

reboot.
recharge.
revitalize.

YOUR DIGITAL DETOX JOURNAL

dermalogica[®]

this journal belongs to

Recharge your skin health
with a 7-day digital detox.

5 simple ways to do a digital detox



Delete apps you don't use often



Turn off push notifications



Ignore social media for a full day



Plan a phone/computer-free activity



Don't charge devices in the bedroom

why do a digital detox?

A Digital Detox is one of the best gifts you can give yourself. Just like a vacation from work, your mind needs an occasional vacation from digital stimulation. These down times can help enhance your creativity, improve memory retention, cultivate mindfulness and add balance to your life.

With rising use of digital technology, our brains have become used to filtering out irrelevant details, similar to the way we tune out irrelevant advertising. When we do this too often, we can accidentally tune out the people and details we should be focusing on.

By releasing ourselves from the constant fear of missing out, we can focus on what we are really missing – what is physically in front of us or on our minds. This can help us form deeper, more satisfying connections with the people and places around us.

So, use this journal to give yourself time to reflect on your daily challenges, spark your inner creativity, and establish a deeper connection with the world around you and inside of you. You just might notice a difference in your life – and your skin.

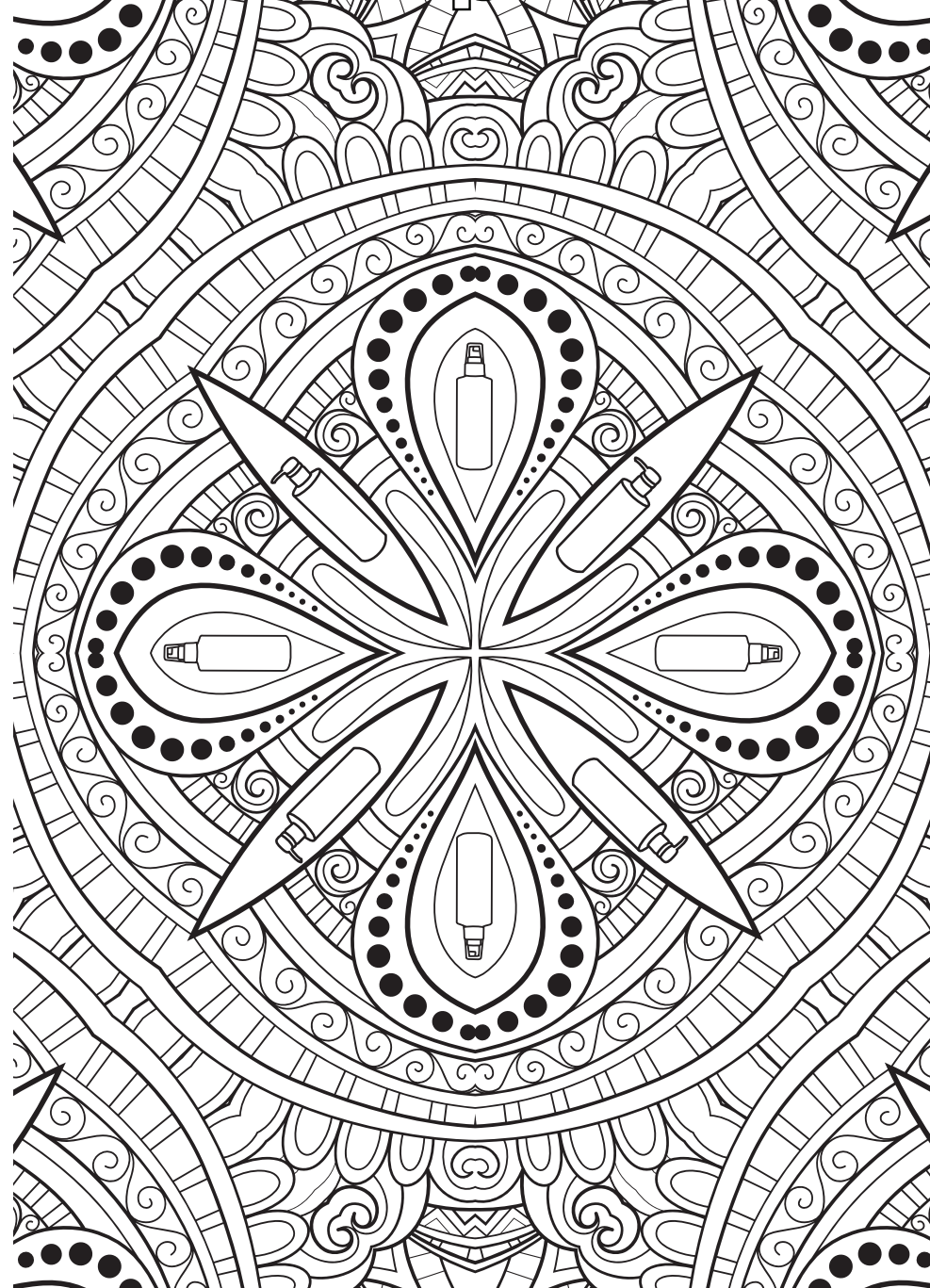
DAY 1

Stash your phone before bed – Double Cleanse instead!

1. Wash with PreCleanse or PreCleanse Balm (light oil cleanser).
Remove.
2. Wash with your prescribed (water-based) cleanser.
3. Enjoy ultra-clean skin.

date completed

thoughts/reflections



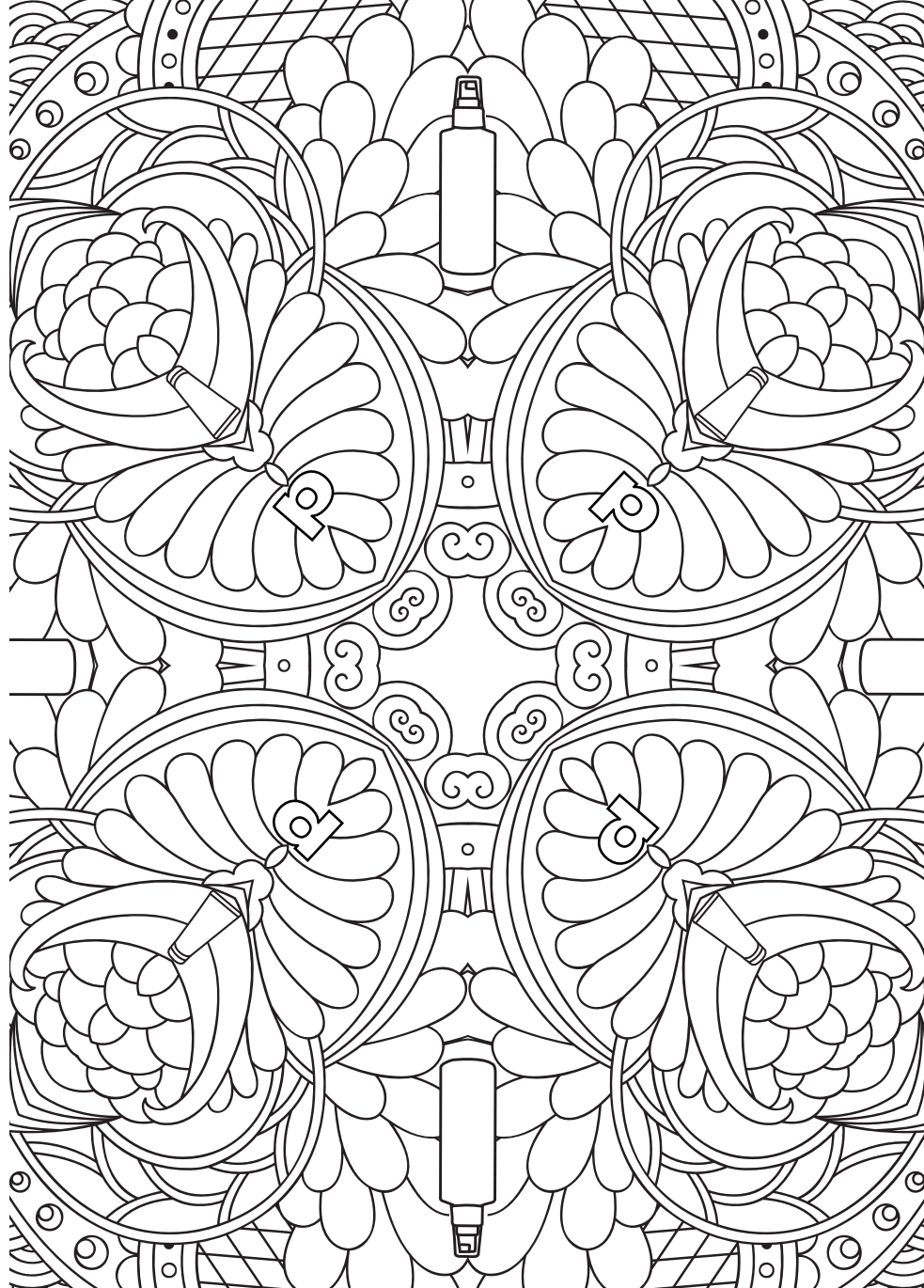
DAY 2

Combat neck wrinkles from smartphone overload.

