



## HOMEMADE SKIN CARE RECIPES

*A patient, month-by-month recipe sequence  
for the concern that no single week can fix.*

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**CPC Skin Care**

DIGITAL SELF-HELP GUIDE



# The 90-Day Skin Plan

*A patient, month-by-month recipe sequence for  
the concern that no single week can fix.*

**CPC SKIN CARE**

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WELCOME

# Before You Begin

There is a concern you have quietly given up on. Marks left behind from old breakouts, texture that never quite smooths out, a dullness that no single week ever fixes. You have probably attacked it several times — a burst of effort, three good weeks, no visible change, and then the whole routine gets abandoned and replaced with a new one that also gets abandoned around week three. That loop is not a discipline problem. It is a timescale problem. Skin renews on a cycle measured in weeks, and the changes people actually want sit two or three cycles out. Almost everyone who says nothing works quit somewhere inside the first cycle, before there was anything to see. This is the plan that gets you past that. Thirteen weeks, three phases, each with one job: settle, build, refine. Inside you'll find which recipes belong to which month and why the order matters, an honest account of what can and cannot change in ninety days, a photo-and-notes log that catches progress the mirror actively hides from you, and the restart page for the fortnight you inevitably drop it — because you will, and a plan that has not accounted for that is not a plan. Two notes before we begin. This is educational content, not medical advice: for persistent, painful or worsening conditions, or for textural

scarring, a dermatologist has tools that no kitchen recipe competes with, and ninety patient days is not a substitute for that conversation. And this plan assumes the rest of the system — the foundation recipes, the weekly ritual, the never list, and your own short list card. It does not replace them. It sequences them.

— *The CPC Skin Care Team*

## HOW TO USE THIS GUIDE

# Getting the Most From This Book

This is a practical book by design — but it isn't a race. The recipes work best when you make them one at a time and let each earn its place. Here's how to get the most from the pages ahead.

1

### **Read actively.**

Every chapter ends with a *Try This* exercise and a set of *Key Takeaways*. The reading plants the idea; the exercise is what makes it yours.

2

### **Start small.**

You don't need to make everything at once. Choose a single recipe, let it become genuinely easy, and only then add another.

3

### **Patch-test everything.**

Skin is personal. A preparation that suits one face irritates another, so test on your arm for 24 hours before it ever touches your cheek.

4

**Keep what works.**

Some recipes will click for you and others won't — keep the ones your skin likes and quietly drop the rest.

*Whenever you're ready, turn the page and let's begin.*

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## CHAPTER 1

# Why Skin Takes Months

Before the plan, the arithmetic. Understanding why ninety days is the honest unit is what makes it possible to keep going through week five, when nothing has visibly happened and quitting feels entirely rational.

### The renewal cycle sets the floor

Skin cells form deep in the epidermis and migrate upward over roughly four to six weeks before shedding from the surface — slower as you get older. Anything you change today affects cells that will not reach the surface until next month. That is not a marketing softener; it is the physical floor on how fast visible change can happen.

Which means a fortnight of a new routine tells you almost nothing except whether your skin tolerates it. Tolerance you can judge in two weeks. Results you cannot.

*Tolerance you can judge in two weeks. Results you cannot.*

## **What ninety days can and cannot do**

Realistically achievable in thirteen weeks: less reactivity and stinging, a barrier that holds water properly, fewer and less inflamed breakouts, softer texture, and meaningful fading of flat red or brown post-breakout marks — particularly with daily sunscreen. That is a substantial list and it is worth the time.

Not achievable: filling a textural scar, changing pore size, or removing deep pigmentation. Those need professional treatment, and no amount of patience with a homemade routine will produce them. Knowing the difference is what stops ninety honest days from feeling like a failure.

## **Why the order of the three months matters**

Month one calms and simplifies, because nothing else works on an irritated barrier. Month two adds the working recipes back one at a time, so that if something reacts you know exactly what it was. Month three targets the specific concern you started for, on skin that is now stable enough to handle it.

