

# SKIN BARRIER REPAIR ROUTINE



A simple one-page guide to help you spot early sensitivity signs, avoid hidden triggers, and strengthen your barrier with a gentle repair routine.

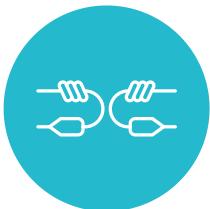
## ONE-PAGE QUICK FIX GUIDE

### 1. Early Signs Your Barrier Is Sensitized



- Tightness after cleansing
- Stinging from normal products
- Shiny surface but dry underneath
- Redness that lingers
- Flaky or rough patches
- Makeup suddenly applying unevenly

### 2. Hidden Triggers Most Women Miss



- Over-cleansing or double cleansing too often
- Using too many strong actives at once
- Sun exposure without protection
- Hot water, steam, or friction from towels
- Dehydration & dry indoor heating
- Pillowcases, phone screens, workout towels
- Stress + poor sleep cycles

### 3. The First Half of Your Barrier Repair Routine



#### Step 1: Gentle Cleanse

- Low-friction, no hot water, no double cleansing while irritated.

#### Step 2: Restore Water Cushion

- Hydrating toner → Torriden DIVE-IN Toner

#### Step 3: Calm the Surface

- Centella + ferments → Skin1004 Centella Ampoule
- Microbiome support → Ma:nyo Bifida Biome Ampoule
- Optional: Gentle enzyme resurfacing → Mixsoon Bean Essence



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### 4. The Second Half of Your Barrier Repair Routine



#### Step 4: Cushion-Cream Moisturizer

- Moisture lock + comfort → Medi-Peel Peptide 9
- Extra shield → Dr. Jart Ceramidin Cream
- Budget → CeraVe Moisturizing Cream

#### Step 5: Non-Reactive Sunscreen

- Weightless, sting-free, fragrance-free.

#### Optional Boost:

- Mediheal Hyaluronate Mask (2–3 times weekly)



### 5. Your 5 Golden Rules for Barrier Repair

1. Stop all exfoliants and actives for 5–10 days
2. Use lukewarm water only
3. Hydrate every layer (toner → serum → cream)
4. Avoid over-cleansing
5. Protect daily with sunscreen



### 6. When Your Skin Is Finally Healing

- Redness calms
- Tightness fades
- Products no longer sting
- Texture evens out
- Skin feels steady, not reactive

## TOUCHCARE REMINDER

Your skin is not failing — it's communicating.

Repair begins when you simplify, hydrate, and protect.