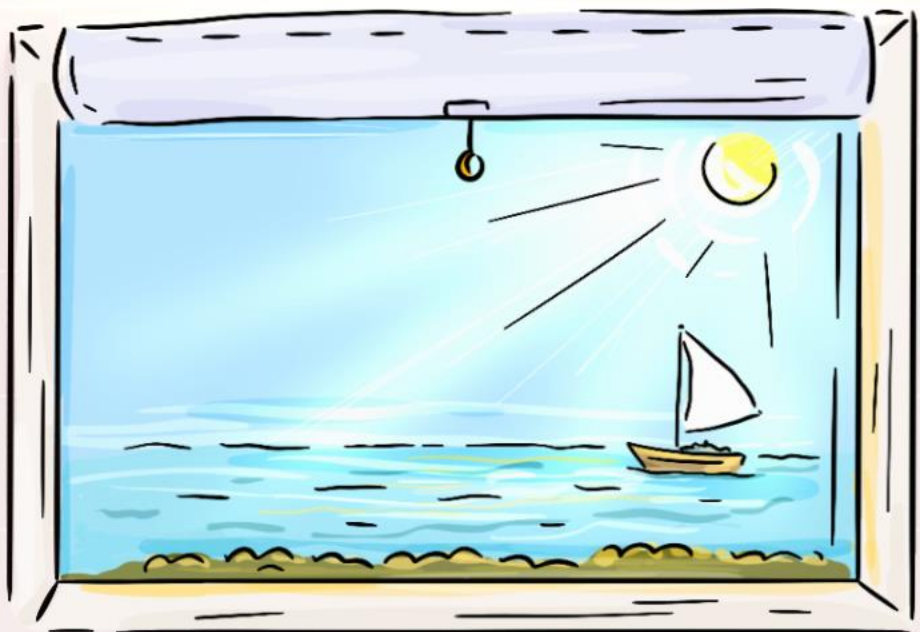


Morning Skincare Routine



Regular Cleanser



Exfoliant



Serum/
Treatment



Sunscreen





Morning (AM) Routine

This skincare routine can help remove dead skin cells on the surface of the skin, unclog pores, hydrate the skin, smooth fine lines and wrinkles, and brighten skin tone. Additionally, it can protect the skin against harmful UVA and UVB rays, which can cause sunburn, premature aging, and even skin cancer.

Step 1. Use a Regular Cleanser



Examples:

La Roche Posay Effaclar
Purifying Foaming Gel Cleanser
(Normal to Oily Skin)
or
CeraVe
Foaming Facial Cleanser
(Normal to Oily Skin)



Take a clean towel
and pat the skin dry

Step 2. Apply Exfoliating Acid Serum



Do not
wash it off

Garnier SkinActive
AHA + BHA Charcoal Serum
4% (AHA+BHA+Niacinamide)



Wait

30-60
sec.

(Optional) Step 3. Apply Serum/Treatment



Do not
wash it off

Examples:
Garnier SkinActive
Hyaluronic Aloe Super Serum
or
Garnier SkinActive
Vitamin C Brightening Serum



Wait

30-60
sec.

Step 4. Apply Sunscreen



Do not
wash it off

Examples:
COSRX Aloe Soothing
Sun Cream SPF 50+ and PA+++
(All Skin Types – Mineral + Chemical)
or
NIOD Survival 30
(All Skin Types – Mineral – Natural Tint)

Regular Cleanser: Dispense a coin-sized amount of facial cleanser onto the palm of your hand and apply it to wet skin, spreading it evenly for better absorption.

Gently massage the cleanser into the skin all over the face for about 30–60 seconds. Rinse thoroughly and pat dry.

Garnier AHA + BHA Exfoliant Serum: Dispense about 5-8 drops of exfoliant onto the palm of your hand or fingertips. Then, gently massage it all over your face and neck. Do not rinse.

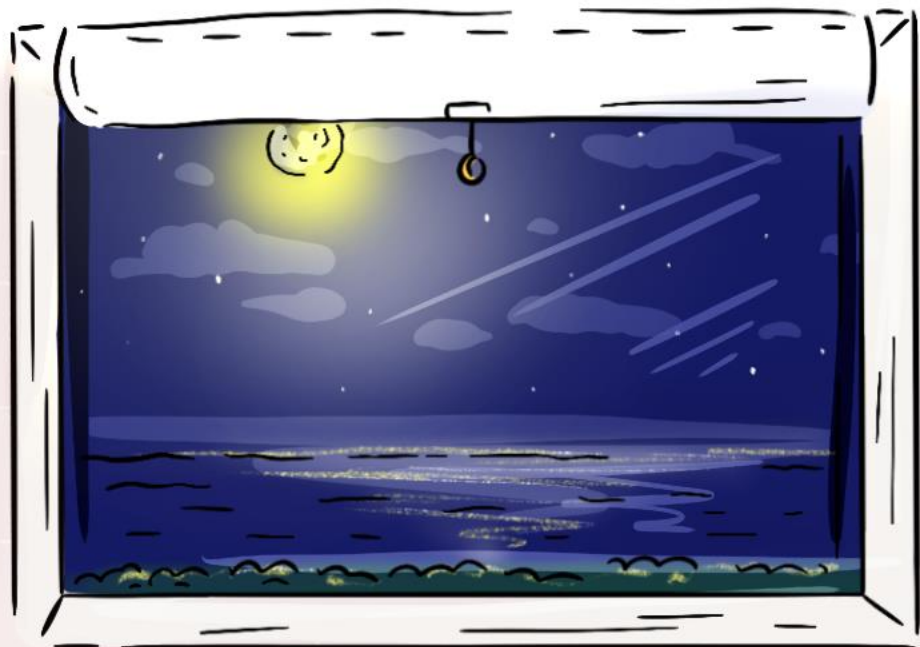
Serum/Treatment: Dispense about 3-5 drops of serum onto the palm of your hand or fingertips. Then, gently massage it all over your face and neck. Do not rinse.

