



monthly

ACNE CARE

Checklist

www.goldbotanicstore.com

Use this *checklist* to monitor your skin condition and skincare routine each month. By consistently adhering to the practices outlined in this *checklist*, you can achieve clear and radiant skin!

THIS BOOK
BELONGS TO:

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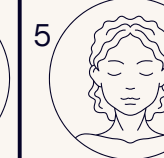
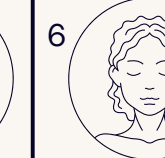


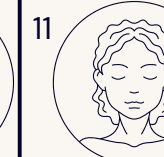



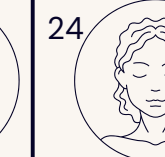

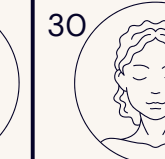
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MY DAILY SKIN

Month:

Condition

1 	2 	3 	4 	5 	6 
7 	8 	9 	10 	11 	12 
13 	14 	15 	16 	17 	18 
19 	20 	21 	22 	23 	24 
25 	26 	27 	28 	29 	30 

Note

Maintain a daily log of your skin condition using this calendar sheet, and be sure to indicate the areas of acne on your face using the provided face map.

Habit Tracker

Workout

Diet

Others

ACNE CARE



DATE: / /



S M T W T F S

MORNING ROUTINE:

- ☐ CLEANSE: CLEAN FACE WITH GENTLE CLEANSER
- ☐ TONER: RESTORE SKIN BALANCE AND PURIFY YOUR PORES WITH NON-COMEDOGENIC TONER
- ☐ HYDRATE SKIN: USE A LIGHTWEIGHT, NON-COMEDOGENIC MOISTURIZER
- ☐ APPLY ACNE TREATMENT
- ☐ APPLY SUNSCREEN: USE AN OIL-FREE, NON-COMEDOGENIC SPF

NIGHT ROUTINE:

- ☐ DOUBLE CLEANSER: START WITH AN OIL-BASED CLEANSER, FOLLOWED BY GENTLE CLEANSER
- ☐ EXFOLIATE: USE A GENTLE EXFOLIATOR 1-2 TIMES A WEEK
- ☐ APPLY ACNE NIGHT TREATMENT

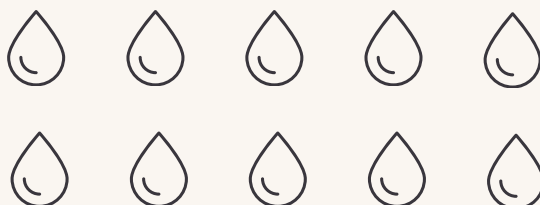
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- ☐ DON'T POP PIMPLES
- ☐ USE CLEAN BED SHEETS AND TOWELS: CHANGE REGULARLY TO AVOID OIL AND BACTERIA BUILDUP
- ☐ AVOID TOO MUCH HAIR PRODUCTS: USE NON-GREASY HAIR PRODUCTS AND KEEP HAIR AWAY FROM YOUR FACE
- ☐ NO-MAKEUP DAYS: LET YOUR SKIN BREATHE BY AVOIDING MAKEUP WHENEVER POSSIBLE
- ☐ USE CLEAN MAKEUP TOOLS: WASH BRUSHES AND SPONGES REGULARLY TO PREVENT BREAKOUTS

NUTRITION:

- ☐ EAT A BALANCED BREAKFAST
- ☐ PLAN HEALTHY MEALS FOR THE DAY
- ☐ SNACK ON FRUITS OR NUTS
- ☐ STAY HYDRATED THROUGHOUT THE DAY

