Japanese Skincare Routine Tracker JP

Use this tracker to monitor your Japanese-inspired skincare routine. Remember, consistency is key! \P

Morning Routine

Step	Product Used	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1. Oil Cleanser 🗓								
2. Water-Based Cleanser								
3. Toner/Essence								
4. Serum 🛠								
5. Moisturizer								
6. Sunscreen 🞇								

Evening Routine

Step	Product Used	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1. Oil Cleanser 🖟								
2. Water-Based Cleanser								
3. Exfoliation (1-2x/week) 🛠								
4. Toner/Essence 💍								
5. Serum/Ampoule 🛠								

6. Sheet Mask (1-2x/week) 💦				
7. Eye Cream O				
8. Moisturizer 🔓				
9. Facial Oil (if needed) 💍				

Weekly Treatments

	atments or masks you use: Date:	
2	Date:	
3	Date:	
Notes		
Use this space to rec adjustments:	rd any observations about your skin, product reactions, or r	outine

Remember: Everyone's skin is unique. Adjust your routine as needed and be patient - great skin takes time!

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