Sunscreen: Take about half a teaspoon of facial sunscreen and spread it evenly over the face and neck, making sure to cover all exposed skin. Be sure to apply the sunscreen at least 10-15 minutes before going outside to allow it to fully absorb into the skin. Remember to reapply sunscreen every two hours or more often if you are sweating or swimming. Do not rinse.

Additional Notes: When choosing skincare products, make sure to select those that are specifically formulated or better suited for your skin type and needs.

Eyelids/Eye Area: Always read individual product labels carefully for instructions or warnings about using the product in the eye area. Many skincare products are not designed for use around the eyes and can cause irritation or other adverse effects. If there is no indication on the label, it may be safe to use, but it's always a good idea to exercise caution and avoid getting the product in your eyes.

Evening Skincare Routine



Oil or Balm and/or
Regular Cleanser



Exfoliant



Serum/
Treatment



Moisturizer





Evening (PM) Routine

This routine helps remove dead skin cells on the skin's surface, hydrate the skin, smooth fine lines and wrinkles, brighten skin tone, and strengthen the skin's barrier function.

Step 1. Use an Oil or Balm and/or Regular Cleanser



Examples:

Hada Labo Cleansing Oil
(All Skin Types – Removes Mineral Sunscreen)
or
The Ordinary Squalane Cleanser
(All Skin Types – Removes Mineral Sunscreen)
or
La Roche Posay Effaclar
Purifying Foaming Gel Cleanser
(Normal to Oily Skin)
or
CeraVe Foaming Facial Cleanser
(Normal to Oily Skin)



Step 2. Apply Exfoliating Acid Serum



Garnier SkinActive
AHA + BHA Charcoal Serum
4% (AHA+BHA+Niacinamide)



(Optional) Step 3. Apply Serum/Treatment



Examples:
Garnier SkinActive
Hyaluronic Aloe Super Serum
or
Garnier SkinActive
Vitamin C Brightening Serum



(Optional) Step 4. Apply Moisturizer



Examples:
Neutrogena
Hydro Boost Water-Gel
(All Skin Types)
or
Geek & Gorgeous
Hydration Station
(Normal to Oily)

Double Cleansing (PM only) with Oil or Balm: If you use waterproof makeup or mineral sunscreen, use a cleansing oil or balm as the first step. Pour a coin-sized amount of oil or balm cleanser onto your palm and apply it to dry skin or on top of your sunscreen or makeup (**NOTE:** For the cleansing balm, rub hands together for about 30 seconds to warm the product, allowing it to melt into an oil). Gently massage the cleanser into the face and neck, including around the eyes, for about 30–60 seconds, or 2 minutes for difficult-to-remove sunscreen or makeup. Rinse thoroughly and leave the skin wet, then follow up with your regular cleanser.

Regular Cleanser: Dispense a coin-sized amount of facial cleanser onto the palm of your hand and apply it to wet skin, spreading it evenly for better absorption.

Gently massage the cleanser into the skin all over the face for about 30–60 seconds. Rinse thoroughly and pat dry.

Garnier AHA + BHA Exfoliant Serum: Dispense about 5-8 drops of exfoliant onto the palm of your hand or fingertips. Then, gently massage it all over your face and neck. Do not rinse.

Serum/Treatment: Dispense about 3-5 drops of serum onto the palm of your hand or fingertips. Then, gently massage it all over your face and neck. Do not rinse.

Moisturizer: Dispense a pea- to a bean-sized amount of moisturizer onto your fingertips, then massage it gently all over your face and neck. Do not rinse.

Additional Notes: When choosing skincare products, make sure to select those that are specifically formulated or better suited for your skin type and needs.

Eyelids/Eye Area: Always read individual product labels carefully for instructions or warnings about using the product in the eye area. Many skincare products are not designed for use around the eyes and can cause irritation or other adverse effects. If there is no indication on the label, it may be safe to use, but it's always a good idea to exercise caution and avoid getting the product in your eyes.



It is advisable to **AVOID** using the "Garnier SkinActive AHA + BHA Charcoal Serum" along with highly acidic exfoliating acid cleansers that contain AHA/BHA in the same skincare routine. This is because the combination can result in over-exfoliation and cause the skin to become dry, flaky, and irritated. Furthermore, it may lead to breakouts, redness, and inflammation.

**Step 1. Exfoliating Acid Cleansers
(highly acidic)**



Examples:

SkinCeuticals
Glycolic Renewal Cleanser
(pH of 3.5)

or

Facetheory Glycolic Acid
Face and Body Scrub
(pH 3.75)

or

Facetheory Clarifying Cleanser
(pH 3.75)



**Be
careful!**

**Step 2.
Exfoliating Acid Serum**



Garnier SkinActive
AHA + BHA Charcoal Serum
4% (AHA+BHA+Niacinamide)

**Step 3.
Moisturizer**



Examples:

Neutrogena
Hydro Boost Water-Gel

or

Geek & Gorgeous
Hydration Station

It is recommended **NOT** to use the "Garnier SkinActive AHA + BHA Charcoal Serum" along with AHA/BHA exfoliating acid masks in the same skincare routine. This is because the combination can lead to over-exfoliation, resulting in dry, flaky, and irritated skin. Additionally, it can cause breakouts, redness, and inflammation.

