

**PureRemedySolutions.com**

beauty tips – well health organic.com: 1-Page AM/PM Checklist

India-friendly routine • Vitamin C AM • Niacinamide/retinoid PM • SPF daily

Updated: 25 August 2025

AM Routine (Clean • Protect • Glow)

~3–5 min

- ☐ Cleanse: gentle, sulfate-free; cool/lukewarm water.
- ☐ Hydrate: pat a glycerin/HA/aloe toner or essence.
- ☐ Treat: vitamin C (or green tea/niacinamide if sensitive).
- ☐ Moisturize: gel/lotion/cream matched to skin type.
- ☐ Protect: broad-spectrum SPF 30+; reapply outdoors every 2–3 hrs.

Hot climate tip: prefer gel textures; look for low white-cast mineral/hybrid SPF.

हिंदी: AM/PM शॉर्ट गाइड

- ☐ सुबह: क्लींजर → हाइड्रेटिंग टोनर/एसेंस → विटामिन C → मॉइस्चराइज़र → SPF 30+.
- ☐ रात: क्लींजर → हाइड्रेट → नायसिनामाइड/हल्का रेटिनाइड → मॉइस्चराइज़र.
- ☐ हफ्ते में 1–2 बार: माइल्ड एक्सफोलिएशन या एलो-हनी मास्क (पैच टेस्ट).
- ☐ मौसम के अनुसार: जेल टेक्सचर, मिनरल/हाइब्रिड सनस्क्रीन, हल्की लेयरिंग.

PM Routine (Repair • Replenish)

low & slow

- ☐ Cleanse: single; double cleanse if makeup/sunscreen heavy.
- ☐ Hydrate: humectant toner/essence (glycerin/HA/panthenol).
- ☐ Treat: pick ONE most nights → niacinamide 2–5% OR gentle retinoid/retinal/bakuchiol.
- ☐ Moisturize: gel-lotion for oily; cream for dry/sensitized (esp. in AC).

Do not layer retinoids with exfoliating acids the same night.

Inside-Out Glow (Diet & Hydration)

- ☐ Water: 6–8 glasses/day (+ 1–2 in peak heat/workouts).
- ☐ Rotate: lemon water • coconut water • tulsi/ginger/mint infusions.
- ☐ Daily “glow plate”: color (amla/guava/tomato/carrot/spinach) + protein (dal/chana/tofu/paneer/curd) + healthy fats (seeds/nuts) + smart carbs (oats/millet/brown rice).

Sugar spikes can dull skin—keep sweets occasional and pair with protein/fiber.

Weekly Add-Ons (1–2×/week)

- ☐ Gentle exfoliation: low % PHA/lactic on Wed or Sat PM (skip retinoid).
- ☐ Soothing mask: aloe + honey 10–15 min → rinse → moisturize.
- ☐ Hygiene: wash pillowcase; clean makeup tools; change razor guard.

Always wear SPF the morning after exfoliation or retinoids.

Sun-Smart Essentials

- ☐ SPF 30–50 (broad-spectrum); reapply every 2–3 hrs outdoors.
- ☐ Extras: cap/hat, sunglasses, light UPF clothing, shade breaks.
- ☐ Keep a mini SPF in your bag for commutes/errands.

Do's & Don'ts (Quick)

Do

- ☐ Hydrate on damp skin; match textures to weather.
- ☐ Patch-test new products 24–48 hrs.
- ☐ Use SPF 30+ daily; hats/shade outdoors.

Don't

- ☐ Over-cleanse or use harsh scrubs.
- ☐ Mix retinoids with acids on same night.
- ☐ Skip SPF after exfoliation or actives.

Safety & Patch-Test

Patch test behind the ear or jawline for 24–48 hrs. Pause if burning, hives, persistent peeling, or fast-worsening breakouts. Use only gentle cleanser + essence + moisturizer for 3–5 days; see a dermatologist if symptoms persist.

Full Guide + FAQs

QR / Image placeholder

Scan for step-by-step routines, ingredient playbook, planner, and FAQs.

URL:

<https://pureremedysolutions.com/beauty-tips-well-health-organic-com/>

