



Youthful
Skin Lab

FREE ANTI-AGING SKINCARE CHECKLIST

For Women Over 40 & 50 • Youthful Skin Lab

Morning Routine

■ Gentle Cleanser ■ Vitamin C Serum ■ Niacinamide Serum ■ Hyaluronic Acid (if dry) ■ Anti-Aging Moisturizer ■ Sunscreen SPF 30+

Evening Routine

■ Gentle Cleanser ■ Niacinamide Serum ■ Retinol (2–3x weekly) ■ Night Moisturizer ■ Eye Cream

Weekly Add-ons

■ Hydrating Face Mask ■ Gentle Exfoliation ■ Neck & Chest Care

Must-Do Habits

■ 2L Water Daily ■ Sleep 7–8 Hours ■ Antioxidant-Rich Foods ■ Stay Consistent 4–8 Weeks

Pro Tips

■ Patch Test New Products ■ Layer Thinnest to Thickest ■ Store Vitamin C in Cool, Dark Place ■ Results Come with Patience