Step 1.
Regular Cleanser



Examples:

La Roche Posay Effaclar
Purifying Foaming Gel Cleanser
or
CeraVe
Foaming Facial Cleanser

Step 2. AHA/BHA
Exfoliating Acid Masks



The Ordinary
2% Salicylic Acid Masque
(pH 3.5 – 4.5)
or
The Ordinary 30% AHA +
2% BHA Peeling Solution
(pH 3.5 – 3.7)



Step 3.
Exfoliating Acid Serum



Garnier SkinActive
AHA + BHA Charcoal Serum
4% (AHA+BHA+Niacinamide)

Step 4.
Moisturizer



Examples:

Neutrogena
Hydro Boost Water-Gel
or
Geek & Gorgeous
Hydration Station

It is advisable to **AVOID** using the "Garnier SkinActive AHA + BHA Charcoal Serum" in conjunction with other AHA/BHA exfoliating acid leave-on products in the same skincare routine. This is because the combination can lead to over-exfoliation, causing the skin to become dry, flaky, and irritated. Moreover, it can cause breakouts, redness, and inflammation.

Step 1.
Regular Cleanser



Examples:

La Roche Posay Effaclar
Purifying Foaming Gel Cleanser
or
CeraVe
Foaming Facial Cleanser

**Step 2. AHA and/or BHA
Exfoliating Acid Toners/Serums**



Examples:

Paula's Choice 2% BHA Liquid Exfoliant
(pH 3.2 – 3.8)

or

The Ordinary
Glycolic Acid 7% Toning Solution
(pH 3.5 – 3.9)

or

COSRX AHA/BHA Clarifying Treatment Toner
(pH 4.5 – 5.5)

or

La Roche Posay Effaclar Serum
(pH unknown)



**Be
careful!**

Step 3.
Exfoliating Acid Serum



Garnier SkinActive
AHA + BHA Charcoal Serum
4% (AHA+BHA+Niacinamide)

Step 4.
Moisturizer



Examples:

Neutrogena
Hydro Boost Water-Gel
or
Geek & Gorgeous
Hydration Station

It is recommended to **AVOID** using the "Garnier SkinActive AHA + BHA Charcoal Serum" in conjunction with Retinol, Retinal, or Retinoids in the same skincare routine. This is because the combination can potentially cause skin irritation, dryness, and sensitivity, especially if used in high concentrations. It's crucial to begin with low concentrations and gradually increase the usage to avoid possible side effects. When used together, they can increase the risk of skin irritation, so it's vital to monitor your skin's reaction closely and adjust the usage accordingly.

Step 1. Regular Cleanser



Examples:

La Roche Posay Effaclar
Purifying Foaming Gel Cleanser
or
CeraVe
Foaming Facial Cleanser

Step 2. Exfoliating Acid Serum



Garnier SkinActive
AHA + BHA Charcoal Serum
4% (AHA+BHA+Niacinamide)