Run those in any other order and you get the usual outcome: an ambitious routine on a barrier that cannot cope, a reaction you cannot attribute, and an abandonment around week three.

### Try This — Name the Concern Precisely

A vague goal cannot be measured, and an unmeasured goal always feels like failure.

1. Write down the one concern in specific terms: 'the brown marks on my left cheek', not 'my skin'.
2. Write what a realistic ninety-day improvement would look like for it.
3. Check it against chapter one: is it fading, or is it texture?
4. If it is texture, book a dermatologist appointment and use these ninety days to prepare the skin.

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### KEY TAKEAWAYS

- Cells take four to six weeks to reach the surface — that is the physical floor on visible change.
- Ninety days can deliver calm, hydration, fewer breakouts and faded flat marks. Not scars or pore size.
- Settle, then build, then refine — any other order produces a reaction you cannot attribute.

## Month One — Settle

Weeks one to four have one job, and it is not the job you want. Before anything can improve, the skin has to stop being irritated — and for most people that means doing less than they are currently doing, not more.

### Strip the routine back

Four steps, twice a day, for four weeks: cleanse, damp step, seal, sunscreen. Nothing else. No clay, no enzymes, no acids, no essential oils, no new experiments, and nothing from the never list — which for this month means doing the bathroom audit properly if you have not already.

This will feel like an anticlimax, and around day ten you will want to add something. That urge is the single most reliable predictor of whether month one works. Everything you add now is a variable you will not be able to isolate in month two.

*The urge to add something around day ten is the single best predictor of whether month one works.*

## **Build the habits that carry the other two months**

Month one is also where the infrastructure gets built: the Sunday batch hour, the mid-week toner swap, the dated lids, the weekly calendar taped inside the cabinet door. Doing this now means months two and three cost almost no extra effort.

Take your baseline photos in the first week — plain face, daylight, three angles, no makeup. You will not want to. Take them anyway; in week nine they will be the only honest record you have of where you started.

## **What to expect, honestly**

Weeks one and two: not much, possibly a slight adjustment period if you have removed something harsh you had been using regularly. Week three: washing stops leaving your face tight, and things stop stinging. Week four: less random redness, and skin that feels calmer to the touch.

Those are not glamorous results and they are the foundation for everything in the next two months. If they have not happened by week four, do not move to month two — repeat month one for another fortnight.

**WEEKS 1-4, EVERY DAY WITHOUT VARIATION**

## Month One — The Settle Routine

### YOU NEED

- Base Oat Powder cleanse
- Green tea or plain cooled water damp step
- Two-Oil Daily Blend, 2-3 drops
- A tested, labelled sunscreen

### METHOD

1. Morning: rinse with lukewarm water, damp step, oil, sunscreen.
2. Evening: gentle cleanse, damp step, oil.
3. Add nothing else for four full weeks — no masks, no exfoliation.
4. Run the Sunday batch hour weekly and swap the toner mid-week.

**KEEPS** Per component —  
date every lid

**PATCH-TEST** 24 hours for anything you  
have not used before

*Anyone tempted to add 'just one gentle thing' in week two.*

## WEEK ONE, BEFORE ANYTHING CHANGES

### The Baseline Photos

#### YOU NEED

- Daylight, ideally by a window
- A plain background
- No makeup, no filters

#### METHOD

1. Take three photos: straight on, and each side at 45 degrees.
2. Same window, same time of day, no flash.
3. Put them in a dedicated album and do not look at them again until week six.
4. Repeat every three weeks in exactly the same conditions.

**KEEPS** Every three weeks for the full ninety days

**PATCH-TEST** Not applicable

*Skipping this because you dislike the photos — that is precisely the point of them.*

### Try This — The Box

Willpower fails. Distance works.

