

TOUCHCARE ACTION KIT: SKINCARE WELLNESS EDITION

WHY YOUR ACNE KEEPS COMING BACK



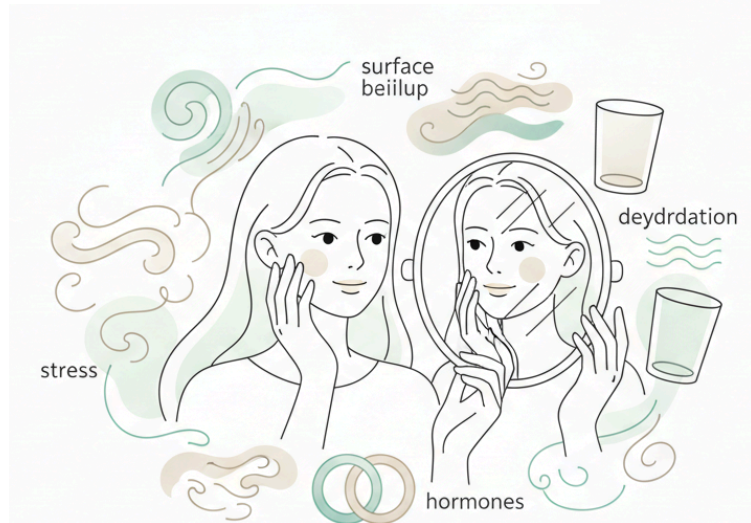
A simple one-page guide to help you spot hidden triggers and break the recurring breakout cycle.

ONE-PAGE QUICK FIX GUIDE

1. Hidden Triggers Women Overlook

These quiet triggers stack up and create recurring acne:

- Stress rhythm shifts
- Dehydration cycles
- Over-cleansing or too many actives
- Barrier fatigue
- Environmental changes
- Surface buildup (makeup, SPF, sweat)
- Dirty phone screens, pillowcases, towels
- Hormonal micro-shifts
- Travel dryness & recycled air
- Irregular sleep



2. Quick AM Routine to Reduce Recurring Breakouts

This gentle routine helps stabilize your skin rhythm:

- Splash rinse or low-pH cleanser
- Lightweight hydration (Torriden-style toner)
- Anti-inflammatory calming serum (Centella)
- Non-comedogenic moisturizer
- Daily SPF 50 (non-greasy)

Keep AM simple to prevent over-activation.

3. Quick PM Routine to Prevent Hidden Congestion

This routine clears buildup before it becomes a breakout:

- Double cleanse (oil → gentle foam)
- Gentle resurfacing 2–3× per week (Mixsoon or COSRX AHA)
- Barrier support (RNW ceramide ampoule)
- Lightweight repair cream (Medi-Peel Peptide 9)

PM is where you repair deeper triggers.

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4. Daily Habits That Stop Recurring Breakouts

Small adjustments make the biggest difference:

- Change pillowcases 2× weekly
- Wipe your phone daily
- Keep gym towels separate
- Drink water before meals
- Avoid touching your face
- Clean makeup brushes weekly
- Reduce dairy + sugar during flare cycles
- Get 7 hours of sleep minimum
- Reduce stress spikes in the evening
- Use gentle products during travel

5. The “Break the Cycle” Rule

Recurring acne calms when your routine focuses on:

Hydration → Barrier Strength → Gentle Exfoliation → Consistency

- Not intensity.
- Not more steps.
- Not harsher treatments.

Your skin responds best to balance — never force.

6. Mijung’s Flight Attendant Tip

Cabin air used to trigger tiny breakouts I wouldn’t see for 2–3 days.

- A simple Centella sheet mask after removing makeup kept my skin calm until landing.

7. Quick Check-in: Which Trigger Is Showing Up Today?

Circle one before bed:

- ☐ Stress spike
- ☐ Poor sleep
- ☐ Dehydration
- ☐ Heavy SPF or makeup day
- ☐ Sweating / gym
- ☐ Long travel
- ☐ Hormonal week
- ☐ Touching my face
- ☐ Over-cleansing
- ☐ Eating on the go

This helps you spot patterns you’ve been missing.

WANT THE FULL GLOW RESET SYSTEM?

Download the Glow Reset Planner to guide your next skincare haul and build a steady routine that supports clearer, calmer skin over time.