

# 2025 Beauty Trends Checklist

Feel good in your skin—this year and beyond..

This checklist was created for you by Dana of LivingWithDana.com and is perfect for your notebook.

## Everything Beauty

### Barrier-Boosting Skincare

- Cleanser with gentle, non-stripping ingredients
- Moisturizer with ceramides or niacinamide
- Hydrating toner or essence (optional)
- Probiotic or microbiome-friendly serum
- Sunscreen with skin barrier support

### Skin Cycling Routine

- Choose a gentle exfoliant (AHA/BHA) for night 1
- Use retinol or a treatment serum on night 2
- Follow with barrier-repair products on nights 3 & 4
- Repeat the cycle weekly and adjust based on skin sensitivity

### LED Skincare Devices

- Research LED devices (red/blue light for acne, aging, etc.)
- Purchase an FDA-cleared at-home LED mask
- Set a reminder to use it 2–3 times per week

### Clean + Sustainable Beauty

- Replace one product with a refillable or

plastic-free version

- Choose cruelty-free, vegan, or naturally-derived brands
- Recycle or upcycle old containers (DIY organizers, anyone?)

### Summer 2025 Makeup Looks

- Try a bright eyeshadow (aqua, lilac, or peach)
- Wear coral blush or glazed highlighter
- Get the “butter skin” look with dewy foundation or glow drops
- Choose a lip oil or shiny gloss for a fresh summer vibe

### Bonus Section: Beauty Habits to Try This Month

- Wash your makeup brushes
- Toss expired skincare & makeup
- Clean your vanity or beauty drawer
- Try a 10-minute face mask
- Drink more water + track your skincare goals

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