1. Put every product not in the four-step routine into a box.
2. Put the box somewhere other than the bathroom — a wardrobe shelf is ideal.
3. Mark a date four weeks from today on your calendar.
4. Do not open the box before that date, whatever your skin does.

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## KEY TAKEAWAYS

- Four steps, twice a day, four weeks. The restraint is the treatment.
- Build the batch hour, the calendar and the dated lids now — they carry the whole plan.
- Take the baseline photos in week one, however much you dislike them.

## CHAPTER 3

# Month Two — Build

Weeks five to eight. The barrier has settled and now you add things back — one per week, in a fixed order, so that every reaction has exactly one possible cause.

### One thing per week, in this order

Week five: a soothing mask, twice that week. Week six: a weekly clay mask on congested areas only, if you have any. Week seven: a mild enzyme mask, five minutes, once. Week eight: nothing new — consolidate, and let the skin sit with everything you have added.

The order runs from gentlest to most active on purpose. If your skin objects at any point, remove that one thing, wait a full week, and continue with the next. Do not compress the schedule because the first two weeks went well.

*It means one specific preparation isn't for you. That's exactly what a one-per-week schedule was built to reveal.*

## **Judge from the notes, not the mirror**

Keep the trigger map running through this month — five items, one line, every evening. It takes two minutes and it is the difference between knowing that the clay mask suits you and merely feeling that it might.

The mirror is a poor instrument here because you look into it daily and the change is weekly. The notes and the three-week photos are the instruments. Trust them over your impression on any given morning.

## **What to expect**

By the end of month two, most people have a routine of four or five preparations they can name, a barrier that no longer stings, and the first genuinely visible change — usually texture, sometimes fewer breakouts. Marks will have begun to fade but not dramatically.

If a week goes badly, that is information rather than failure. It means one specific preparation is not for you, which is exactly what a one-per-week schedule was designed to reveal.

## WEEKS 5-8, ONE ADDITION PER WEEK

### Month Two — The Build Schedule

#### YOU NEED

- Week 5: Oat & Honey soothing mask, twice
- Week 6: Kaolin clay on congested areas, once
- Week 7: Enzyme mask, 5 minutes, once
- Week 8: nothing new

#### METHOD

1. Patch-test each addition 24 hours before its week begins.
2. Add exactly one thing per week — never two, never early.
3. Keep the settle routine unchanged underneath all of it.
4. If something reacts, remove it and wait a full week before continuing.

**KEEPS** Per component

**PATCH-TEST** 24 hours before each weekly addition

*Compressing the schedule because the first two weeks went well.*

## KNOWING RATHER THAN GUESSING

### The Running Notes

#### YOU NEED

- The five-item trigger map from the matching guide
- Two minutes each evening

#### METHOD

1. Write: applied, looks, feels, ate, slept. One line.
2. Note the day each new addition starts, clearly.
3. Look two to three days back from any flare-up, not at yesterday.
4. Review at the end of each week, not each morning.

**KEEPS** Continuous through the ninety days

**PATCH-TEST** Not applicable

*Reviewing daily — the change is weekly and the noise is daily.*

### Try This — Date the Additions

A reaction is only attributable if you know exactly when things started.

1. In your notes, write the addition's name in capitals on the day it starts.
2. Add nothing else that week, including on a good day.
3. At the end of the week, write one line: keep, drop, or unsure.
4. Unsure means keep it another week — never means add two next week.

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### KEY TAKEAWAYS

- One addition per week, gentlest first, with the settle routine unchanged underneath.
- The notes and the three-week photos are the instruments. The daily mirror is noise.
- A bad week identifies one preparation — that is the schedule working, not failing.

## CHAPTER 4

# Month Three — Refine

Weeks nine to thirteen. The barrier is stable, the routine is known, and now — finally — you can point the whole thing at the concern you started for.

### Target one thing, not four

Pick the single concern you named in chapter one and adjust for it specifically. For marks and unevenness: absolute consistency with sunscreen, green tea as the damp step, and patience. For texture: the weekly enzyme mask held steady, never increased in frequency. For congestion: clay on the affected area weekly and a lighter seal.

