

STACKED SKIN SCHOOL WEEK 3:

Double Cleansing Cheat Sheet

1. ADD OIL

Starting with dry skin, massage cleansing oil into the face for 1-2 minutes.

2. WIPE AWAY

Moisten a cleansing cloth with warm water and wipe away the oil.

3. LATHER UP

Massage a small amount of gel cleanser into skin while it's still damp.

4. WASH & GO

Rinse well and pat dry.

HOMework

Adopting a new skincare habit takes work at first, but after a week it should feel like second nature. After double cleansing for 7 consecutive days, do you feel or see a difference in your skin? Does applying your skincare afterwards feel different? Log your observations here!
