

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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