One target. The temptation at week nine is to address everything at once because the skin can finally take it, and that is how a stable routine becomes an unstable one in a fortnight.

*You're no longer following recipes.  
You're adjusting a routine that  
belongs to you.*

## **Adjust the recipes rather than replacing them**

This is where the ingredient knowledge earns its place. A mask that is slightly too drying gets more honey rather than being abandoned. An oil blend that feels heavy in warm weather gets more squalane. A toner that stings gets diluted.

Change one variable at a time and give it a fortnight. You are no longer following recipes at this point — you are adjusting a routine that belongs to you, which was the destination of the whole system.

## **The week thirteen review**

Put the week-one and week-thirteen photos side by side, in that order, before reading your notes. Then read the notes. Then decide what to keep for good, what to drop, and whether the concern you named needs a professional rather than another ninety days.

Be fair in that review. Ninety days of consistency deserves an honest look, not a critical one — and honest, for most people, means noticeably calmer skin and a concern that has moved rather than vanished.

## FLAT RED OR BROWN POST-BREAKOUT MARKS

### Month Three — Marks & Unevenness

#### YOU NEED

- Green tea damp step, twice daily
- Two-Oil Daily Blend to seal
- Sunscreen, every single morning

#### METHOD

1. Keep the routine identical and make sunscreen non-negotiable.
2. No new actives — marks fade with protection and time, not with intensity.
3. Photograph every three weeks in the same light.
4. Expect partial fading in ninety days, not disappearance.

**KEEPS** Per component

**PATCH-TEST** Not needed — nothing new is being introduced

*Anyone hoping to speed it up with an acid. That usually costs you a month.*

## ROUGH OR UNEVEN SURFACE TEXTURE

### Month Three — Texture

#### YOU NEED

- Weekly enzyme mask, 10 minutes
- Oat & honey mask on the other nights of the week
- A slightly richer seal at night

#### METHOD

1. Hold the enzyme mask at once a week — never twice, whatever the temptation.
2. Soothing mask twice weekly to keep the barrier comfortable underneath.
3. Add a shea balm layer at night only if the skin feels tight.
4. Reassess at week thirteen, not week ten.

**KEEPS** Per component

**PATCH-TEST** 24 hours if the balm is new

*Increasing exfoliation frequency — the most common month-three mistake.*

## RECURRING BLOCKED AREAS AND SMALL BUMPS

### Month Three — Congestion

#### YOU NEED

- Kaolin clay on affected areas, weekly
- A lighter seal — squalane rather than a balm
- The rescue recipes on hand for flare-ups

#### METHOD

1. Clay on the affected area only, 8-10 minutes, once a week.
2. Switch to the lightest seal that still leaves skin comfortable.
3. Use the rescue plan for individual spots rather than escalating the whole routine.
4. Do not cleanse more often — that reliably makes congestion worse.

**KEEPS** Per component

**PATCH-TEST** 24 hours for any new seal

*Deep, painful, cystic breakouts — those belong with a dermatologist.*

### Try This — One Variable, One Fortnight

Month three is adjustment, and adjustment only works one dial at a time.

1. Write down the single change you are making and the date.
2. Change nothing else for fourteen days.
3. Judge from the notes and the photos, not from a morning impression.
4. Then keep it, reverse it, or adjust it once more — and only then move on.

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### KEY TAKEAWAYS

- One target for month three, not four. The skin can finally take more; the plan still cannot.
- Adjust recipes rather than replacing them — that is what the ingredient knowledge was for.
- Compare week one and week thirteen photos before reading anything else.

# Tracking What's Working

The mirror is the worst instrument available for measuring slow change, and it is the one everybody uses. This chapter is about replacing it with two things that actually work.