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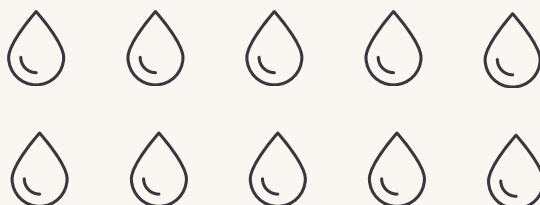
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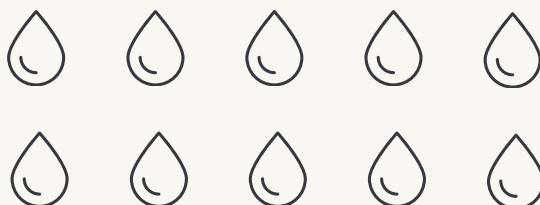
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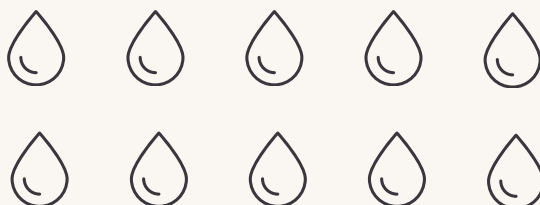
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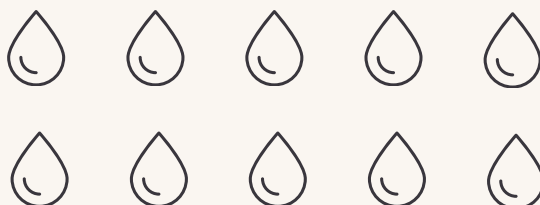
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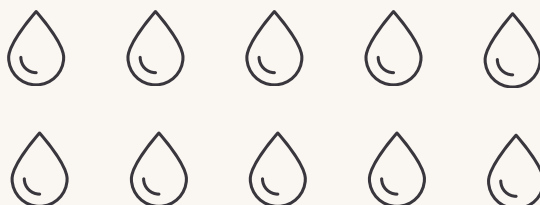
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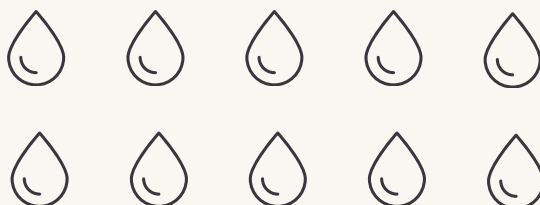
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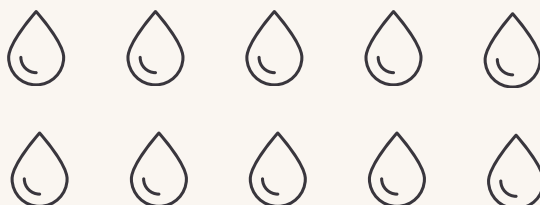
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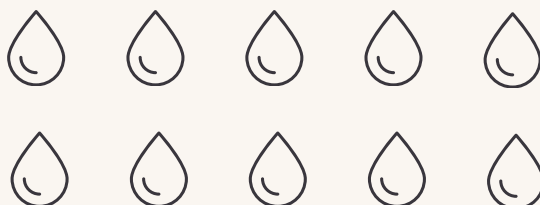
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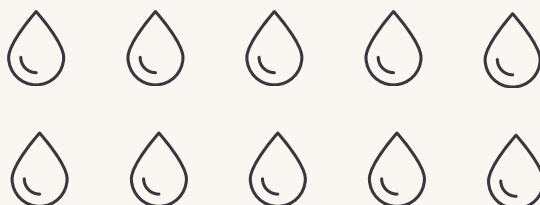
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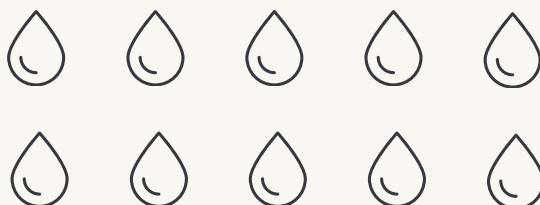
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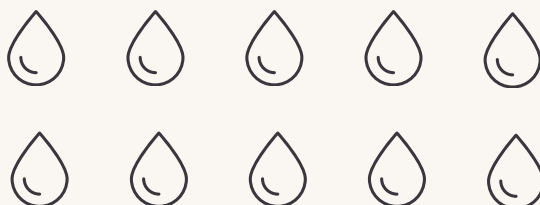
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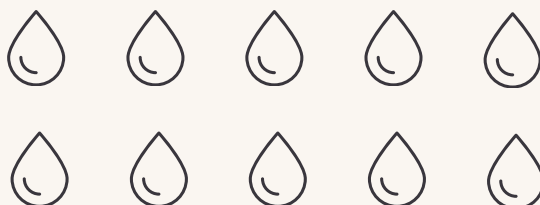
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- ☐ SNACK ON FRUITS OR NUTS
- ☐ STAY HYDRATED THROUGHOUT THE DAY

