

a guide to the perfect
**SKIN-CARE
ROUTINE**



OVERVIEW:

It's essential to take care of your skin to protect it from breakouts, sun damage, and more. However, with so many products and advice out there, it can be difficult to know where to begin.

Use this guide as a starting point to build a routine that's right for you, adjusting or dropping steps to suit your skin type.

WHAT'S INCLUDED:

- **Example Skin-Care Regimen**
Suggested steps and products to help protect your skin



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CLEANSER

- Paying close attention to your T-zone (forehead, nose, and chin), gently massage a dime-sized amount of cleanser on your skin in circular motions using damp hands for roughly thirty seconds.
- Rinse completely under lukewarm water, then gently pat your face dry with a fresh, soft towel.

Products to consider:

- **Oily skin:** La Roche-Posay Effaclar Purifying Foaming Gel Cleanser (with Salicylic Acid)
- **Dry skin:** CeraVe Hydrating Facial Cleanser (with Hyaluronic Acid)
- **Sensitive skin:** Cetaphil Gentle Skin Cleanser

EXFOLIATE

- Apply either a physical exfoliant using your fingers or a chemical exfoliant using a cotton pad.
- Be gentle, making small, circular motions to avoid irritating your skin.
- Rinse with lukewarm water, and pat dry.

Products to consider:

- **Physical exfoliator:** SkinCeuticals Micro-Exfoliating Scrub
- **Chemical exfoliator:** Ren Radiance Ready Steady Glow Daily AHA Tonic

TONE

- Avoiding your eye area, gently swipe a cotton pad moistened with toner across your face.
- Wait for your skin to dry completely before moving on to the next step of your routine.

Products to consider:

- **Oily skin:** Dickinson's Original Witch Hazel Pore Perfecting Toner
- **Dry skin:** Mario Badescu Facial Spray with Aloe, Herbs and Rosewater
- **Acne-prone skin:** The Body Shop Tea Tree Skin Clearing Toner

APPLY SERUM

- Avoiding your eye area, gently pat a few drops of serum on your face using your fingertips.
- Let the serum absorb completely before proceeding to the next stage.

Products to consider:

- **Aging skin:** Sunday Riley Luna Sleeping Night Oil (with Retinol)
- **Dry skin:** Drunk Elephant C-Firma Fresh Day Serum (with Vitamin C)
- **Combination skin:** The Ordinary Hyaluronic Acid 2% + B5

MOISTURIZE

- Using upward strokes, gently massage your face and neck with a pea-sized amount of moisturizer using your fingertips. Pay attention to areas that might be especially dry, like your cheeks and around your eyes.

Products to consider:

- **Oily skin:** Neutrogena Hydro Boost Water Gel
- **Dry skin:** CeraVe Facial Moisturizing Lotion
- **Combination skin:** La Roche-Posay Double Repair Face Moisturizer

APPLY SPF

- Use a sunscreen with a broad-spectrum coverage of 30 SPF or higher.
- Apply about a dime-sized amount to your fingers, and rub in completely on your face, neck, and exposed chest

Note: Keep in mind that attaining healthy, radiant skin depends mostly on consistency. Follow your routine each morning and evening, and practice patience. Gradually, results will show up, and you'll feel brilliant in your own skin.

Always speak to a dermatologist before changing any skincare routines.