Skincare Routine PDF: 4 Simple Printable AM and PM Schedules

Free printable. Full guide and tips: https://betterlifecarez.com/skincare-routine-pdf/

Printable Skincare Routine PDF: 4 Morning and Night Schedules

The times are examples only. Shift them to fit your day, but keep the order of steps.

Schedule 1: Beginner Basics (3 Steps)

Who it suits: first routines, busy mornings, normal or combination skin.

Time	Step	What to use	Tip
7:00 AM	Cleanse	Gentle cleanser or water rinse	Lukewarm water, about 30 seconds
7:02 AM	Moisturize	Lightweight lotion	Apply to slightly damp skin
7:04 AM	Protect	Broad-spectrum SPF 30 or higher	Always the last morning step
9:30 PM	Cleanse	Gentle cleanser	Removes sunscreen and makeup
9:32 PM	Moisturize	Lotion or cream	Your morning lotion works fine

Schedule 2: Oily or Acne-Prone Skin

Who it suits: shiny T-zone, clogged pores, regular breakouts.

Time	Step	What to use	Tip
7:00 AM	Cleanse	Foaming or salicylic acid cleanser	Rinse well, pat dry
7:02 AM	Treat (optional)	Niacinamide serum	A few drops only
7:04 AM	Moisturize	Oil-free gel moisturizer	Look for noncomedogenic
7:06 AM	Protect	SPF 30 or higher, gel or fluid	Lighter textures feel less greasy
9:30 PM	Cleanse	Same gentle cleanser	No scrubbing
9:35 PM	Treat	Adapalene or benzoyl peroxide	Pea-sized, one active per night
9:37 PM	Moisturize	Oil-free moisturizer	Offsets dryness from actives

Schedule 3: Dry or Sensitive Skin

Who it suits: tightness, flaking, stinging, or redness after products.

Time	Step	What to use	Tip
7:00 AM	Rinse	Lukewarm water only	Cleanser optional in the morning
7:01 AM	Hydrate (optional)	Glycerin or hyaluronic acid serum	Apply on damp skin
7:03 AM	Moisturize	Fragrance-free cream with ceramides	Press in, don't rub hard
7:05 AM	Protect	Mineral SPF 30 or higher	Zinc oxide is often gentler
9:30 PM	Cleanse	Creamy, non-foaming cleanser	Skip hot water
9:32 PM	Moisturize	Thicker fragrance-free cream	Use generously
9:34 PM	Seal (optional)	Thin layer of petrolatum	Only on dry patches

Schedule 4: Aging-Focused Skin

Who it suits: fine lines, uneven tone, past sun damage.

Time	Step	What to use	Tip
7:00 AM	Cleanse	Gentle cleanser	Lukewarm water
7:02 AM	Antioxidant (optional)	Vitamin C serum	Store away from light
7:04 AM	Moisturize	Lotion or light cream	Include neck and chest
7:06 AM	Protect	Broad-spectrum SPF 30 or higher	Reapply outdoors every 2 hours
9:30 PM	Cleanse	Gentle cleanser	Pat completely dry
9:35 PM	Treat	Retinol or retinoid, pea-sized	Start 2 to 3 nights weekly
9:37 PM	Moisturize	Cream	Helps buffer retinoid dryness

Weekly Actives Calendar

Use this for the treat step. Rest nights mean cleanse and moisturize only.

Day	Oily or acne-prone	Aging-focused	Dry or sensitive
Monday	Active	Retinoid	Rest
Tuesday	Rest	Rest	Rest
Wednesday	Active	Retinoid	Rest
Thursday	Rest	Rest	Rest
Friday	Active	Retinoid	Gentle exfoliant (optional)
Saturday	Rest	Rest	Rest
Sunday	Rest	Rest	Rest

Rules for Every Schedule

- Thinnest texture first, thickest last.
- Sunscreen is the final morning step.
- Add only one new product every 2 weeks.
- Never use two strong actives the same night.
- Stop any product that burns or swells skin.