WATER INTAKE:



ACNE CARE



DATE: / /



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MORNING ROUTINE:

- ☐ CLEANSE: CLEAN FACE WITH GENTLE CLEANSER
- ☐ TONER: RESTORE SKIN BALANCE AND PURIFY YOUR PORES WITH NON-COMEDOGENIC TONER
- ☐ HYDRATE SKIN: USE A LIGHTWEIGHT, NON-COMEDOGENIC MOISTURIZER
- ☐ APPLY ACNE TREATMENT
- ☐ APPLY SUNSCREEN: USE AN OIL-FREE, NON-COMEDOGENIC SPF

NIGHT ROUTINE:

- ☐ DOUBLE CLEANSE: START WITH AN OIL-BASED CLEANSER, FOLLOWED BY GENTLE CLEANSER
- ☐ EXFOLIATE: USE A GENTLE EXFOLIATOR 1-2 TIMES A WEEK
- ☐ APPLY ACNE NIGHT TREATMENT

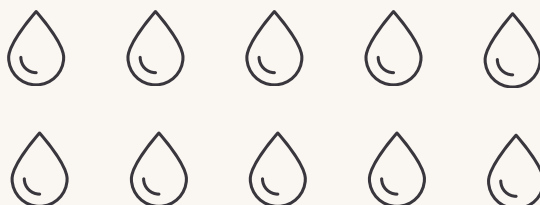
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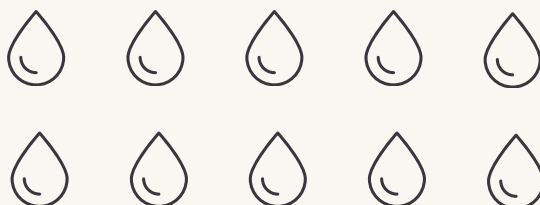
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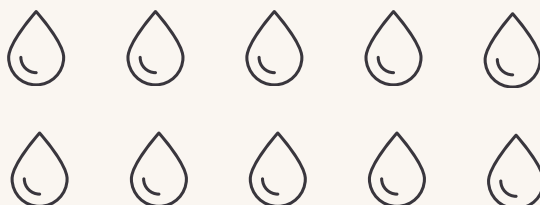
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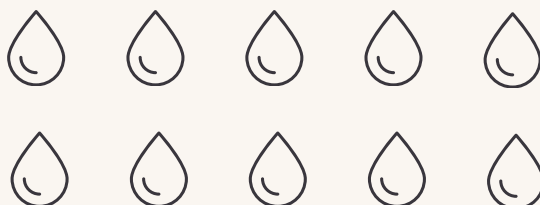
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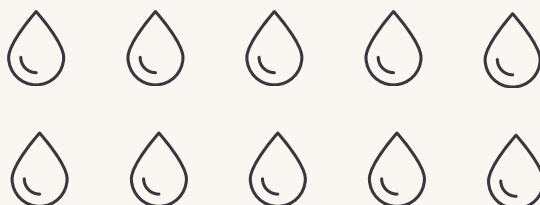
