SAMPLE

A SLIDE COURSE BY LENA ORTIZ

The Five-Minute Routine

Five short slide lessons on building a simple morning and evening skincare routine you'll actually keep. Read at your own pace, no video needed.

Example course, made for a sample creator, not your content. Yours is made from your own posts and material.



SAMPLE

COURSE MAP

Five lessons, about ten minutes each

1

Less is more

Why a ten-step routine rarely lasts past week two.

2

The core three

Cleanse, treat, protect: the base of every routine.

3

Know your skin

Reading what your skin is telling you, season by season.

4

Morning and night

Two short routines, step by step.

5

Your routine

Build and track it with the workbook.

Who does what

We build the designed slide lessons and workbook; recording a voice-over is optional.

LESSON 2 · THE CORE THREE

Every routine is three steps

Cleanse
a gentle wash that doesn't leave skin tight

+

Treat
one serum for the one thing you want to change

+

Protect
moisturizer, and sunscreen in the morning

=

A routine
you can do in five minutes, every day

Add a step only when the three are a habit. Most people see more change from doing three steps daily than ten steps now and then.

LESSON 2 · TRY IT

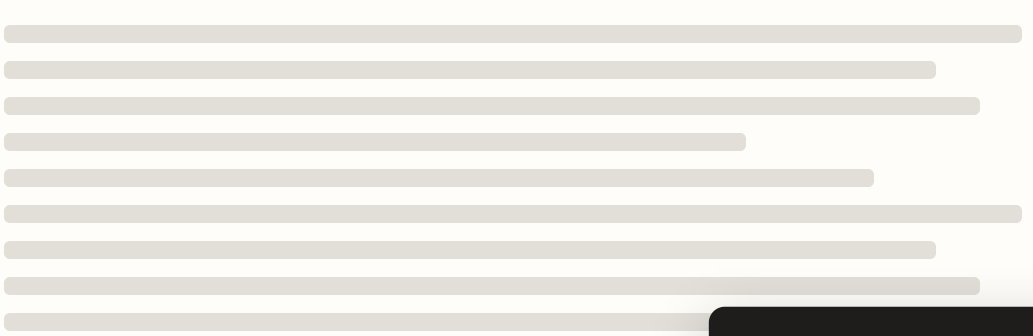
Your first morning routine

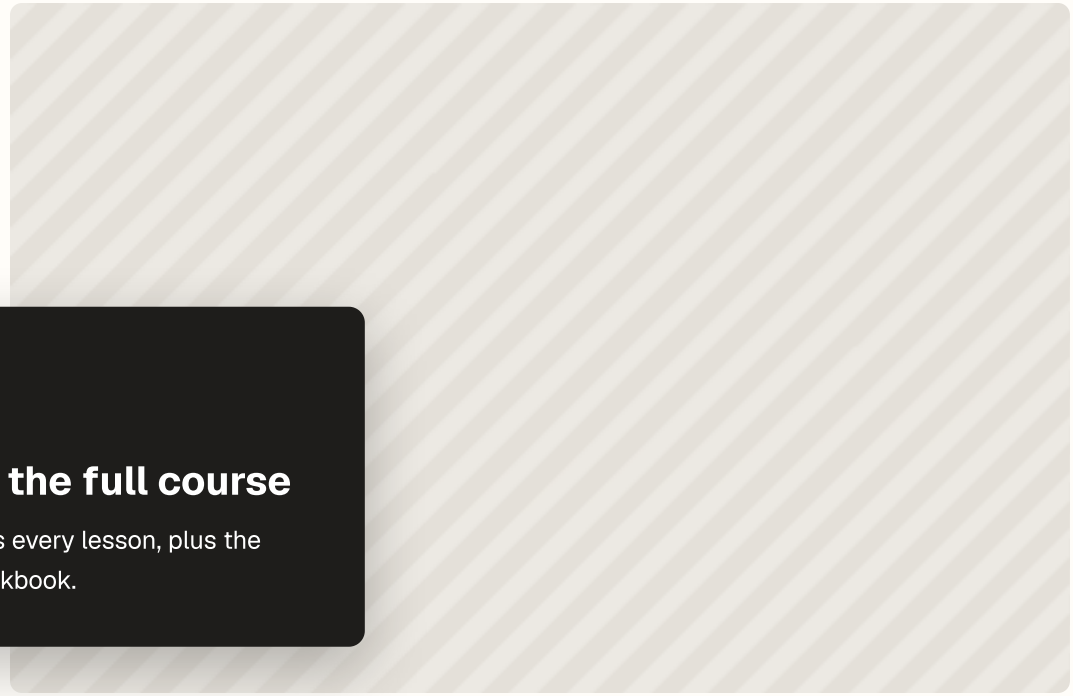
- Rinse or cleanse with lukewarm water
- Pat dry and apply two drops of serum
- Wait a minute, then moisturize
- Finish with sunscreen, every day



LESSON 3 · KNOW YOUR SKIN

Reading your skin in the morning





Lessons 3–5 are in the full course

Your finished slide course has every lesson, plus the printable workbook.

WHAT YOU'D GET

Your slide course, made for you

This sample shows the format. Yours is built from what you already teach in your posts, with your photos. No filming needed.

Designed lessons

Every slide written and laid out for you to approve.

Printable workbook

Planners and checklists that go with each lesson.

Optional voice-over

Record on your phone if you want; it works without it.

Ready to sell

Course page and checkout set up. We take 30% of product revenue; you keep 70%.