YOUR COMPANION, AT YOUR PACE

A little routine. Room to notice.

A practical starter guide and eight-week journal for your Beamyy routine.



START HERE

You do not need a perfect streak. Use these pages to plan a routine, record what you use, and notice how your skin feels.

01 Set your starting point
02 Keep your routine simple
03 Log eight weekly check-ins
04 Review what suits you

This is a routine journal, not a promise of results at eight weeks. Cosmetic appearance varies. Follow your product label; this guide does not replace product directions or individual medical advice.

Name _____ Start date _____

01 / MAKE IT YOURS

Build a routine you can follow.

Write down the products you already use. Keep the label directions close by.

Before introducing a product

Read its full ingredient list and directions. The American Academy of Dermatology recommends testing a new skin-care product on a small area before adding it to your routine. Use the linked guidance on page 5.

Keep the record useful

Record the product, amount and frequency specified on its label. Note any other routine changes so your journal has context.

Include daytime sun protection

The AAD recommends a broad-spectrum, water-resistant sunscreen with SPF 30 or higher. Follow its application and reapplication directions. Serum is not a replacement for sunscreen.

MY ROUTINE

Morning

Evening

Products or ingredients I am avoiding

02 / WEEKLY CHECK-IN

Weeks 1 to 4

Notice comfort and consistency. Record your own observations without a deadline for change.

WEEK 01 Dates: _____ Routine followed (days): _____

How did skin feel? Any discomfort or routine changes?

WEEK 02 Dates: _____ Routine followed (days): _____

How did skin feel? Any discomfort or routine changes?

WEEK 03 Dates: _____ Routine followed (days): _____

How did skin feel? Any discomfort or routine changes?

WEEK 04 Dates: _____ Routine followed (days): _____

How did skin feel? Any discomfort or routine changes?

If a product causes a reaction, stop using it and seek appropriate professional advice. You do not need to push through discomfort to complete this journal.

02 / WEEKLY CHECK-IN

Weeks 5 to 8

Notice comfort and consistency. Record your own observations without a deadline for change.

WEEK 05 Dates: _____ Routine followed (days): _____

How did skin feel? Any discomfort or routine changes?

WEEK 06 Dates: _____ Routine followed (days): _____

How did skin feel? Any discomfort or routine changes?

WEEK 07 Dates: _____ Routine followed (days): _____

How did skin feel? Any discomfort or routine changes?

WEEK 08 Dates: _____ Routine followed (days): _____

How did skin feel? Any discomfort or routine changes?

If a product causes a reaction, stop using it and seek appropriate professional advice. You do not need to push through discomfort to complete this journal.

03 / LOOK BACK

Keep what works for you.

Use your notes to decide what you want to keep, simplify or discuss with a dermatologist.

What felt comfortable and easy to repeat?

What changed in my routine besides Beamyy?

What would I like to ask or change next?

YOUR ORDER & REFILLS

Check your Whop receipt for your selected quantity, renewal date and charge. If subscribed, manage or cancel before renewal in your Whop account. For delivery or product questions, contact **support@beamyy.com**.

FURTHER READING

American Academy of Dermatology: How to test skin care products
American Academy of Dermatology: How to apply sunscreen
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