Exfoliate and moisturize your neck and décolletage.

date completed

thoughts/reflections



DAY 3

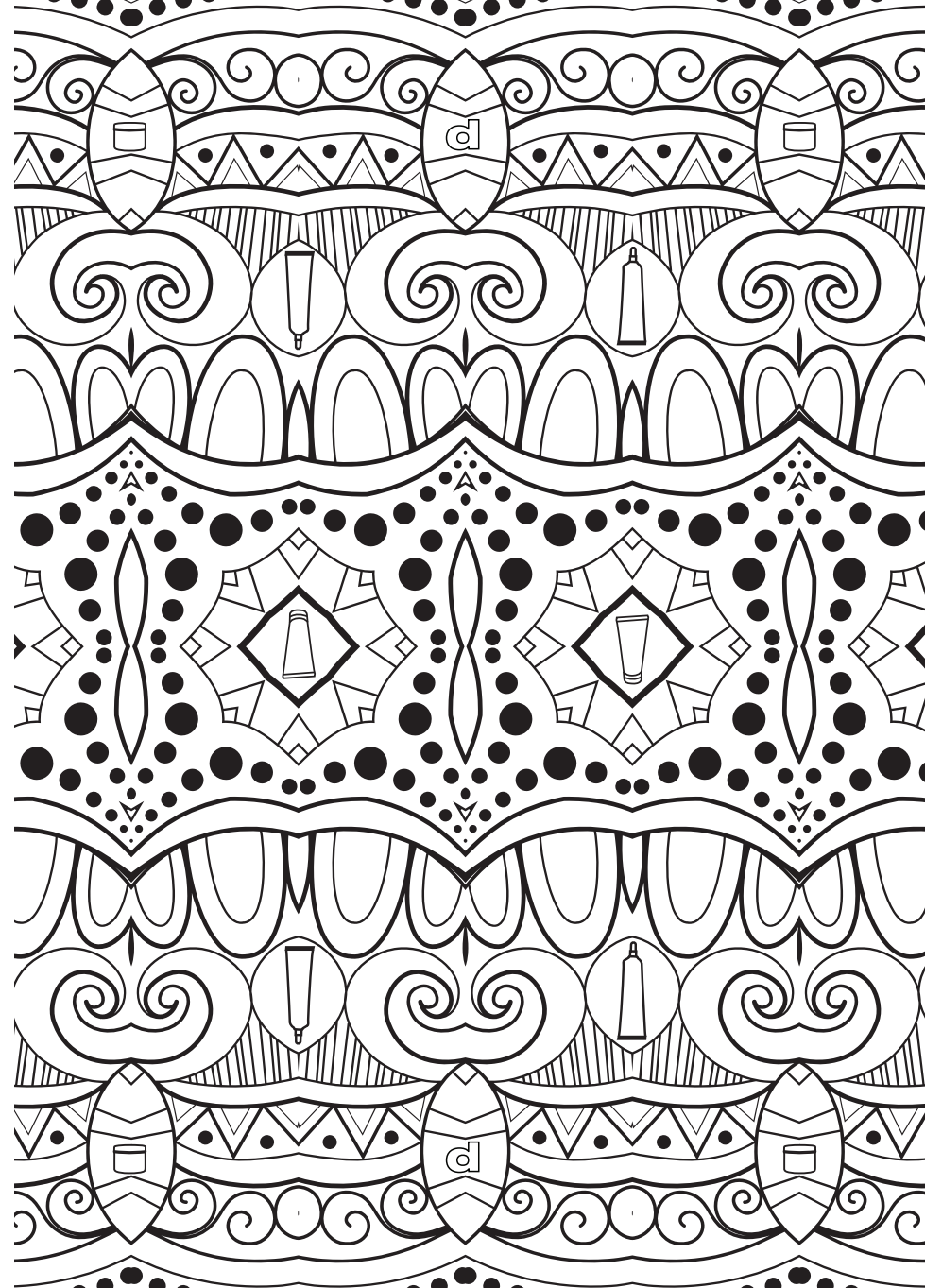
Re-energize tired eyes.