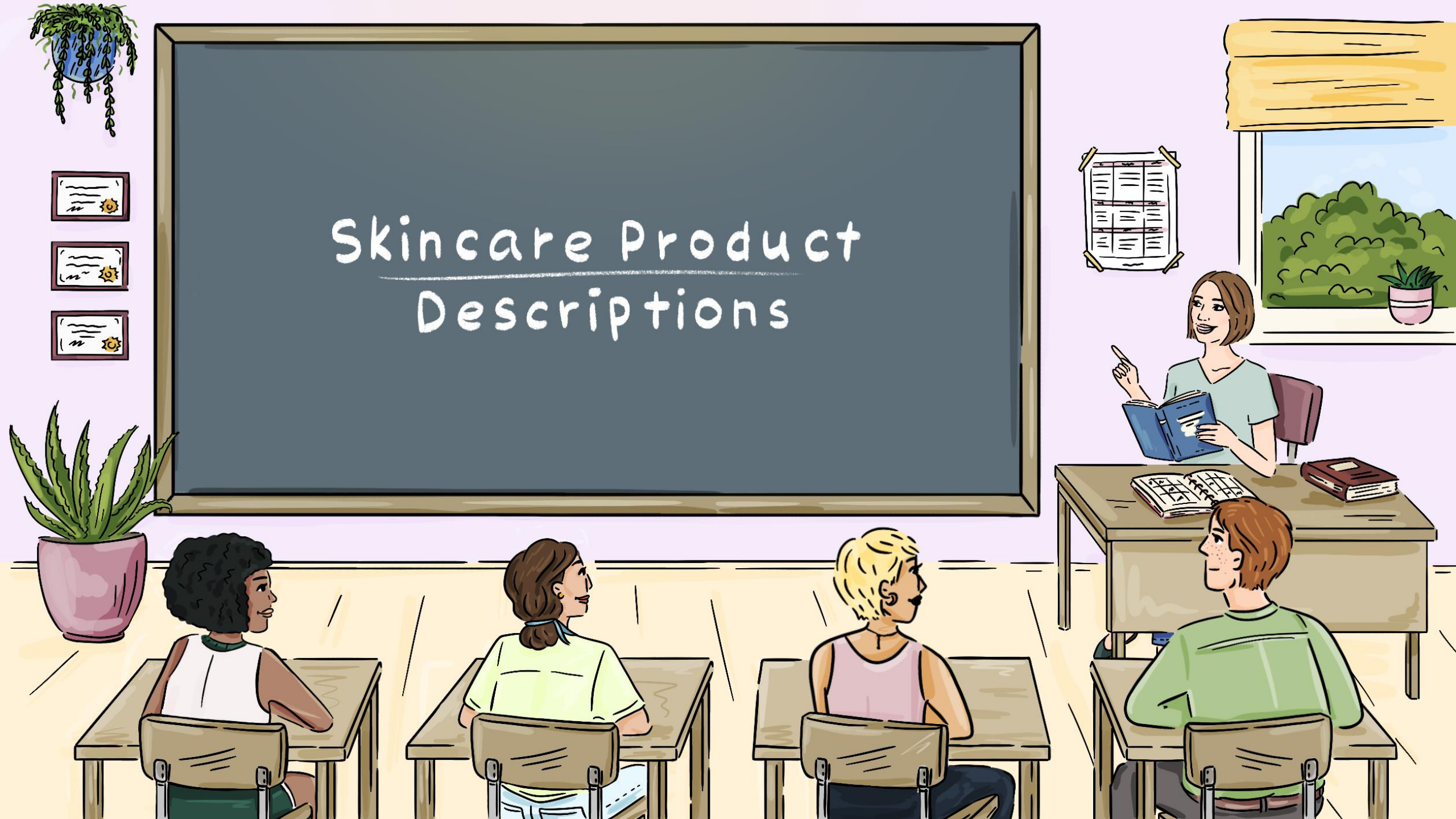


Step 3. Retinol, Retinal or Retinoids



Examples:

The Ordinary Retinol in Squalane
or
Geek & Gorgeous A-Game Retinal
or
The Ordinary Granactive Retinoid in
Emulsion or Squalane
or
Differin Gel (Adapalene)



Skincare Product Descriptions

Oil/Balm Cleanser

(removes oil, sweat, dirt, waterproof makeup and mineral sunscreen)



Rohto Mentholatum - Hada Labo Gokujyun Oil Cleansing (for all skin types):

This cleanser helps in removing dirt, oil, sweat, and other impurities from the skin. It also helps in removing sunscreen and makeup, including waterproof makeup, without leaving the skin dry or tight. It is free of artificial colorings, mineral oils, alcohol, and fragrance. You can also use it as the first cleanser in a double-cleansing routine.

The Ordinary Squalane Cleanser (for all skin types):

This gentle balm cleanser helps in removing dirt, oil, sweat, and other impurities from the skin and breaks down the most stubborn makeup and mineral sunscreen, leaving the skin smooth and moisturized. You can also use it as the first cleanser in a double-cleansing routine.



Regular Cleanser

(removes oil, sweat, dirt, light makeup and sunscreen)

La Roche Posay Effaclar Purifying Foaming Gel Cleanser (for normal to oily; including sensitive skin)

This foaming gel cleanser is infused with zinc that helps to regulate oiliness and washes away dirt, sweat, oil, and other debris without over-drying the skin.

CeraVe Foaming Cleanser (for normal to oily, sensitive skin)

This facial cleanser gently removes excess oil, sweat, dirt, light makeup that is not waterproof and sunscreen that is not mineral-based. It also contains ceramides, hyaluronic acid, and niacinamide, and is particularly formulated to help maintain the skin's protective barrier. It can also be used as a second cleanser in a double-cleansing routine after the initial oil or balm application.

Melissa Van Dijk



AHA/BHA Exfoliant



Garnier SkinActive AHA+BHA Charcoal Serum 4% (suitable for all skin types; ideal for normal to oily)

The serum is a blend of AHA (lactic acid) and BHA (salicylic acid), and charcoal that gently removes dead skin cells and other impurities from the skin surface and unclogs pores. It also contains niacinamide, which helps regulate oiliness, reduce enlarged pores, and improve skin texture. As a result, the serum brightens the complexion and enhances the appearance of fine lines and wrinkles.



Serums



The Garnier SkinActive Hyaluronic Aloe Replumping Super Serum (for all skin types)

It is a lightweight, hydrating serum that helps to plump and smooth the skin. The main ingredients are hyaluronic acid, which offers intense hydration, and aloe vera, known for its calming and soothing properties, which can help reduce redness and irritation on the skin.

Garnier SkinActive Brightening Serum (for all skin types)

The serum contains 3-O-Ethyl Ascorbic Acid, niacinamide, and salicylic acid, which work together to reduce dark spots, hyperpigmentation, and uneven skin tone. The serum also helps to improve the overall texture and radiance of the skin.



Moisturizer(s)



Geek and Gorgeous Hydration Station

(suitable for normal-to-oily skin types, including sensitive, breakout-prone skin):

This lightweight and fast-absorbing gel moisturizer is focused on glycerin and ectoin. It contains 5% glycerin, isosorbide dicaprylate, and AQUAXYL™, which help transport glycerin through the skin's outer layer and strengthen the skin barrier by stimulating ceramide production. The formulation also includes 1% ectoin to hydrate, soothe, and protect skin against environmental stressors like pollution and various types of light. The moisturizer results in a dewy, plump, and healthy-looking finish.

Neutrogena Hydro Boost Water Gel

(suitable for all skin types, including sensitive and breakout-prone skin):

The Hydro Boost Water Gel features a lightweight, water-like texture that quickly absorbs into the skin. Enriched with glycerin and hyaluronic acid, it provides hydration for the skin. Additionally, dimethicone creates a breathable seal, protecting the skin from moisture loss. This gel improves the skin's overall health and appearance. It is perfectly fine to use on its own, with no need for an additional moisturizer on top!



