

Dry Skin Skincare Checklist & Product Recommendations

Morning Routine

- Creamy or balm cleanser
- Hydrating toner
- Serum for hydration + barrier support
- Rich moisturizer (ceramides, shea butter, squalane)
- Sunscreen SPF 30+

Evening Routine

- Creamy or balm cleanser
- Hydrating toner
- Serum for hydration + barrier support
- Rich moisturizer
- Optional: Facial oil (rosehip, squalane)

Weekly Routine

- Gentle lactic acid exfoliation (1-2x)
- Overnight hydrating mask

Product Recommendations (Dry-Skin Friendly)

Cleansers:

- CeraVe Hydrating Facial Cleanser
- La Roche-Posay Toleriane Hydrating Cleanser
- The Inkey List Oat Cleansing Balm

Hydrating Toners / Essences:

- Klairs Supple Preparation Unscented Toner
- COSRX Hydrating Watery Toner
- Laneige Cream Skin

Serums:

- The Ordinary Hyaluronic Acid 2% + B5
- La Roche-Posay Hyalu B5 Serum
- Naturium Niacinamide Serum 12%