

GET YOUR
Glow-On

4-WEEK

SKIN CARE PLANNER



Heeeey Beauty Love!

I'm so excited that we are vibing together on this beautiful self-care journey. I don't know about you but hunnn-TY life be LIFE-ING too much for ya girl. It's hard to slow down and to truly take a moment to breath and love on me.

One of the most amazing ways I've found to make sure I pause everyday and make time for me is through my skincare regimen. It's my time to set the mood for my day and night by just loving on me. It helps me show up more Vibrant yet Calm in life.

We all deserve a moment to love on ourselves and at the same time kiss all over our skin making it healthy and glowy. Here's my gift to you to get you started on your journey.

It's a great way to press "pause" to speak your skin's language so that you both can vibe together. Simply **print** and start your **Glow Journey** today.

Laketta Willis



How To Use The Planner

In this planner you are going to document what your current skincare regimen is, what products are working for you and what your skin goals are.

If you're new to having a skincare regimen and don't quite know where to begin then I want you to start with the basics because honestly that's all you need.

Basic AM Skincare Regimen consist of:

- Gentle Cleanser
- Toner
- Moisturizer
- SPF

Basic PM Skincare Regimen consist of:

- Gentle Cleanser
- Exfoliator (twice weekly)
- Treatment Mask
- Toner
- Moisturizer
- Serum

SKIN PROFILE

Skin Type

- Normal
- Combination
- Dry
- Oily
- Sensitive

Skin Care Goals

Current Products
being Used:

Product	Brand

Current Skin
Condition

“

Self care is not *Expensive*
It's an *Investment*

”

Glow Product Profile



Morning

Cleanser:

Toner:

Moisturizer:

Sunscreen:

Evening

MU Remover:

Cleanser:

Exfoliator:

Toner:

Moisturizer:

Serum:

Facial Massage!



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GLOW

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