Sunscreen



COSRX Aloe Soothing Sun Cream SPF 50+ and PA+++

(no white cast; suitable for all skin types, including sensitive skin):

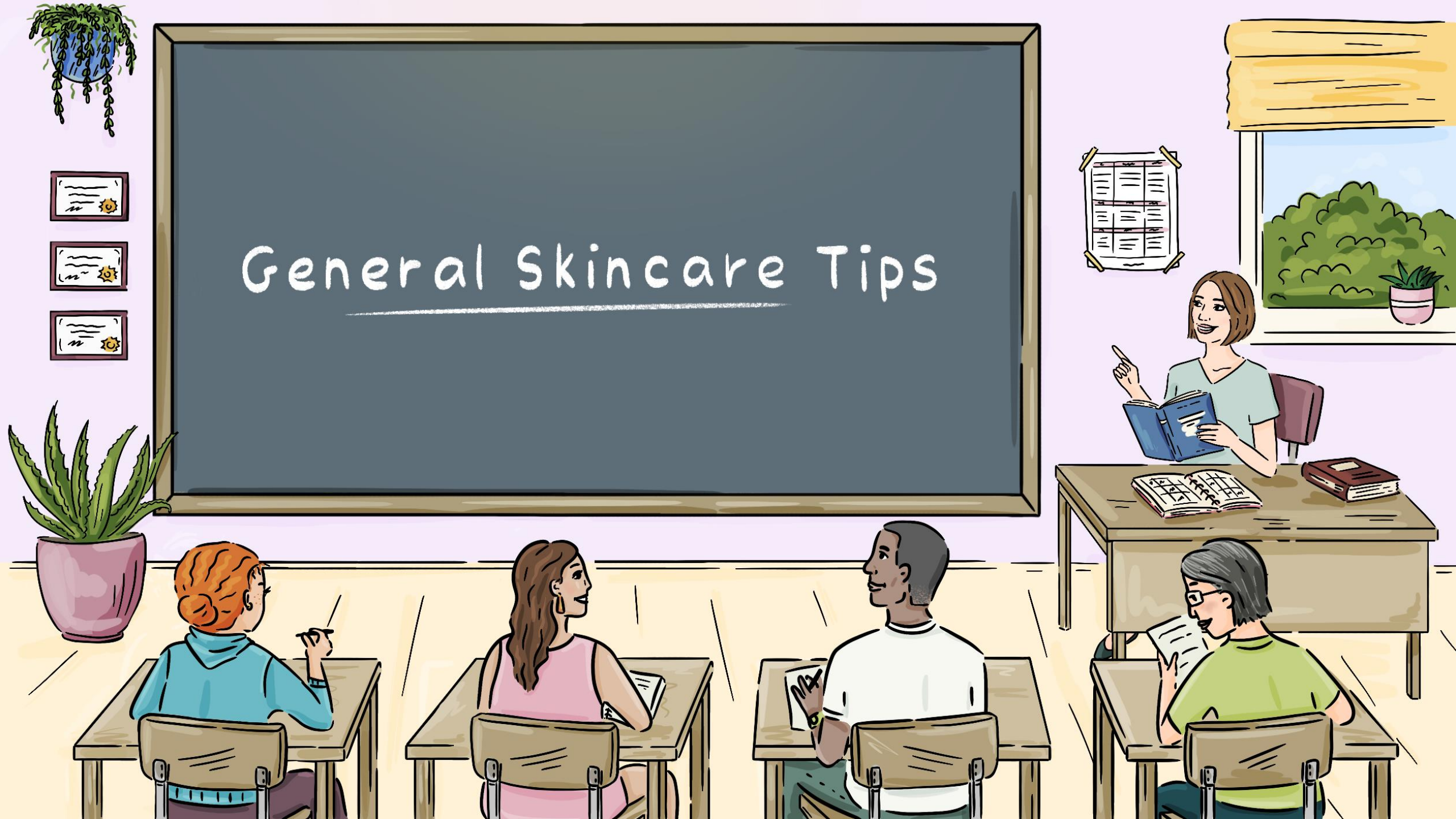
This sun cream uses a combination of chemical and mineral sunscreen filters to provide broad-spectrum sun protection against both UVA and UVB rays. In addition to their sun-protection benefits, the COSRX Aloe Soothing Sunscreen is enriched with aloe vera extract, which helps soothe and calm irritated skin. This natural ingredient helps reduce inflammation and redness, leaving the skin feeling calm and refreshed. It is an excellent choice for anyone looking for a lightweight, non-greasy, and hydrating sunscreen that also provides effective sun protection.

NIOD SURVIVAL 30 (S30) (for all skin types – mineral – natural tint):

It is a lightweight, textured sunscreen with a natural tint, suitable for all skin types and tones. It offers mineral-based UVB (SPF 30) and UVA (PA+++) protection. It contains antioxidants and uses different technologies that help reduce the effects of free radicals, including superoxide radicals, nitrogen radicals, carbonyl radicals, glycation, advanced glycation end-products (AGE), pollution, smog, stress, infrared rays, and blue light. Mineral sunscreen filters are less likely to be absorbed by living skin cells and, therefore, are less likely to irritate the skin.



General Skincare Tips



Patch-Test

One of the best skincare tips to remember is to do a patch test before introducing something new into your routine. Here's how:



- Apply a small amount of the product onto a clean area of skin on the upper forearm.
- If a reaction happens immediately after application, such as burning or itching, wash the product off and do not use it any further. If blistering, swelling or other severe irritation occurs, stop use immediately and consult a doctor for advice.
- If everything went well after the initial application, leave it on the skin and keep the area dry for 24 hours. After 24 hours, you can rinse the area.
- If any redness, burning, itching, or other unusual irritation is observed during the patch test, do not continue to use the product.

