



## Seasonal Skincare Calendar

Your skin's needs shift with the seasons, just like your wardrobe does. Cold air, heat, humidity, and sun exposure all affect how your skin looks and feels. This calendar is designed to give you quick, practical guidance so you can adjust your routine without overthinking it.

Use this as a reference throughout the year to keep your routine aligned with your environment. Paired with consistent use of your Cyto-Glo™ Serum and Cream, these small seasonal shifts help you maintain healthy, balanced, radiant skin year-round.

### Winter → Spring

- Lighten up heavy creams and switch to gel-based moisturizers.
- Add brightening ingredients (like Vitamin C) to refresh dull winter skin.
- Start exfoliating gently to remove dry, flaky buildup.

### Spring → Summer

- Swap richer moisturizers for lighter, oil-free options.
- Increase SPF vigilance and reapply throughout the day.
- Keep a hydrating mist or serum handy to combat heat and humidity.

### Summer → Fall

- Focus on repairing sun damage with antioxidants and exfoliants.
- Layer in more hydrating serums as air gets drier.
- Reintroduce richer moisturizers at night.

### Fall → Winter

- Step up barrier support with thicker creams and balms.
- Use humidifiers indoors to combat dry heat.
- Cut back on harsh exfoliation to avoid over-stripping.