Massage your eye cream on for 5 minutes.

Pro Tip: Use your ring fingers for the lightest touch!

date completed

thoughts/reflections



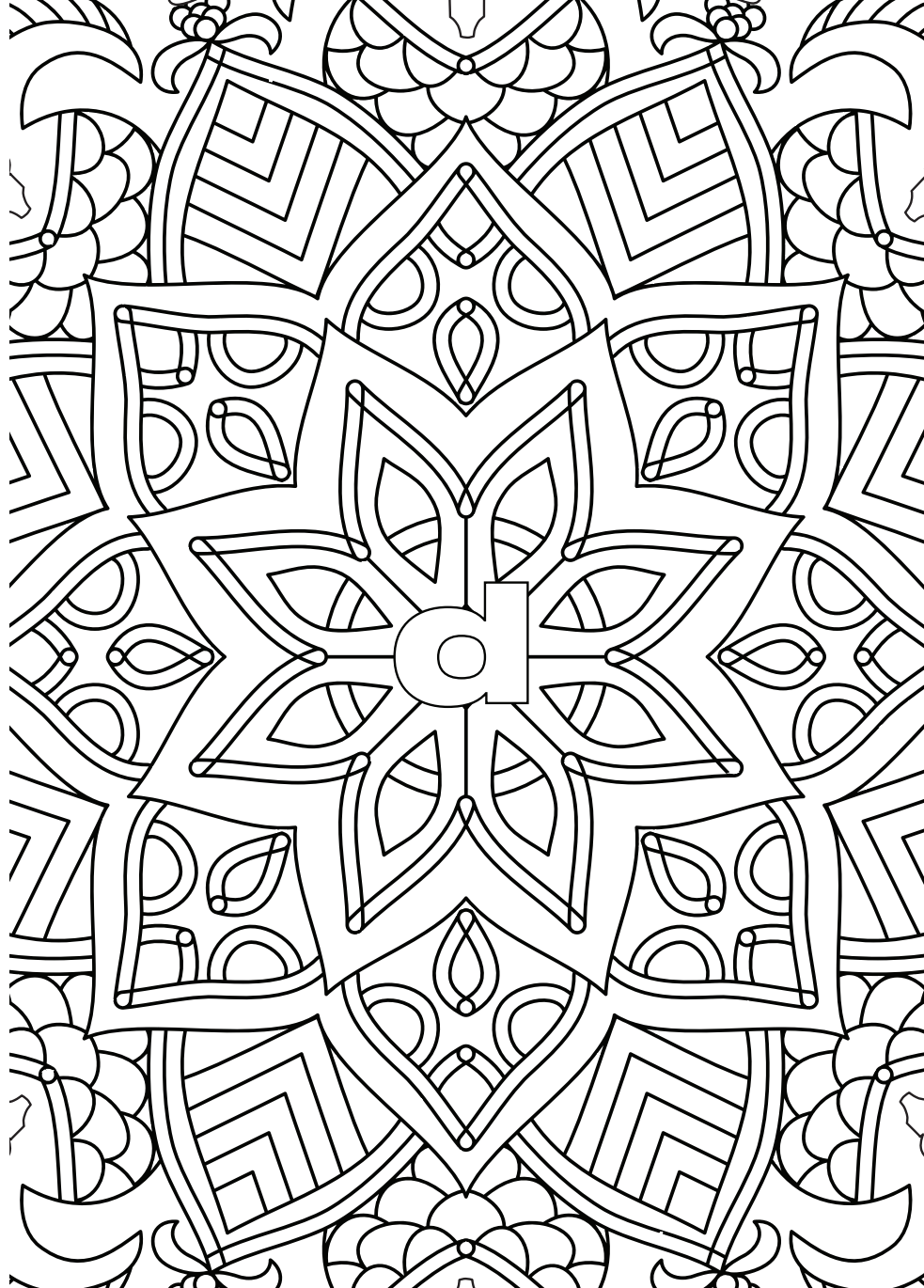
DAY 4

Nourish your skin with a masque (or two).

While you wait, color a mandala.

date completed

thoughts/reflections



DAY 7

Eat a skin-friendly food today.

carrot • spinach • tomato • berries • salmon • nuts • beans •
peas • lentils • avocado • bell pepper

date completed

thoughts/reflections

