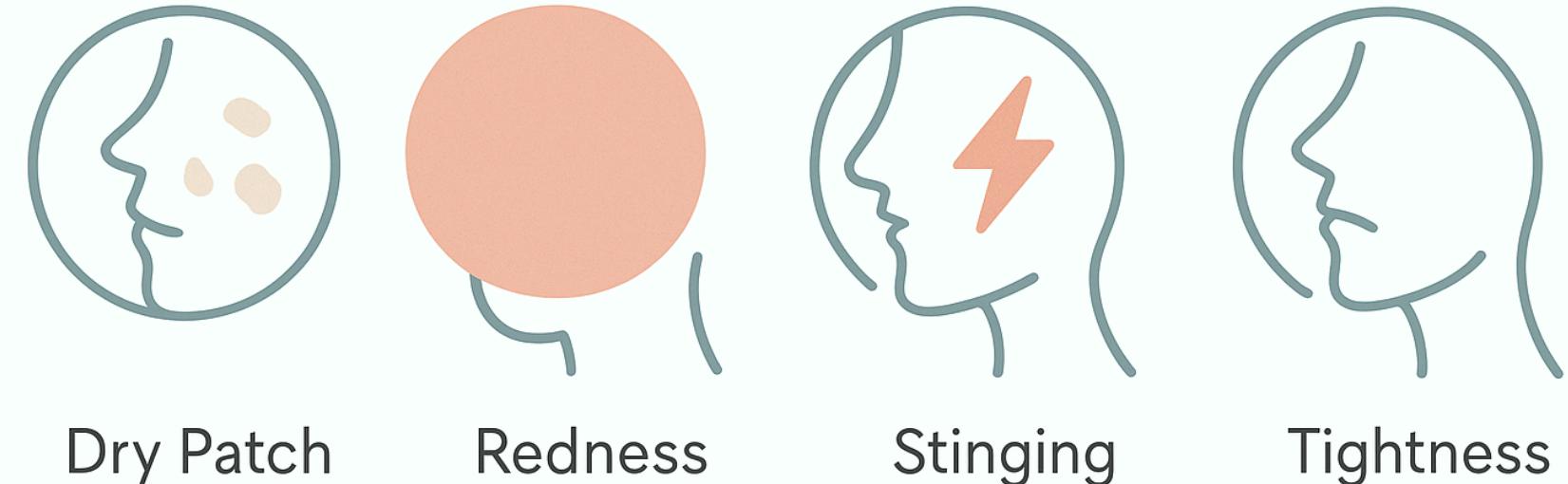
## ☒ **QUICK DIAGNOSIS**

"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.**