

15 Skincare Mistakes to Avoid

Your free printable fix-it checklist — tick each one off as it becomes second nature.

CLEANSING

- ☐ **1. Washing your face too often**
Fix: Cleanse twice daily max. Dry skin can do a water-only rinse in the morning.
- ☐ **2. Using hot water**
Fix: Lukewarm water only — if it feels hot on your wrist, it is too hot for your face.
- ☐ **3. Harsh physical scrubbing**
Fix: Gentle exfoliation, 1–2 times a week. Light pressure; stop if skin looks red.

SUNSCREEN

- ☐ **4. Skipping sunscreen daily**
Fix: Broad-spectrum SPF 30+ every morning, as the last step of your routine.
- ☐ **5. Skipping SPF on cloudy days**
Fix: UV passes through clouds — keep the sunscreen step automatic, not weather-dependent.
- ☐ **6. Relying on makeup SPF alone**
Fix: Apply a dedicated sunscreen first; treat makeup SPF as a bonus, never the plan.

ORDER & LAYERING

- ☐ **7. Wrong product order**
Fix: Thinnest to thickest — water-based first, creams last, sunscreen always last.
- ☐ **8. Too many products at once**
Fix: Master 3 basics first; add new products one at a time, weeks apart.

- ☐ **9. Not letting layers settle**
Fix: Wait about 30–60 seconds between steps so each layer can absorb.

ACTIVE INGREDIENTS

- ☐ **10. Starting strong actives too fast**
Fix: Begin 1–2 nights a week, build slowly, patch-test first.
- ☐ **11. Stacking strong actives together**
Fix: Alternate potent treatments across nights instead of layering them.
- ☐ **12. Using expired products**
Fix: Check the PAO (open-jar) symbol; replace sunscreen on schedule.

EVERYDAY HABITS

- ☐ **13. Picking or popping pimples**
Fix: Hands off — use a hydrocolloid patch instead of your fingers.
- ☐ **14. Touching your face all day**
Fix: Notice the habit for one week; clean your phone screen regularly.
- ☐ **15. Sleeping in makeup**
Fix: Cleanse every night — keep micellar water by the bed as a backup.

Want the full guide with every fix explained? [Join the Glow & Grace launch list](#) for free checklists and new guides.

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This checklist is for educational purposes only and is not medical advice. If you have a persistent, severe, or concerning skin issue, consult a qualified healthcare professional or dermatologist.