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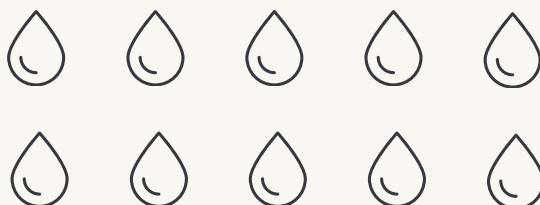
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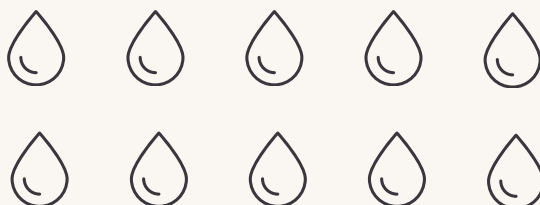
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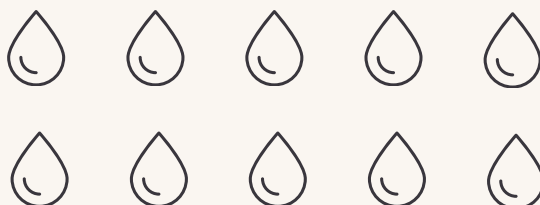
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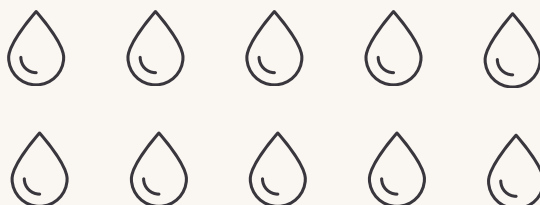
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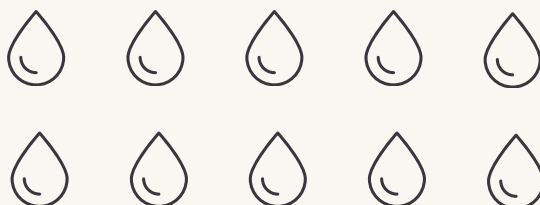
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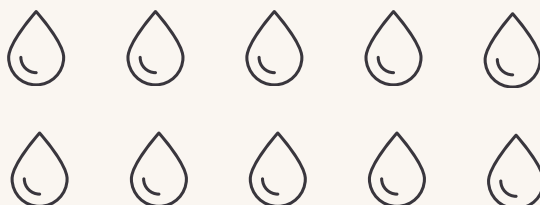
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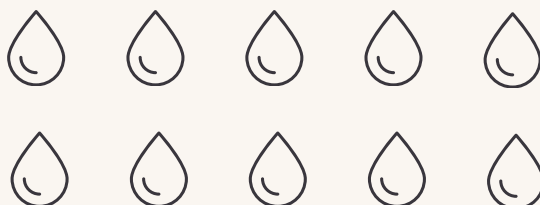
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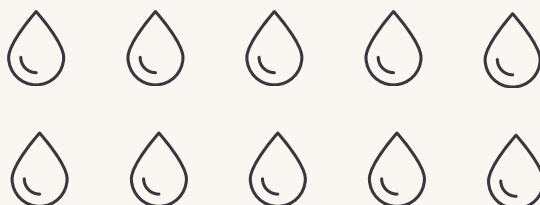
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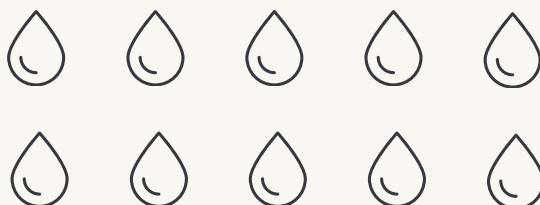
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S M T W T F S

MORNING ROUTINE:

