



January 2026

M	5	12	19	26
T	6	13	20	27
W	7	14	21	28
T	1	8	15	22
F	2	9	16	23
S	3	10	17	24
S	4	11	18	25

Tretin[®]

Cleargel[®]

January

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 New Year	2	3	4
5	6	7	8	9	10	11
12	13	14 Makar Sankranti / Pongal	15	16	17	18
19	20	21	22	23	24 National Girl Child Day	25
26 Republic Day	27	28	29	30	31	

Do's and Dont's for Oily Skin

✓ Gently cleanse twice daily

✗ Avoid over-exfoliating

✓ Opt for non-comedogenic products

✗ Don't skip moisturizer

✓ Exfoliate regularly
(1-2x a week)

✗ Stay away from
heavy foundations

✓ Use a gel-based
oil-free moisturizer

✗ Don't touch your
face constantly

February 2026

M	2	9	16	23
T	3	10	17	24
W	4	11	18	25
T	5	12	19	26
F	6	13	20	27
S	7	14	21	28
S	1	8	15	22

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February

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
						Maha Shivaratri
16	17	18	19	20	21	22
23	24	25	26	27	28	

8 DO'S AND DON'TS OF SKIN CARE



DO

1. WEAR SUNSCREEN EVERY DAY:

UV radiation penetrates clouds

2. GIVE YOUR BODY SOME LOVE:

Skin care isn't limited to your face

3. LOAD UP ON ANTIOXIDANTS:

Protect your skin from free radicals

4. REMOVE MAKEUP BEFORE BED:

Otherwise you may cause acne



DON'T

5. FORGET TO MOISTURIZE DAILY:

Even if you have oily skin

6. OVER-EXFOLIATE:

2-3 times a week at most

7. NEGLECT YOUR NECK AND DÉCOLLETAGE:

These show signs of aging first

8. SKIMP ON SLEEP:

Beauty sleep is 7-8 hours a night



March 2026

M	30	2	9	16	23
T	31	3	10	17	24
W		4	11	18	25
T		5	12	19	26
F		6	13	20	27
S		7	14	21	28
S	1	8	15	22	29

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March

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	31 Mahavir Jayanti					1
2	3 Holika Dahan	4 Holi	5	6	7	8 International Women's Day
9	10	11	12	13	14	15
16	17	18	19 Ugadi / Gudi Padwa	20 Eid-ul-Fitr (Ramzan Id)*	21	22
23	24	25	26	27 Rama Navami	28	29

*Tentative date for Eid festivals.

DO



1 WEAR SUNSCREEN EVERY DAY:

UV radiation penetrates clouds



2 GIVE YOUR BODY SOME LOVE:

Skin care isn't limited to your face

DON'T



5 FORGET TO MOISTURIZE DAILY:

Even if you have oily skin



6 OVER-EXFOLIATE:

2-3 times a week at most

April 2026

M	6	13	20	27	
T	7	14	21	28	
W	1	8	15	22	29
T	2	9	16	23	30
F	3	10	17	24	
S	4	11	18	25	
S	5	12	19	26	

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April

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3 Good Friday	4	5
6	7 World Health Day	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



1 Cleanse

Twice per day,
morning & night



2 Tone

Twice per day,
morning & night



3 Exfoliate

Once or twice
per week



4 Mask

Once or twice
per week



5 Treat

Twice per day,
morning & night



6 Moisturize

Twice per day,
morning & night

May 2026

M	4	11	18	25	
T	5	12	19	26	
W	6	13	20	27	
T	7	14	21	28	
F	1	8	15	22	29
S	2	9	16	23	30
S	3	10	17	24	31

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May

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Labour Day / Maharashtra Day	2	3
4	5	6	7	8	9	10 Mother's Day
11	12 International Nurses Day	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



June 2026

M	1	8	15	22	29
T	2	9	16	23	30
W	3	10	17	24	
T	4	11	18	25	
F	5	12	19	26	
S	6	13	20	27	
S	7	14	21	28	

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June

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

International Yoga Day

Muharram / Ashura*

Eid-ul-Adha (Bakri Id)*

*Tentative date for Eid festivals.



July 2026

M	6	13	20	27	
T	7	14	21	28	
W	1	8	15	22	29
T	2	9	16	23	30
F	3	10	17	24	31
S	4	11	18	25	
S	5	12	19	26	

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July

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 National doctor's day	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



August 2026

M	31	3	10	17	24
T		4	11	18	25
W		5	12	19	26
T		6	13	20	27
F		7	14	21	28
S	1	8	15	22	29
S	2	9	16	23	30

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August

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
					Independence Day	
17	18	19	20	21	22	23
24	25	26	27	28	29	30
	Onam			Raksha Bandhan		



Cleansing Rules For You

Dos:

Use a gentle cleanser

Cleanse twice daily

Massage in circular motions for one minute

Pat dry with a clean towel

Follow with moisturizer

Don'ts:

Use harsh scrubbing motions

Use hot water, which can strip skin of natural oils

Skip cleansing before bed

Use chemical soaps

Over-cleanse, as it can lead to dryness



September 2026

M	7	14	21	28	
T	1	8	15	22	29
W	2	9	16	23	30
T	3	10	17	24	
F	4	11	18	25	
S	5	12	19	26	
S	6	13	20	27	

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September

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4 Janmashtami	5	6
7	8	9	10	11	12	13
14 Ganesh Chaturthi	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

01
Use an exfoliant once or twice a week.

02
Moisturize your skin twice a day.

03
Use a clay-based mask once or twice a week.

04
Cleanse your skin twice daily.

October 2026

M		5	12	19	26
T		6	13	20	27
W		7	14	21	28
T	1	8	15	22	29
F	2	9	16	23	30
S	3	10	17	24	31
S	4	11	18	25	

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October

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2 Gandhi Jayanti	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Dussehra / Dasara & World's Osteoporosis Day	21	22	23	24	25
26	27	28	29	30	31	



November 2026

M	30	2	9	16	23
T		3	10	17	24
W		4	11	18	25
T		5	12	19	26
F		6	13	20	27
S		7	14	21	28
S	1	8	15	22	29

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November

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30						1
2	3	4	5	6	7	8 Diwali / Deepavali
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24 Guru Nanak Jayanti	25	26	27	28	29



December 2026

M	7	14	21	28	
T	1	8	15	22	29
W	2	9	16	23	30
T	3	10	17	24	31
F	4	11	18	25	
S	5	12	19	26	
S	6	13	20	27	

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December

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
				Christmas		
28	29	30	31			
			New Year's Eve			