



Be Well Esthetics

SKIN - LASHES - BROWS

SKINCARE & SELF-CARE

Workbook



BY PORSHLA SCHEUBLE

Hi there!

WELCOME TO YOUR SKINCARE AND SELF-CARE WORKBOOK.

I'm Porshla, the owner of Be Well Esthetics, and your guide on this journey to embracing comprehensive skincare wellness. After experiencing my own challenges and transformations, I've come to realize that self-care and skincare are not just routines; they are acts of *self-love*. This workbook is designed to help you discover practices that nourish both your skin and your soul, creating a harmonious balance that enhances your overall well-being. Let's embark on this path together, learning to love ourselves a little more each day. I wish you all the glowing skin and happiness!

Much love,

Porshla Scheuble



THE FOUNDATIONS OF *Skincare and Self-Care*

Self-care and skincare are intertwined, each influencing the other. Effective skincare can boost your confidence and improve your health, while self-care affects your mental and emotional states, impacting your physical well-being. This section explains basic skincare principles and introduces simple self-care practices that can be incorporated into your daily life.

Key Components of an Effective Skincare Routine

Skincare is not just about achieving healthy, glowing skin. It's a holistic practice that involves **nurturing** and taking care of ourselves, the largest organ we have. Here are the key components that make up an effective and inspiring skincare routine:



CLOSER TO THAT "GLOW"

CHECKLIST

Read through the questions below and answer 'Yes' or 'No' to assess your current skincare and self-care habits, then reflect on the results to identify areas where you may want to improve or build upon your routines.

01	DO YOU CURRENTLY FOLLOW A REGULAR SKINCARE ROUTINE (CLEANSING, MOISTURIZING, ETC.)?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
02	DO YOU FEEL CONFIDENT IN YOUR ABILITY TO TAKE CARE OF YOUR SKIN?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
03	DO YOU WEAR SUNSCREEN DAILY OR MOST DAYS?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
04	ARE YOU SATISFIED WITH YOUR CURRENT SKINCARE PRODUCTS?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
05	DO YOU BELIEVE YOU DESERVE TIME FOR SELF-CARE EACH DAY?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
06	DO YOU REGULARLY MAKE TIME FOR RELAXING ACTIVITIES LIKE READING, YOGA, OR LISTENING TO MUSIC?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
07	DO YOU FEEL YOUR ENVIRONMENT SUPPORTS YOUR SELF-CARE GOALS?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
08	ARE YOU COMFORTABLE SEEKING GUIDANCE OR HELP WITH YOUR SKINCARE AND WELLNESS PRACTICES?	YES <input type="checkbox"/>	NO <input type="checkbox"/>

Use this checklist to celebrate your wins and note areas where you can grow, then proceed through the workbook with an open heart and an eagerness to discover new ways to nurture yourself, one step at a time.

SKINCARE

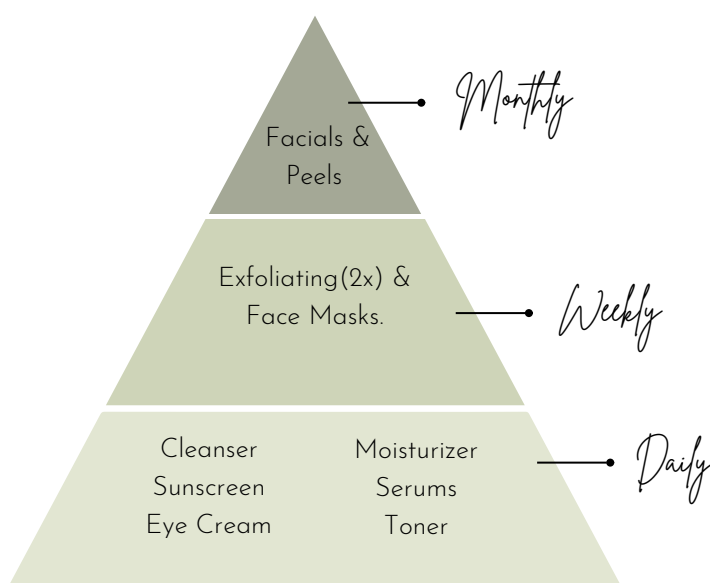
Tips and Tricks

Learn about the essential aspects of skincare, from choosing the right products to understanding your skin type. This page offers valuable tips to enhance your skincare routine effectively.

