

LAYERED

PERSONALISED SKINCARE REVIEW

Bespoke Routine Review

Prepared for Alex Morgan (fictional)

Primary concern	Dry or dehydrated skin
Also considered	Dullness

Illustrative example - fictional customer.

Your own review will reflect your products, priorities and circumstances.

29 October 2026 | Illustrative example
United Kingdom

Start Here

You want a shorter morning routine and a clear answer about your two hydrating serums. Keep useful roles and remove one overlapping layer first.

Your starting point

Your age	36
Current comfort	Comfortable; no irritation
Your preference	Few steps; lighter texture
Spending preference	Use what you own

Your priorities

- Decide whether both serums are needed.
- Reduce morning steps without losing comfort.
- Keep useful products and avoid extra purchases.

Layered's direction for your routine

Keep the with-Ceramides version of The Ordinary Hyaluronic Acid 2% + B5, which you prefer, and pause the Original Formulation. Both serve hydration roles; this choice does not establish that one is universally better.

Retain your CeraVe cleanser and lotion and Altruist SPF50. Keep all other timing and frequency unchanged while you assess the single reduction. Dullness does not automatically require an exfoliating treatment.

CERTAINTY NOTE

Illustrative example - fictional customer and circumstances. Real product roles were checked against manufacturer pages on 29 October 2026; comfort is part of the fictional record. This is not a compatibility guarantee or advice for every reader.

Your Routine At A Glance

HA + B5 means The Ordinary Hyaluronic Acid 2% + B5. The version names distinguish your two bottles; the routine below retains only the with-Ceramides version.

PRODUCT	ROLE	DECISION	HOW IT FITS
CeraVe Hydrating Cleanser	Cleanser	KEEP	Your comfortable evening rinse-off step.
HA + B5 Original Formulation	Hydrating serum	PAUSE	Leave out for one to two weeks as the first change.
HA + B5 with Ceramides	Hydrating serum	KEEP	Your preferred version; keep once each morning for now.
CeraVe Moisturising Lotion	Moisturiser	KEEP	Keep morning and evening; a distinct role from serum.
Altruist Sunscreen SPF50	Sun protection	KEEP	Keep last in morning skincare; follow the label.

<p>MORNING</p> <p>Usual rinse With-Ceramides serum CeraVe Lotion Altruist SPF50</p>	<p>EVENING</p> <p>CeraVe Cleanser CeraVe Lotion</p>	<p>FIRST ADJUSTMENT</p> <p>Original serum paused Other steps unchanged Observe one to two weeks</p>
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Your first change: Pause the original serum only. Keep the preferred serum and all other steps steady for one to two weeks.

03 / WHAT TO PROTECT

What's Already Working

Your reported comfort and existing core roles are worth protecting. Simplifying does not require starting again.

A comfortable cleansing step

CeraVe Hydrating Cleanser has an established evening place. You do not report tightness or irritation after use. Keep that habit while changing the morning serum layer.

An existing moisturiser

CeraVe Moisturising Lotion is already used morning and evening and feels comfortable. A preference for fewer steps is not a reason to remove the moisture step first.

Daytime protection is present

Altruist SPF50 is already your final morning skincare step, with label-led reapplication. Retain this separate function and use shade and protective clothing as appropriate.

You know your texture preference

You prefer the lighter feel of the with-Ceramides serum. That is a practical reason to retain this version while testing the removal of the original.

PROTECT THESE ANCHORS

Keep your established evening cleanser, morning/evening lotion and final morning sunscreen step. Retain the preferred serum at its existing morning frequency during the first test.

What's Creating Friction

The friction is unnecessary decision-making around similar products. You have not reported an adverse reaction or a need for more treatment steps.

Two similar serums	Both HA + B5 versions support hydration. Their overlap is a reason to test one fewer layer, not evidence of incompatibility.
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No clear role for both	You bought and use both, but have not described a separate benefit that requires them together each morning.
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Dullness adds pressure	An occasional dull appearance does not establish a need for acids. Avoid adding an exfoliant while assessing your simpler moisture routine.
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Changing too much	Removing both serums and changing the lotion together would make any difference harder to interpret. Begin with the original serum only.
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COMPATIBILITY BOUNDARY	
Overlapping hydration roles do not establish an ingredient conflict. Manufacturer pages support product roles; they do not prove the exact behaviour of every combination or bottle.	

05 / MORNING

Morning Routine

The only initial change is leaving out the Original Formulation serum. Keep the rest of your morning familiar.

FIRST	Your usual rinse	Keep your comfortable lukewarm-water rinse. No new cleanser step is introduced.
THEN	HA + B5 with Ceramides	Keep once each morning before lotion, following the product directions. Leave the Original Formulation out.
MOISTURISE	CeraVe Lotion	Use your existing morning moisturiser as usual. Do not change its frequency during the initial serum test.
PROTECT	Altruist SPF50	Final skincare step. Follow the label for generous application and reapplication; combine with other sun-protection measures.

Keep the remaining serum optional in principle

For the first one to two weeks, retain the with-Ceramides serum at your usual once-morning frequency. This helps you assess one change. Only later, if you still want fewer steps, consider a separate trial without that serum.

Morning priority: Preserve comfort and the sunscreen step. Do not mix serum or lotion into the sunscreen.

Evening Routine

Your evenings already contain two useful steps. Keep them unchanged while testing the morning reduction.

