



Your September Skin Reset

A simple guide to caring for your skin after summer

Notice what your skin needs now, keep your routine thoughtful and make one change at a time. Consistency is often more valuable than complexity.

1

Cleanse gently

Avoid harsh scrubbing or over-cleansing, especially if your skin feels dry, sensitive or unsettled.

2

Choose your serum

Apply serum after cleansing and before moisturiser. Choose one for your skin's current needs and introduce active ingredients gradually.

3

Moisturise

Support hydration and the skin barrier with a moisturiser suited to how your skin feels now.

4

Add a face oil

My favourite finishing touch! In the evening, press a few drops over moisturiser. Oil can help seal in moisture but may not replace moisturiser for dehydrated skin.

5

Continue daily SPF

Apply broad-spectrum protection each morning as your final skincare step, before make-up.

6

Look beyond the shelf

Sleep, stress, hormones, nutrition, hydration and movement can all influence how your skin looks and behaves.

My Skin & Wellbeing Check-In

My skin currently feels:

The change I have noticed most:

One product or habit I may need to review:

My one small skin-health step for September:

If you are unsure what your skin needs, professional skin analysis can help you make informed choices rather than relying on guesswork.