- ☐ CLEANSE: CLEAN FACE WITH GENTLE CLEANSER
- ☐ TONER: RESTORE SKIN BALANCE AND PURIFY YOUR PORES WITH NON-COMEDOGENIC TONER
- ☐ HYDRATE SKIN: USE A LIGHTWEIGHT, NON-COMEDOGENIC MOISTURIZER
- ☐ APPLY ACNE TREATMENT
- ☐ APPLY SUNSCREEN: USE AN OIL-FREE, NON-COMEDOGENIC SPF

NIGHT ROUTINE:

- ☐ DOUBLE CLEANSER: START WITH AN OIL-BASED CLEANSER, FOLLOWED BY GENTLE CLEANSER
- ☐ EXFOLIATE: USE A GENTLE EXFOLIATOR 1-2 TIMES A WEEK
- ☐ APPLY ACNE NIGHT TREATMENT

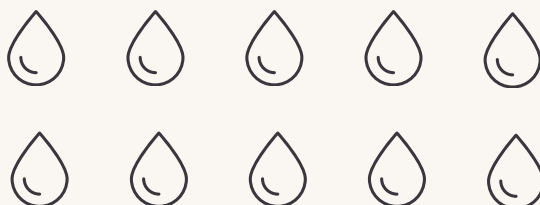
HEALTHY SKIN HABITS:

- ☐ DON'T POP PIMPLES
- ☐ USE CLEAN BED SHEETS AND TOWELS: CHANGE REGULARLY TO AVOID OIL AND BACTERIA BUILDUP
- ☐ AVOID TOO MUCH HAIR PRODUCTS: USE NON-GREASY HAIR PRODUCTS AND KEEP HAIR AWAY FROM YOUR FACE
- ☐ NO-MAKEUP DAYS: LET YOUR SKIN BREATHE BY AVOIDING MAKEUP WHENEVER POSSIBLE
- ☐ USE CLEAN MAKEUP TOOLS: WASH BRUSHES AND SPONGES REGULARLY TO PREVENT BREAKOUTS

NUTRITION:

- ☐ EAT A BALANCED BREAKFAST
- ☐ PLAN HEALTHY MEALS FOR THE DAY
- ☐ SNACK ON FRUITS OR NUTS
- ☐ STAY HYDRATED THROUGHOUT THE DAY

WATER INTAKE:



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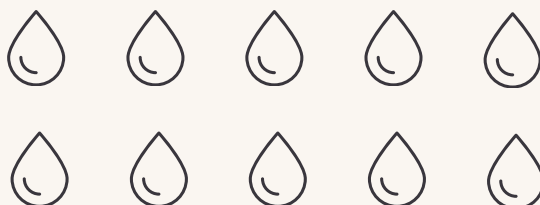
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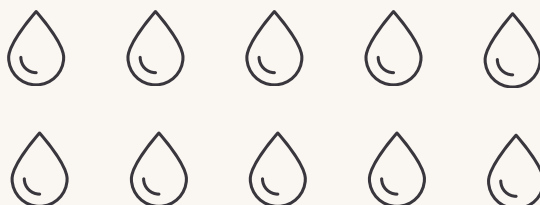
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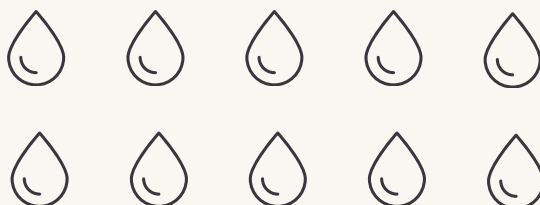
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Elevate Your Acne Care Routine On-the-Go

Our Convenient Skincare Essentials

Enjoy the convenience of a compact skincare pack that fits perfectly into your gym bag, or travel luggage, ensuring you never compromise on your skincare routine.



Ultra-Gentle
Facial Cleanser RM28.20



Bright Essence
Toner RM20





Argan Acne
Care RM38

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