Note: For Salicylic Acid – Follow the same process but apply the product once a day for three days to test if you are sensitive to it.

Clean Face



Pat Dry



Cleanse Your Face and Pat Dry:

Cleansing your face is the most crucial step in your entire skincare routine. It is essential to remove makeup, sunscreen, and any buildup of dead skin cells, oil, dirt, sweat, and other impurities. After cleansing, make sure to pat off any excess water droplets from the skin's surface to ensure proper layering and absorption of your skincare products that follow.

Damp Skin vs. Wet Skin

Damp Skin



"Damp skin" refers to skin that has been patted dry with a towel. It may not look significantly different from dry skin, but it could have a shiny or dewy appearance. Applying skincare products to damp skin can help them absorb more effectively, as the moisture softens the skin's surface and enhances the penetration of the products you layer on top. To achieve damp skin, cleanse or wash your face, then use a clean towel to gently pat all over, removing any excess water droplets from the skin surface. Voilà, damp skin! Proceed with your skincare products. (Note: For dry skin, simply wait an additional 5-10 minutes.)

Wet Skin



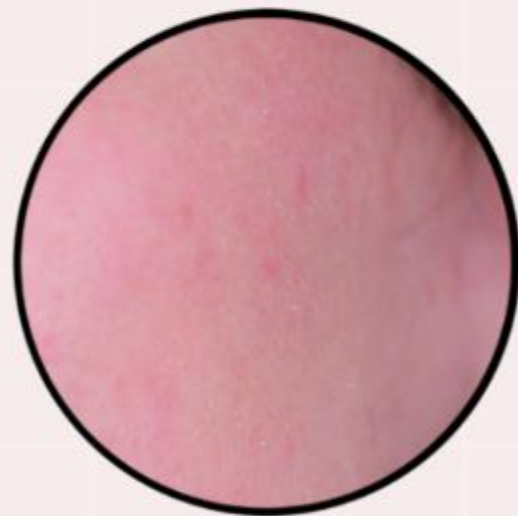
On the other hand, **"wet skin"** refers to skin with visible water droplets still present on the surface and not yet dried off. Applying skincare products to wet skin can cause them to become diluted and less effective, leading to a tight, dry feeling or even skincare pilling, as the products may not fully penetrate the skin. In the worst-case scenario, this can result in sensitivities and irritation. Do NOT apply any skincare products to wet skin!

Skincare Pilling:

Pilling occurs when skincare products begin to ball up on the surface of the skin, giving the appearance of tiny little balls. Some people may mistake these balls for dead skin cells when, in reality, it is the product they've previously applied that is pilling. Pilling can happen when the formulations of your products do not mix well together, such as combining oil or silicone-based products with water-based products, or when applying products to wet skin.

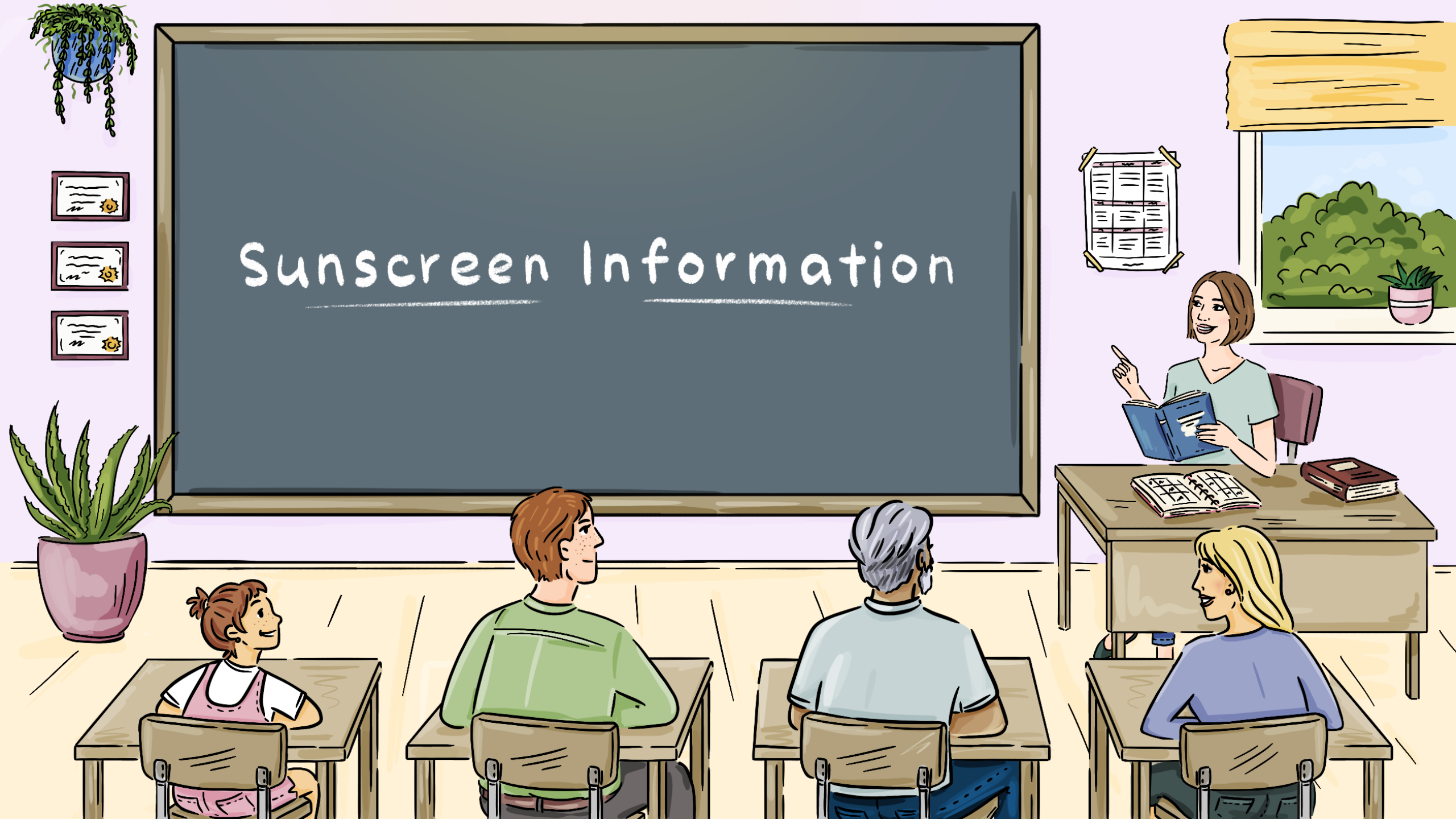
To avoid skincare pilling, it's important to follow these tips:

