FREE PRINTABLE · STARTER CARD

Natural Knows

# Natural Skincare Starter Card

A simple 4-step routine, a calm way to switch products, and the kitchen-shelf basics people use most.

## 1 The simple routine

| Step | Morning | Evening |
|---|---|---|
| **Cleanse** | Splash of lukewarm water or a mild cleanser | Mild cleanser; oil cleanse first if you wore makeup or sunscreen |
| **Hydrate** | Rosewater or plain aloe vera gel on damp skin | Same, on damp skin |
| **Nourish** | Light moisturiser, or 2–3 drops of jojoba | Moisturiser or a few drops of facial oil |
| **Protect** | Broad-spectrum sunscreen, every day | — (let skin rest) |

## 2 Switch without breaking out

### One product at a time

Change one step, then wait about 2 weeks before the next.

### Patch-test every new thing

Behind the ear or on the jaw line for 24–48 hours.

### Keep what works

No need to bin a product your skin likes. Use it up.

### Write it down

Use page 2 to see what your skin is telling you.

## 3 Kitchen-shelf basics

### Plain aloe vera gel

Light hydration; choose one without alcohol or fragrance.

### Colloidal oats

A soft, calming soak or mask for dry, tight skin.

### Raw honey

A 10-minute mask on clean skin, then rinse well.

### Jojoba oil

Close to skin's own oils; a few drops are plenty.

### Safety first

- Skip lemon juice, baking soda, toothpaste and undiluted essential oils on the face: they irritate skin.
- Stop any product that stings, burns or itches, and rinse with cool water.
- Painful, spreading or long-lasting skin problems: see a dermatologist or doctor.

FREE PRINTABLE · PAGE 2

Natural Knows

# 14-Day Skin Notes

Tick each day and note how your skin feels. One new product at a time.

**New product: _____**

| Day | AM ✓ | PM ✓ | How my skin feels (calm · dry · oily · red · spots) |
|---|---|---|---|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |
| 13 | | | |
| 14 | | | |

**Day 14: keep it, swap it, or stop it. Then pick the next step to change.**