## Why the mirror lies

You see your face every day, so you are comparing today with yesterday — an interval across which nothing measurable happens. Meanwhile your impression is coloured by lighting, sleep, mood and whatever you last read. On a bad morning you will conclude that three months have achieved nothing, and you will be wrong.

Photographs taken in identical conditions, three weeks apart, remove all of that. So does a written record. Neither is optional if you want an honest answer at week thirteen.

*On a bad morning you'll conclude  
that three months achieved nothing,  
and you'll be wrong.*

## **The photo protocol**

Same window, same time of day, no flash, no makeup, plain background, three angles. Every three weeks, into a dedicated album. The rigidity is the point — a photo in different light is worse than no photo, because it invents a change that is not there or hides one that is.

Do not look at them between sessions. Compare week one to week six, then week one to week nine, and so on. Comparing consecutive sets shows almost nothing and is discouraging for no good reason.

## **What the notes are for**

The photos show what changed. The notes show why. Five items a day, reviewed weekly, is enough to attribute a good fortnight to the thing that caused it — or a bad one, which matters more.

At week thirteen, read the whole map end to end in one sitting. Patterns that were invisible day to day become obvious across thirteen weeks, and that read-through is often the single most useful hour in the entire plan.

## THE WHOLE NINETY DAYS, IN ONE PLACE

### The Progress Log

#### YOU NEED

- A phone album titled with the start date
- A pinned note for the daily lines

#### METHOD

1. Photos every three weeks: same window, same time, three angles, no filters.
2. Notes daily: applied, looks, feels, ate, slept.
3. Review the notes weekly, on the same day. Review the photos only at weeks 6, 9 and 13.
4. Never compare consecutive photo sets — always compare back to week one.

**KEEPS** Ninety days, then archive it

**PATCH-TEST** Not applicable

*Daily photos. They produce anxiety and no information.*

### Try This — Set the Five Alarms

The log only survives if it is scheduled rather than remembered.

1. Set a daily alarm for the notes, at the same time each evening.
2. Set four alarms three weeks apart for photo days.
3. Name the photo alarms 'Same window, no filter, three angles'.
4. Put a final reminder at week thirteen: 'Read the whole map'.

---

## KEY TAKEAWAYS

- Comparing today with yesterday measures nothing — the interval is too short.
- Same window, same time, three angles, every three weeks. The rigidity is the method.
- Photos show what changed; the notes show why. You need both.

## CHAPTER 6

# Falling Off And Getting Back

You will drop this somewhere around week six or seven. Almost everybody does. This chapter exists so that when it happens, the plan already has a page for it and the gap costs you a fortnight rather than the whole ninety days.

### **A gap is not a reset**

Two weeks off does not undo six weeks on. Your skin does not keep score; it returns toward its baseline, and your baseline is now better than it was in week one. There is nothing to make up for and nothing to compensate for.

The damage, when there is any, comes from the response: the guilt, and the decision to restart with something intensive to catch up. Three masks in four days on a barrier that has just been neglected produces exactly the irritation you spent month one removing.

*Ninety days isn't a course you complete. It's the pace at which skin actually changes.*

### **The restart page**

Nights one, two and three: the settle routine only. Nothing added, no assessment in the mirror. On night three, decide honestly how the skin feels. If it is calm, resume at the start of whichever month you were in — not where you left off, and not further ahead to make up time.

If you were in month three, drop back to month two for a fortnight. It costs you two weeks and it saves the stability you spent nine weeks building.

### **What to keep after day ninety**

Keep the four-step daily routine, the Sunday batch hour, the mid-week swap, the weekly extra that earned its place, and the short list card. Keep the photos as your new baseline. Drop the daily notes to weekly, or stop them entirely until something changes.

And then run the whole thing again for the next concern, if there is one. Ninety days is not a course you complete. It is the pace at which skin actually changes, and it does not get faster the second time — but it does get considerably easier, because the infrastructure is already built.