- Apply products to freshly washed and thoroughly dried skin. After washing your face, use a clean, dry towel to remove any excess water.
- Avoid mixing oil or silicone-based products with water-based products.
- Allow each product to fully absorb into the skin before layering on more. Waiting 30 seconds to 1 minute between each product can be helpful.
- Avoid using too much of each product. Using too much product can cause it to remain on the skin's surface instead of being absorbed.



If you continue to experience skincare pilling, you may need to consider changing the products you use or restructure/rearrange your skincare routine. If this doesn't work, it may be necessary to change your skincare formulations, or try similar products from different brands to see if the issue persists.

Sunscreen Information



1. When is the Best Time to Wear Sunscreen?



When trying to protect your skin, wearing sunscreen is an excellent way to keep your skin safe from dangerous UV rays. However, even with proper sunscreen application, you are advised to avoid spending too much time outdoors during the peak hours of the day.

It's recommended to limit time outside between the hours of 10:00 a.m. and 4:00 p.m. If you need to go out, apply your sunscreen as directed and wear proper sunshades, including hats, sunglasses, and clothing to cover your body. Of course, you can also use umbrellas to help shield yourself from the sun when you can't find any shade.

Now, since there is no chance of sun exposure at night, you can go ahead and skip sunscreen application!



2. Understanding Sunscreen Labels: What You Need to Know When Choosing a Sunscreen

When choosing sunscreen, you want to pay particular attention to the sun protection factor (SPF). SPF is an indication of UVB protection. For example, when blocking UVB rays, you want to look for:



- SPF 10 to block up to 90% of rays
- SPF 20 to block up to 95% of rays
- SPF 30 to block up to 97% of rays
- SPF 60 to block up to 98% of rays



Now, when it comes to UVA exposure, SPF doesn't indicate any level of protection.

It's also important to note that sunscreen with SPF 30 is sufficient to protect most people when applied evenly. That means trying to "double-up" on SPF by choosing SPF 60 over SPF 30 isn't necessarily effective as it only offers up to 1% more protection from UVB rays.

It's also worth noting that SPF protection has nothing to do with how long you are exposed to the sun. Instead, it relates to the amount of solar exposure. That means the same amount of SPF would offer far less protection when the UV index is too high than it would when the UV index is moderate in terms of how long it is effective.

Additionally, the formula of the product has a lot to do with how long the product will actively protect you from the UVB rays. For instance, sunscreen with chemical sun filters begins to lose its efficacy within 2 hours and must be reapplied frequently to maintain adequate protection.

Some sunscreens include a PA+ rating on their products. Japan originally developed this system to represent how much UVA protection the product offers.



Here's what each PA rating stands for:

- PA+ provides some UVA protection
- PA++ provides moderate UVA protection
- PA+++ provides high UVA protection
- PA++++ provides extremely high UVA protection



Finally, when reviewing your sunscreen options, you're likely to come across the following terms:

- Broad-spectrum – This indicates that the sunscreen contains ingredients that help to effectively protect against UVB and UVA rays.
- Water-resistant – This tells you that the sunscreen is resistant to water and can wash away anywhere between 40 to 80 minutes after application.
- Sensitive skin – If you have sensitive skin, you want to look for formulas indicated as "mineral" or "physical" formulas. These tend to contain zinc oxide and titanium dioxide and may be less likely to cause skin irritation in people with sensitive skin.



The Skin Cancer Foundation and other medical professionals advise that you use a broad-spectrum sunscreen with a minimum SPF of 15 every day. However, if you're doing extended outdoor activities, it is recommended that you use a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher.



Should You Wear Sunscreen Indoors?

UVB rays are the primary UV rays that cause sunburn. While windows block them to a large extent, more than 50% of UVA rays can penetrate these barriers.

That said, UVA and UVB rays can still reach you if you're within several feet of a window.

Since both rays contribute to the development of skin cancer, you should use sunscreen, even indoors, especially when sitting close to a window.