Cleanse	Use CeraVe Hydrating Cleanser as your existing evening wash. Massage and rinse according to its directions.
Moisturise	Follow with CeraVe Moisturising Lotion. Keep your established evening application unchanged.
Keep it simple	No serum or new active is added to evenings. The first trial concerns only the original morning serum.
NO EXTRA EVENING LAYER	
Do not move the paused original serum into evenings. That would retain the extra step rather than test whether it is needed.	

Evening priority: Cleanse, then moisturise. There is no need to invent separate active evenings for this example.

Example Weekly Structure

A repeatable week can be simple. Your current needs do not require alternating treatment days.

ILLUSTRATIVE WEEK - FLEXIBLE REPETITION

These rows describe the same pattern throughout the week, not extra routines or fixed weekdays. Product-label directions take priority.

EXAMPLE DAY	NIGHT TYPE	ROUTINE
Early in the week	Same two steps	CeraVe Cleanser, then CeraVe Lotion
Middle of the week	Same two steps	CeraVe Cleanser, then CeraVe Lotion
Rest of the week	Same two steps	CeraVe Cleanser, then CeraVe Lotion

Morning pattern

Usual rinse, then the with-Ceramides serum, CeraVe Lotion and Altruist SPF50. Keep the serum at its existing morning frequency during the initial test.

Evening pattern

CeraVe Hydrating Cleanser, then CeraVe Moisturising Lotion. The Original Formulation serum stays paused.

One repeatable pattern is enough. No extra product is needed to make a weekly plan useful.

Eight-Week Simplification Plan

The phases help you assess a change, not promise results by a deadline. Progress only when comfort is stable.

Weeks 1-2**Remove one layer**

Pause the Original Formulation serum. Keep the with-Ceramides serum each morning and retain all other steps. Notice comfort and ease.

Weeks 3-4**Decide whether to hold**

If the shorter routine remains comfortable, continue. If not, reassess the change before trying anything else. No improvement is guaranteed.

Weeks 5-6**Optional further simplification**

Only if stable and you still want fewer steps, test leaving out the remaining serum. Keep lotion and SPF unchanged. This later trial is optional.

Weeks 7-8**Keep the useful version**

Choose the simplest comfortable structure, with or without the remaining serum. Persistent or troublesome dryness needs reassessment, not repeated product additions.

OPTIONAL FUTURE CHANGE

Removing the remaining serum is optional. If you test that later and comfort worsens, return to the previously comfortable structure and reassess; do not add several replacements.

One-change rule: Pause the original serum first. A trial without the remaining serum is a separate later decision, never part of the same initial change.

Pause Rules & Professional Support

Your current products feel comfortable in this fictional record. Keep clear boundaries if that changes.

When to stop and reassess

- Stop using a product if irritation develops and follow its warning directions.
- Do not add an exfoliant while trying to resolve new discomfort.
- Reassess persistent dryness before changing several products.
- Seek appropriate support for severe or unexplained symptoms.

Follow the relevant product warnings. Do not automatically restart a product that caused a significant reaction; seek appropriate advice.

Your current safety information

Prescription skincare	None
Pregnancy-related context	None applies
Relevant medical care	None reported
Severe or unexplained symptoms	None reported

Comfort history

You report no recent irritation or previous significant product reaction. All five products have been used for at least eight weeks. These are fictional scenario facts, not safety clearance.

PROFESSIONAL SUPPORT

This review is educational routine guidance. It does not diagnose, prescribe, assess photographs, promise a particular result, or replace professional medical advice. Do not use it to start, stop or alter prescribed medication. If you develop severe, painful, rapidly worsening, infected or unexplained symptoms, seek appropriate professional support.

Now / Next / Later

Keep the order of decisions clear. No purchase is needed to begin this plan.

NOW	Pause the original serum. Retain the preferred serum and all other steps for one to two weeks.
NEXT	Assess comfort and effort. Continue if useful; reassess before changing something else if discomfort appears.
LATER	Simplify further only if wanted. A separate trial without the remaining serum is optional after stability. No new product is scheduled.

<p>Use what you own</p> <p>Continue the CeraVe cleanser and lotion, the preferred with-Ceramides serum and Altruist SPF50.</p> <p>Set the original serum aside during the test. There is no need to discard a comfortable product or replace it with a new one.</p>	<p>What can wait</p> <p>No new purchase is recommended now. Your priority is simpler moisture support, not another hydration layer.</p> <p>Do not add an exfoliant for dullness during the same observation period. Persistent or troublesome dryness warrants reassessment rather than automatic active escalation.</p>
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Progress, Evidence Note & Follow-Up

Notice how the routine feels and fits daily life. This plan does not predict a particular skin outcome.

Comfort	Does the shorter routine remain comfortable?
Morning effort	Is one fewer layer easier to repeat?
Finish	Is the finish under sunscreen acceptable?
Dryness	Has dryness changed or become persistent?
Consistency	Can you repeat the routine most days?
Optional serum	Does the remaining serum add something you value?

Routine Check-In

If you later want help reviewing how this plan is working, a Routine Check-In can revisit the products and structure already covered here without rebuilding the routine from scratch.
Contact Layered about follow-up support.
hello@layeredskincare.com | www.layeredskincare.com

EVIDENCE NOTE

Layered uses peer-reviewed dermatology and skincare research together with patient and clinical guidance from sources including the NHS, NICE, the British Association of Dermatologists and the American Academy of Dermatology. This review translates that evidence into practical routine structure.

Where precise formulation information is not supplied, this review does not assume ingredient strength, delivery system or exact product compatibility. Product labels and appropriate professional advice take priority.