Taking care of your skin is not just about achieving a flawless complexion; it's a holistic practice that nurtures both your physical and emotional well-being. At any age, a consistent skincare routine can enhance your confidence, provide a moment of self-care, and contribute to your overall health. Start with the basics: cleansing to remove impurities, exfoliating to refresh your skin, moisturizing to keep it hydrated, and protecting it with sunscreen. These steps form the foundation of healthy skin.

Incorporate mindfulness and positive affirmations into your routine to turn skincare into a healing ritual. Choose products that align with your personal values, like cruelty-free or sustainable options, and invest in quality where it matters most. Remember, the goal is not perfection but progress and self-love. This holistic approach will not only benefit your skin, but also your mental and emotional health.

SKINCARE PYRAMID



The Skincare Pyramid is a visual guide designed to help you understand how often to use various skincare products and treatments for optimal skin health. Structured to represent the frequency of application, the pyramid's base features daily essentials, while the apex includes less frequent, yet impactful, treatments. It's important to remember the 20/80 rule: about 20% of your skin's health depends on professional treatments such as facials and peels, which you might receive at a spa, while the remaining 80% relies on consistent at-home care. This guide emphasizes the importance of a regular daily routine, complemented by specialized treatments that enhance and maximize the benefits of your daily efforts.

UNDERSTANDING YOUR SKIN TYPE

Knowing your skin type is essential to selecting the right products. Here's a quick guide to the common skin types and recommendations on how to build a routine tailored to each.

NORMAL SKIN:

Characteristics: **Balanced, not too oily or dry, rare breakouts.**

Routine Tips: **Gentle cleansers, lightweight moisturizers, and regular sun protection are ideal.**

DRY SKIN:

Characteristics: **Tightness, flakiness, and dull appearance.**

Routine Tips: **Cream-based cleansers and heavier moisturizers are beneficial. Hydrating serums (like hyaluronic acid) and nourishing oils can help.**

OILY SKIN:

Characteristics: **Shine, enlarged pores, and frequent breakouts.**

Routine Tips: **Use gel-based cleansers to reduce excess oil without over-drying. Lightweight, non-comedogenic (won't clog pores) moisturizers are ideal.**

COMBINATION SKIN:

Characteristics: **Oily in the T-zone (forehead, nose, chin), drier in other areas.**

Routine Tips: **Multi-step cleansing can be helpful. Apply lightweight moisturizers on oil-prone areas, and richer creams where skin tends to be dry.**

SENSITIVE SKIN:

Characteristics: **Redness, itching, burning, or rashes.**

Routine Tips: **Use fragrance-free, hypoallergenic products. Gentle cleansing, calming moisturizers, and limited exfoliation are key.**

PLAN YOUR PERSONALIZED *Skincare Routine*

Skin Type

- ☐ Normal
- ☐ Oily
- ☐ Dry
- ☐ Acne Prone
- ☐ Combination
- ☐ Sensitive

Regimen Goals

- ☐ Brightening
- ☐ Acne Control
- ☐ Hydration
- ☐ Sun Damage
- ☐ Barrier Repair
- ☐ Texture
- ☐ Anti-Aging
- ☐ Other:

