

Skincare Routine

March 14, 2019

Note:

- 1) I live in a very dry climate with a dry skin-type (Phoenix, AZ)
- 2) My major skin concerns are dryness, flakiness, sensitive skin, & chin acne caused by products that don't "agree" with my skin (this seems totally random and I can't isolate it to one ingredient)
- 3) I've tried thousands of dollars of products and this affordable routine works better for me than many luxury brands (although there are some higher end items mixed in)
- 4) My skin looks best when I physically & chemically exfoliate daily but this may not work for everyone... for me it's a must or I'm a crocodile
- 5) I let my serums dry on my face for 5-10 mins before applying any other products
- 6) I apply Tretinoin, mixed with FBA hydration serum, to my damp face to get better coverage and less of a "tacky" feel. I let this sit for 30 minutes before I moisturizer
- 7) I alternate PM routines A & B every other night
- 8) I only use Dreet to wash my pillows!! This was the cure to my never-ending chin breakouts

Finishing Spray (Morning & Night)

Mario Badescu Facial Spray
Cost: \$7 per 4oz



Morning

Water rinse! No cleanser

Cost: Free



1. First Aid Beauty Radiance Pads
Cost: \$16 per 28 (I cut these in half so really 56)



2. First Aid Beauty Hydrating Serum
\$36 per 1oz



3. Supergoop Sunscreen Oil
Cost: \$12 per 1oz



4. Sephora Collection All Day Hydrator
Cost: \$16 per 1.69oz

Night (Routine A)



1. Skinfood Black Sugar Face Scrub
Cost: \$12 per 3.53oz



2. Glossier Cleanser
Cost: \$18 per 6oz



3. Tretinoin Cream (.05%) Mixed with FBA Hydrating Serum
Cost: \$40 per 1oz



4. Youth the the People Glow Oil
Cost: \$44 per 1oz

Night (Routine b)



1. Silicone Scrub-Thing with Cleanser
Cost: \$6 / One-Time



2. Drunk Elephant Pekee or JuJu bar
Cost: \$16/ Travel Set



3. Youth to the People Vitamin C Serum
Cost: \$62 per 1oz



4. Sephora Collection Nourishing Moisturizer Mixed with 3 drops of TO Rosehip Oil
Costs:
Moisturizer \$16 per 1.69oz
Oil / \$9.80 per 1oz