COMING BACK AFTER ANY GAP, OF ANY LENGTH

The Restart Page

YOU NEED

- The settle routine
- A fresh toner batch
- Three quiet nights

METHOD

1. Nights one and two: settle routine only. No masks, no assessment.
2. Night three: settle routine, then judge honestly how the skin feels.
3. If calm, resume at the start of the month you were in — never further ahead.
4. If you were in month three, drop back to month two for a fortnight.

**KEEPS** Brew a fresh toner batch before starting

**PATCH-TEST** Re-test anything that has been open a long time

*Restarting with a mask, an exfoliant, or anything to 'catch up.'*

WHAT SURVIVES AFTER THE PLAN ENDS

The Day-Ninety Keep List

YOU NEED

- Your four-step daily routine
- The Sunday batch hour and mid-week swap
- The one weekly extra that earned its place
- The short list card

METHOD

1. Keep all four. Drop everything that did not earn a place.
2. Archive the ninety-day photos as your new baseline.
3. Reduce daily notes to weekly, or stop until something changes.
4. Re-test your skin type at the start of the next season.

**KEEPS** Indefinitely — this is the maintenance routine

**PATCH-TEST** 24 hours for anything new you add later

*Keeping a preparation because it was expensive rather than because it worked.*

### Try This — Write the Restart Page Before You Need It

The plan for the bad fortnight has to exist before the bad fortnight does.

1. On your short list card, write: 'Back after a gap? Three settle nights, then resume the month.'
2. Underneath: 'No masks in the first week back.'
3. Read that line the next time you have skipped three days in a row.
4. Do not re-read the photos on the day you restart — wait until the next scheduled set.

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### KEY TAKEAWAYS

- Two weeks off does not undo six weeks on. The damage comes from the catch-up, not the gap.
- Three settle nights, then resume at the start of the month you were in.
- After day ninety, keep the routine, the batch hour, the earned extra, and the card.

## PUT IT INTO PRACTICE

# Your Action Plan

Thirteen weeks on one page. Almost all of it is scheduling, because the plan fails on logistics far more often than on effort.

- ☐ Write down the single concern in specific terms, and check it is fading rather than texture.

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- ☐ Take the baseline photos this week: daylight, plain face, three angles, same window.

---

- ☐ Do the bathroom audit and put everything outside the four-step routine in a box.

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- ☐ Run month one unchanged for four full weeks — cleanse, damp step, seal, sunscreen.

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- ☐ Set up the Sunday batch hour and the mid-week toner swap in your calendar now.

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- ☐ Start the five-item daily notes on day one and keep them running throughout.

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- ☐ Month two: add exactly one thing per week, gentlest first, patch-tested 24 hours ahead.

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- ☐ Write each addition's name in capitals in the notes on the day it starts.

---

- ☐ Photograph at weeks 1, 6, 9 and 13 — same window, same time, no filters.

---

- ☐ Month three: pick one target and change one variable per fortnight.

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☐ Write the restart page on your short list card before you need it.

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☐ At week thirteen, compare week one to week thirteen and read the whole map in one sitting.

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## FINAL WORDS

# Where You Go From Here

Ninety days from now you will have something most people never get, because most people quit at week three: an honest answer. Not a guess coloured by a bad morning in poor light, but two sets of photographs taken in the same window and thirteen weeks of notes explaining what happened between them. Whatever that answer is, it will be worth having. If your skin is calmer, the marks have faded and the routine has become automatic, keep the four things that earned their place and let it run. If the concern has barely moved despite genuine consistency, that is not a failure either — it is a clear signal that this particular thing needs a professional rather than more patience, and you will walk into that appointment with a photographic record and a written history of exactly what you tried. That is a far better conversation than most people manage. Be fair to yourself in the week thirteen review. Skin changes at the pace it changes, not at the pace we would like, and staying with something for thirteen weeks when nothing visible happens for the first five is genuinely difficult. If you do that, you have already done the hard part — and the next ninety days, for the next thing, will be much easier.

*Breathe. Begin. Return.*

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