Build a simple skincare routine

Complete after the lesson. Type in the boxes or print and write.

Name **Date**

01 Match each product to its purpose

Write the matching number beside each product.

Cleanser		1 Helps hold water in the skin.
Moisturizer		2 Lifts away everyday dirt and oil.
Sunscreen		3 Helps protect skin from UV rays.

02 Put the morning steps in order

Use: protect, cleanse, moisturize.

STEP 1 **STEP 2** **STEP 3**

Which skincare step comes immediately before makeup?

03 Compare two fictional sun-care labels

LABEL A

Broad Spectrum SPF 30

Water Resistant (40 minutes)

LABEL B

SPF 15

Daily sun lotion | Lightweight feel

Practice labels only; these are not full product directions.

Which label meets all three selection checks?

What is missing or insufficient on Label B?

Make the basics work for you

Use the lesson to make a realistic plan. No skin-type diagnosis is needed.

04 Help Maya change the basics

Maya feels tight after scrubbing her face. She skips moisturizer because her forehead looks oily. Her sunscreen bottle says SPF 15 and has no broad-spectrum statement. Maya is a fictional learner.

Write one practical change for each step.

Cleanse

Moisturize

Protect

Can this story establish Maya's skin type? Why or why not?

05 Make your own morning plan

Name the product category and a useful application cue.

1 Cleanse

2 Moisturize

3 Protect

Outdoors: when will you reapply sunscreen?

Add one other sun-protection habit (shade or clothing).

- [ ] I will seek professional advice if irritation persists.