Treatment Plan

Recommended Home Care

● Cleanser:	<input type="checkbox"/> AM <input type="checkbox"/> PM
● Exfoliant:	<input type="checkbox"/> AM <input type="checkbox"/> PM
● Toner:	<input type="checkbox"/> AM <input type="checkbox"/> PM
● Serum #1	<input type="checkbox"/> AM <input type="checkbox"/> PM
● Serum #2	<input type="checkbox"/> AM <input type="checkbox"/> PM
● Serum #3	<input type="checkbox"/> AM <input type="checkbox"/> PM
● Moisturizer	<input type="checkbox"/> AM <input type="checkbox"/> PM
● SPF:	<input type="checkbox"/> AM <input type="checkbox"/> PM
● Extra Goodness:	<input type="checkbox"/> AM <input type="checkbox"/> PM

Notes

THE "PERFECT" SELF-CARE BEDTIME ROUTINE QUIZ

Take this fun quiz to discover what type of bedtime routine suits you best, from soothing skincare to relaxing activities that prepare you for a restful sleep. Your answers will help you understand your preferences and guide you in creating a personalized nighttime ritual.

1. WHAT'S YOUR FAVORITE WAY TO UNWIND AFTER A LONG DAY?

- A. READING OR WRITING
- B. MOVING YOUR BODY (STRETCHING, YOGA, ETC.)
- C. LISTENING TO MUSIC OR PODCASTS
- D. PAMPERING YOURSELF (BATHING, SKINCARE, ETC.)

2. WHAT'S YOUR IDEAL BEDTIME SNACK/DRINK?

- A. HERBAL TEA/WARM MILK
- B. FRESH FRUIT/NUTS
- C. DARK CHOCOLATE/SOMETHING SWEET
- D. I DON'T USUALLY SNACK BEFORE BED

3. HOW MUCH TIME DO YOU WANT TO DEDICATE TO SELF-CARE AT NIGHT?

- A. 10-15 MINUTES
- B. 15-30 MINUTES
- C. 30-45 MINUTES
- D. AN HOUR OR MORE!

4. IF YOU COULD CHOOSE ONE SCENT TO HELP YOU RELAX, WHICH WOULD YOU PICK?

- A. LAVENDER
- B. EUCALYPTUS
- C. VANILLA
- D. CITRUS

5. WHICH NIGHTTIME ACCESSORY SOUNDS MOST APPEALING TO YOU?

- A. FUZZY SOCKS/SLIPPERS
- B. A COMFY EYE MASK OR BLACKOUT CURTAINS
- C. A CALMING SCENTED PILLOW SPRAY/ DIFFUSER
- D. A COZY BLANKET OR WEIGHTED BLANKET

6. WHAT IS YOUR GO-TO WAY OF EXPRESSING SELF-LOVE BEFORE BED?

- A. AFFIRMATIONS/WRITING IN A GRATITUDE JOURNAL
- B. REFLECTING ON YOUR DAY OR TALKING WITH A FRIEND
- C. TREATING YOURSELF WITH SOMETHING THAT MAKES YOU HAPPY
- D. CREATING A NURTURING & PEACEFUL SLEEP SPACE

7. WHAT KIND OF LIGHTING HELPS YOU FEEL MOST RELAXED BEFORE SLEEPING?

- A. SOFT & WARM BEDSIDE LAMP LIGHTING
- B. NATURAL CANDLELIGHT/ DIMMED OVERHEAD LIGHTS
- C. STRING LIGHTS OR FAIRY LIGHTS
- D. A COMPLETELY DARK ROOM

8. HOW DO YOU PREFER TO WAKE UP FEELING REFRESHED IN THE MORNING?

- A. WITH SOOTHING ALARM SOUNDS OR GENTLE MUSIC
- B. BY LETTING NATURAL LIGHT FILL THE ROOM
- C. WITH AN ENERGIZING ROUTINE (LIKE A QUICK STRETCH OR MORNING SKINCARE)
- D. BY LINGERING IN BED FOR A FEW MORE MINUTES

IDEAS FOR SOME *Self-care*

Self-care isn't an act but a loving commitment to oneself. How will you cherish yourself this week?