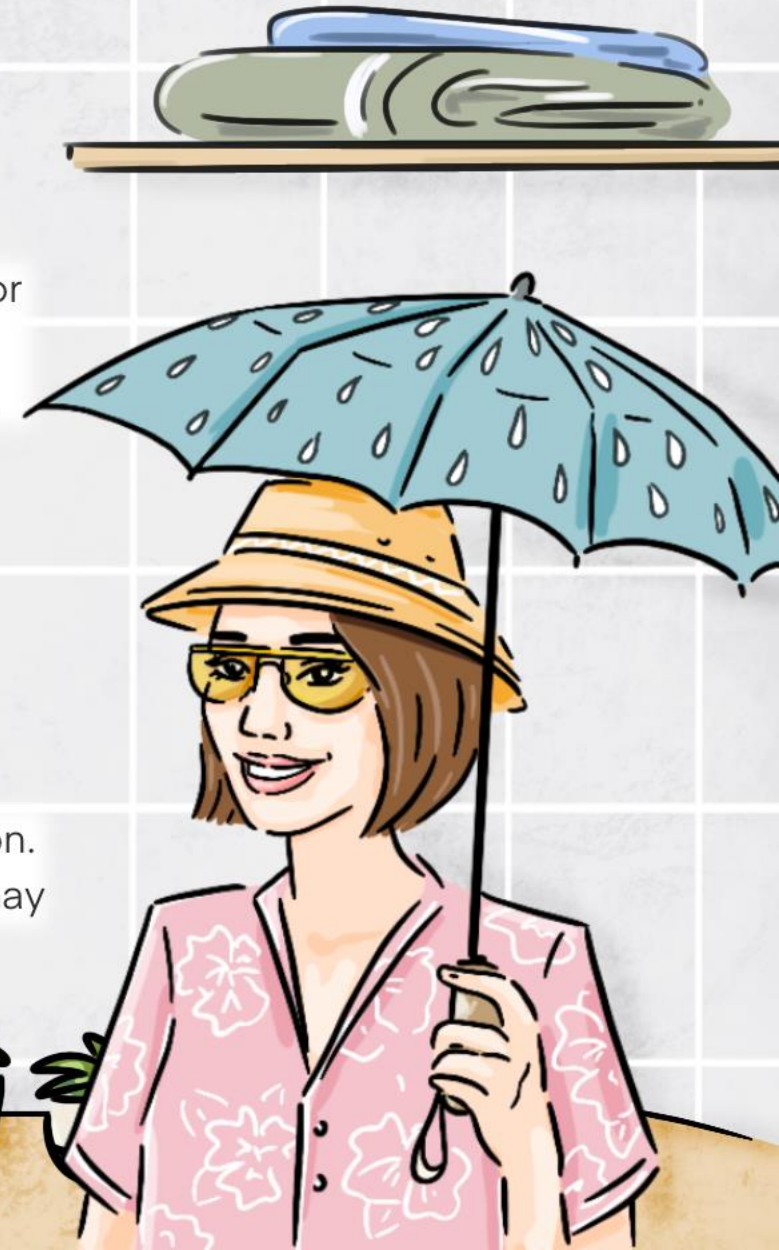
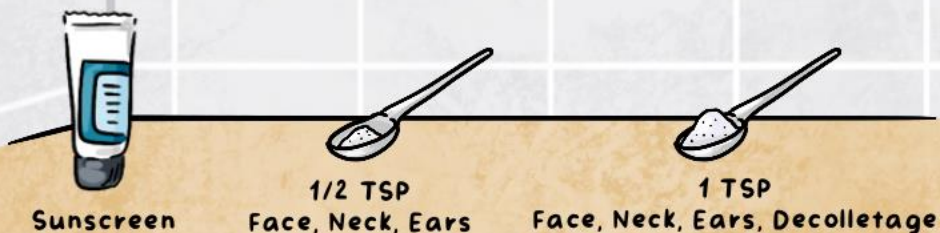
Sunscreen Application:

Sunscreen is the most important step in your daytime skincare routine, as it helps protect the skin from the harmful effects of the sun's ultraviolet (UV) rays. These rays can cause sunburn, premature aging, and in the worst case, skin cancer. Applying sunscreen correctly is crucial to ensure proper protection.

It is recommended to apply sunscreen 10-15 minutes before sun exposure to allow time for the product to absorb or set and provide sufficient protection. Reapply every two hours, or more frequently if sweating, swimming, or participating in extended outdoor activities.

When it comes to the amount of sunscreen to use, a general rule of thumb is to use about half a teaspoon for the face, neck, and ears, and one full teaspoon if you want to include the décolletage. It's better to apply more than less, as inadequate application can result in uneven protection and increased risk of sun damage.

Depending on your sunscreen's formulation, it can feel uncomfortable on your skin. You can reduce the amount or start over, but ensure it is applied evenly for proper protection. However, I suggest trying a different sunscreen with a different formulation or texture that may work better for your skin type, so that you can ensure proper protection!



How to Remove Sunscreen?

Removing sunscreen before bed or continuing with your skincare routine is essential to prevent clogged pores and dry skin.

While most sunscreens can be easily removed using a regular cleanser, some types, particularly mineral or waterproof sunscreens, may require extra effort.

In these cases, an oil-based cleanser or cleansing balm can be highly effective.

Dispense a coin-sized amount of the balm or oil cleanser onto your palm, then rub it between your hands for a few seconds to warm the product.

Gently massage it onto your dry face, over the sunscreen, for 1-2 minutes.

Take your time to thoroughly break down the sunscreen. Afterward, rinse your face with lukewarm or warm water. If desired, you can also use a soft, clean, damp washcloth to help remove the cleanser, sunscreen, or makeup.

If you prefer to double cleanse, you can now follow up with a second cleanser to address any specific skin concerns or remove any remaining traces of sunscreen.

You can either proceed with your regular skincare routine or leave your skin as it is.

