

The 5-Layer Korean Mature Skin Planner

For Women 45–65 | Science-Backed Korean Skincare System

This planner is your personal guide to building the Korean 5-layer skincare system. Each layer has a specific biological function. Consistent daily execution, not product quantity, is what produces the compounding results Korean women achieve over decades.

HOW TO USE THIS PLANNER

- Step 1** Review each of the 5 layers and note your current products in the Product Log on page 2.
- Step 2** Use the Daily Tracker (pages 3–5) to check off each layer every morning and evening.
- Step 3** Complete the Weekly Skin Check to notice what is improving and what needs attention.
- Step 4** Use the Annual Treatment Calendar to plan your clinic visits across 12 months.

THE 5-LAYER SYSTEM AT A GLANCE

01	BARRIER FIRST Cleanse + tone + moisturise. Protect and repair the skin barrier.	AM + PM
02	BRIGHTEN Vitamin C (AM), Niacinamide, Ginseng serum. Target pigmentation daily.	AM + PM
03	FIRM + REGENERATE Retinoid (PM only), peptide serum. Stimulate collagen continuously.	PM only
04	DAILY SPF DEFENSE SPF 50+ every morning, year-round. No exceptions.	AM only
05	NECK, CHEST + HANDS Extend every layer below the jawline. Same routine, same commitment.	AM + PM

MY CURRENT PRODUCT LOG

List what you currently use in each layer. Leave blank if you have nothing yet — that gap is your starting point.

LAYER 01	BARRIER FIRST
Oil cleanser / balm	
Water-based cleanser	
Hydrating toner	
Moisturiser / barrier cream	

LAYER 02	BRIGHTEN
Vitamin C serum (AM)	
Niacinamide serum or toner	
Ginseng essence or serum	

LAYER 03	FIRM + REGENERATE
Retinoid / retinol (PM)	
Peptide serum	

LAYER 04	DAILY SPF DEFENSE
SPF 50+ sunscreen (AM)	

LAYER 05	NECK, CHEST + HANDS
Neck / chest cream or oil	
Hand SPF	
Notes	

Product name / brand → write in the right column

WEEK 1 — DAILY TRACKER

Tick each layer when complete. AM = morning routine. PM = evening routine. Consistency over perfection — even 4 out of 7 days compounds meaningfully.

LAYER	MON	TUE	WED	THU	FRI	SAT	SUN
01 BARRIER							
AM	☐	☐	☐	☐	☐	☐	☐
PM	☐	☐	☐	☐	☐	☐	☐
02 BRIGHTEN							
AM	☐	☐	☐	☐	☐	☐	☐
PM	☐	☐	☐	☐	☐	☐	☐
03 FIRM							
AM	☐	☐	☐	☐	☐	☐	☐
PM	☐	☐	☐	☐	☐	☐	☐
04 SPF							
AM	☐	☐	☐	☐	☐	☐	☐
05 NECK/CHEST							
AM	☐	☐	☐	☐	☐	☐	☐
PM	☐	☐	☐	☐	☐	☐	☐

WEEKLY SKIN CHECK

Hydration	Is my skin feeling more plump and less tight than last week?	Y / N
Pigmentation	Am I noticing any brightening or fading of dark spots?	Y / N
Texture	Is my skin smoother or more even to the touch?	Y / N
Barrier	Any redness, sensitivity, or tight feeling? (May signal over-exfoliation.)	Y / N
Consistency	How many days did I complete all 5 layers? ___ / 7	Y / N

Notes this week:

WEEK 2 — DAILY TRACKER

Tick each layer when complete. AM = morning routine. PM = evening routine. Consistency over perfection — even 4 out of 7 days compounds meaningfully.

LAYER	MON	TUE	WED	THU	FRI	SAT	SUN
01 BARRIER							
AM							
PM							
02 BRIGHTEN							
AM							
PM							
03 FIRM							
AM							
PM							
04 SPF							
AM							
05 NECK/CHEST							
AM							
PM							

WEEKLY SKIN CHECK

Hydration	Is my skin feeling more plump and less tight than last week?	Y / N
Pigmentation	Am I noticing any brightening or fading of dark spots?	Y / N
Texture	Is my skin smoother or more even to the touch?	Y / N
Barrier	Any redness, sensitivity, or tight feeling? (May signal over-exfoliation.)	Y / N
Consistency	How many days did I complete all 5 layers? ___ / 7	Y / N

Notes this week:

WEEK 3 — DAILY TRACKER

Tick each layer when complete. AM = morning routine. PM = evening routine. Consistency over perfection — even 4 out of 7 days compounds meaningfully.

LAYER	MON	TUE	WED	THU	FRI	SAT	SUN
01 BARRIER							
AM	☐	☐	☐	☐	☐	☐	☐
PM	☐	☐	☐	☐	☐	☐	☐
02 BRIGHTEN							
AM	☐	☐	☐	☐	☐	☐	☐
PM	☐	☐	☐	☐	☐	☐	☐
03 FIRM							
AM	☐	☐	☐	☐	☐	☐	☐
PM	☐	☐	☐	☐	☐	☐	☐
04 SPF							
AM	☐	☐	☐	☐	☐	☐	☐
05 NECK/CHEST							
AM	☐	☐	☐	☐	☐	☐	☐
PM	☐	☐	☐	☐	☐	☐	☐

WEEKLY SKIN CHECK

Hydration	Is my skin feeling more plump and less tight than last week?	Y / N
Pigmentation	Am I noticing any brightening or fading of dark spots?	Y / N
Texture	Is my skin smoother or more even to the touch?	Y / N
Barrier	Any redness, sensitivity, or tight feeling? (May signal over-exfoliation.)	Y / N
Consistency	How many days did I complete all 5 layers? ___ / 7	Y / N

Notes this week:

MY ANNUAL TREATMENT CALENDAR

Korean women treat clinic visits the way they treat preventive health screenings: scheduled in advance, non-negotiable, and sequenced for cumulative effect. Use this calendar to plan your year.

Q1 JAN – MAR

Collagen stimulation focus

☐	Laser facial or IPL — address pigmentation + tone	Date: _____
☐	Retinoid check-in — review tolerance and upgrade if ready	Date: _____
☐	Comprehensive skin assessment with dermatologist	Date: _____

Q2 APR – JUN

Brightening + barrier focus

☐	Microneedling session — texture + pore refinement	Date: _____
☐	Review and refresh SPF routine for summer months	Date: _____
☐	Add or assess antioxidant serum (Vitamin C upgrade)	Date: _____

Q3 JUL – SEP

Maintenance + hydration focus

☐	Skin booster treatment (PN/PDRN or hyaluronic acid)	Date: _____
☐	Assess pigmentation progress — IPL if needed	Date: _____
☐	Sleep and recovery audit — cortisol and skin connection	Date: _____

Q4 OCT – DEC

Regeneration + lifting focus

☐	HIFU or RF tightening — collagen remodelling season	Date: _____
☐	Annual supplementation review with practitioner	Date: _____
☐	Year-end skin assessment — plan next year's calendar	Date: _____

The Korean approach does not promise you will look 35 at 60. It promises you will look like the best version of what 60 can look like — supported by a system that has been working on your behalf for years. Start with one layer. Maintain it longer than feels necessary.