Take a long bath

Engage in a hobby

Adjust your skincare routine

Read for pleasure

Try a weekly scalp treatment

Watch the sunrise or sunset

Go for a long walk

Spend time with a loved one

Listen to a wellness podcast

Practice mindful meditation

Watch your favorite movie

Extra long self-love skin routine

Journal your thoughts

Bake something yummy

Try a new recipe

Try gentle yoga

Keep a daily mood/menstrual
cycle diary

Explore somewhere new in your
town

Cook your favorite nourishing
meal

Implement a no-spend
weekend

Go for a swim

Create a cozy spot at home for
yourself

Sing or dance like no one's
watching

Enjoy a craft session

Garden

Write a letter to your inner-child

Try a digital detox day

Paint or draw

Listen to nostalgic music

Explore a new place

Put a 'YOU' day on the calendar

Take a nap

Write down some boundaries to
improve your mental health

Take yourself on a nature walk

Find a YouTube video and try
giving yourself a facial massage

Try making an "esthetician
approved" DIY skincare product

Visit a museum or gallery

Take a bath or calming shower

Practice gratitude

Start a puzzle

Organize one small part of your
home

Attend a workshop or class

Perform a random act of kindness

Write affirmations and post them
on your bathroom mirror

Write down some boundaries to
improve your mental health

SKIN DEEP

Self-reflection Questions

Reflect on your self-care journey with prompts that encourage gratitude and self-acknowledgment. This page is a space to celebrate your successes and contemplate your experiences.

What motivated you to start a skincare and wellness routine?

As you begin this journey, what are your hopes or goals?

How do you plan to integrate what you learn about skincare into your broader health and wellness practices?

What self-care activity do you want to try this week? What is the first step to making that happen?

Reflect on a moment this month where you felt truly relaxed and at peace. What were you doing, and how can you incorporate more of that into your routine?

How are you going to affirm yourself this week while you are taking the time to wash, moisturize and protect your skin each morning? What do YOU need to remind yourself of?

FINAL THOUGHTS

Grace Upon Grace

As we journey through learning and growing in our self-care and skincare routines, remember to be kind to yourself. Each step forward, no matter how small, is a victory. Grant yourself grace upon grace, knowing that self-care is a practice, not a perfection. You are doing wonderfully, and each day is a new opportunity to nurture and love yourself.

Stay in touch!

PORSHLA SCHEUBLE
Licensed Esthetician

📞 503-881-6286
✉️ Porshlascheuble@gmail.com
🌐 bewellesthetics.com
📍 170 Liberty St SE
Salem, OR 97301



If you're looking to GLOW, now you know where to go!

THE PERFECT SELF-CARE BEDTIME ROUTINE

QUIZ RESULTS AND INTERPRETATION

MOSTLY A'S: COZY COMFORTER

You find solace in quiet, cozy activities that calm the mind. Consider incorporating a nightly ritual of reading or journaling, paired with a warm drink like herbal tea. This will help transition your mind towards rest, allowing you to unwind effectively before bed.

MOSTLY B'S: GENTLE MOVER

Movement helps you release the stress of the day. Integrating gentle stretches, yoga, or a brief walk in your evening routine can significantly improve your sleep quality. These activities not only relax your muscles but also clear your mind, preparing both body and spirit for a restful night.

MOSTLY C'S: AUDITORY RELAXER

You respond well to auditory stimuli to soothe yourself to sleep. Try creating a playlist of calming music, nature sounds, or explore guided meditations or sleep-focused podcasts. These can help manage your thoughts and lead you into a deeper, more peaceful sleep.

MOSTLY D'S: PAMPERING AFICIONADO

For you, self-care is synonymous with pampering. Embrace routines that involve skincare, a warm bath, or setting up your sleeping environment with comforting items like scented candles or a weighted blanket. This not only improves your skin health but also boosts your overall wellbeing by making you feel nurtured and valued.

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