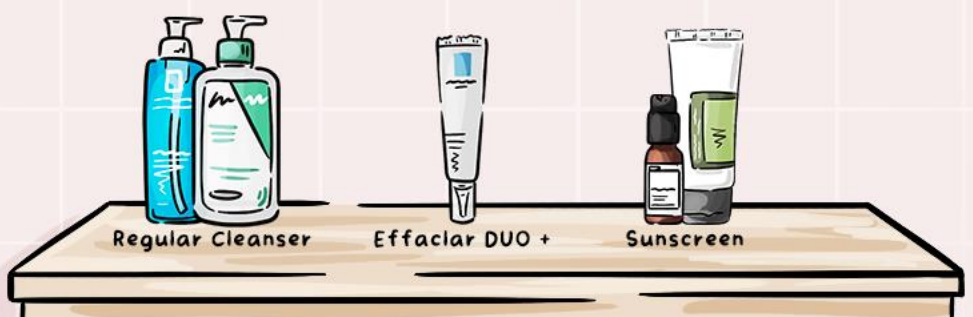
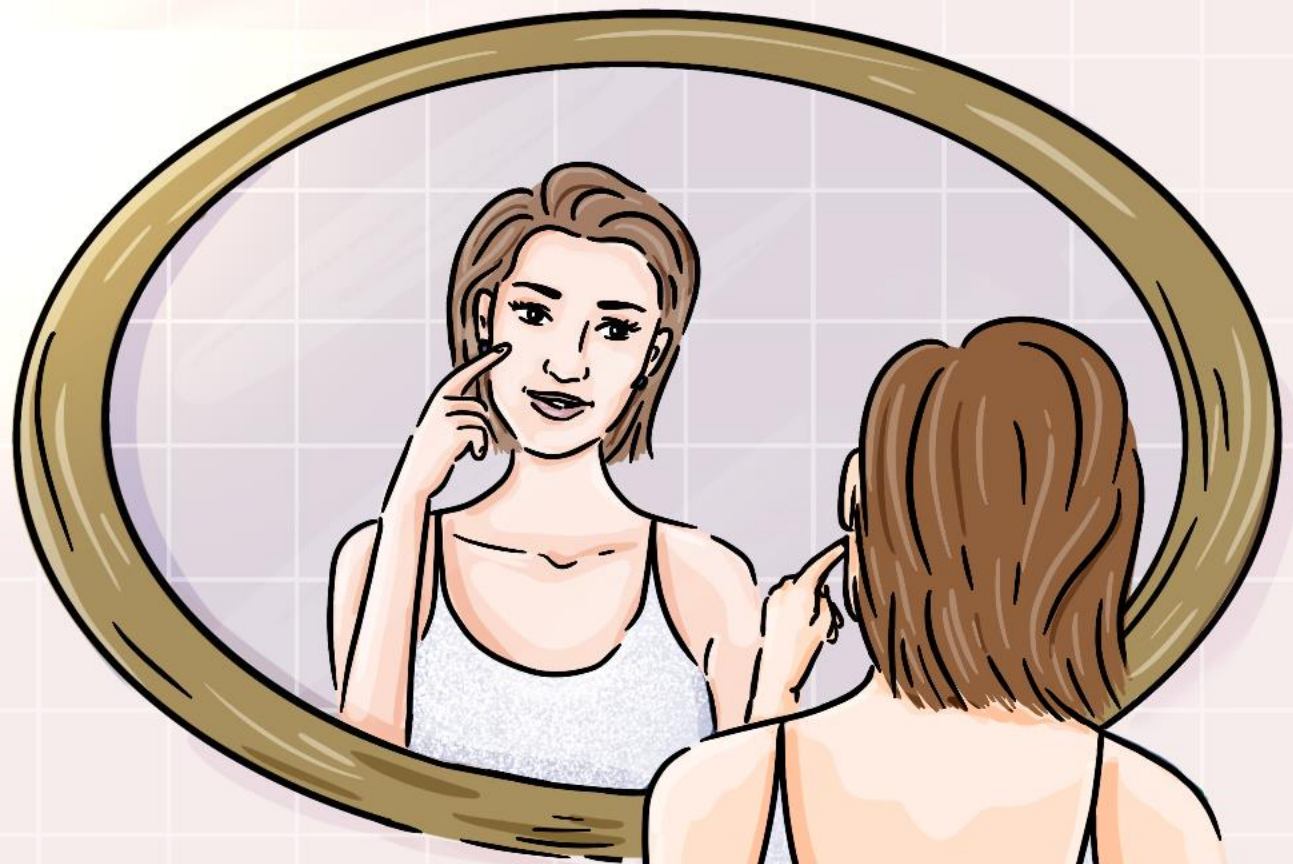
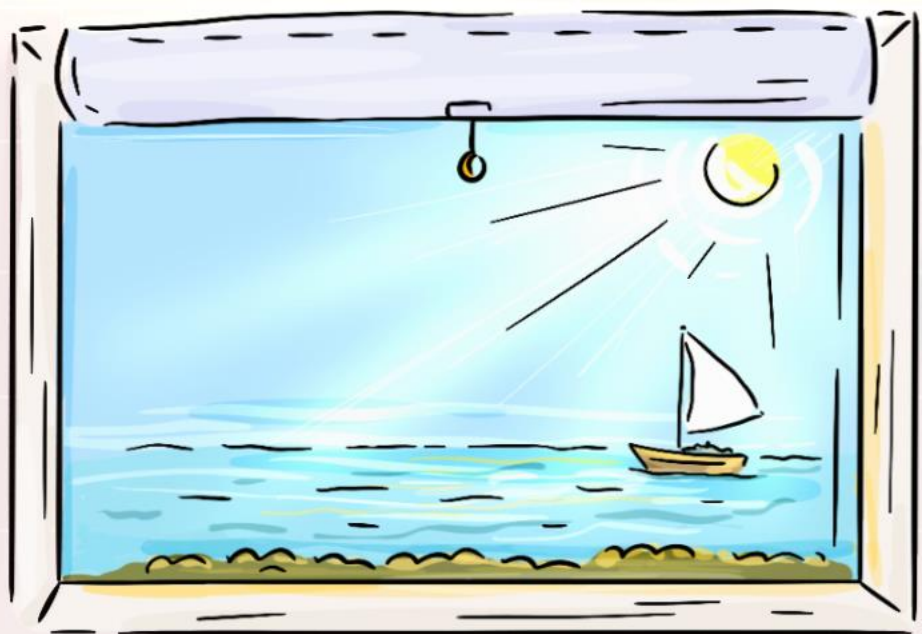


Morning Skincare Routine





Morning (AM) Routine

This skincare routine helps exfoliate the skin, reduce inflammation, and regulate oil production. This helps to prevent new acne breakouts and improve the appearance of existing blemishes. Additionally, the routine protects against damaging UVA and UVB rays that can cause sunburn, premature aging, and potentially 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 Serum/Treatment



Do not wash it off

La Roche Posay Effaclar DUO +



Step 3. 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.

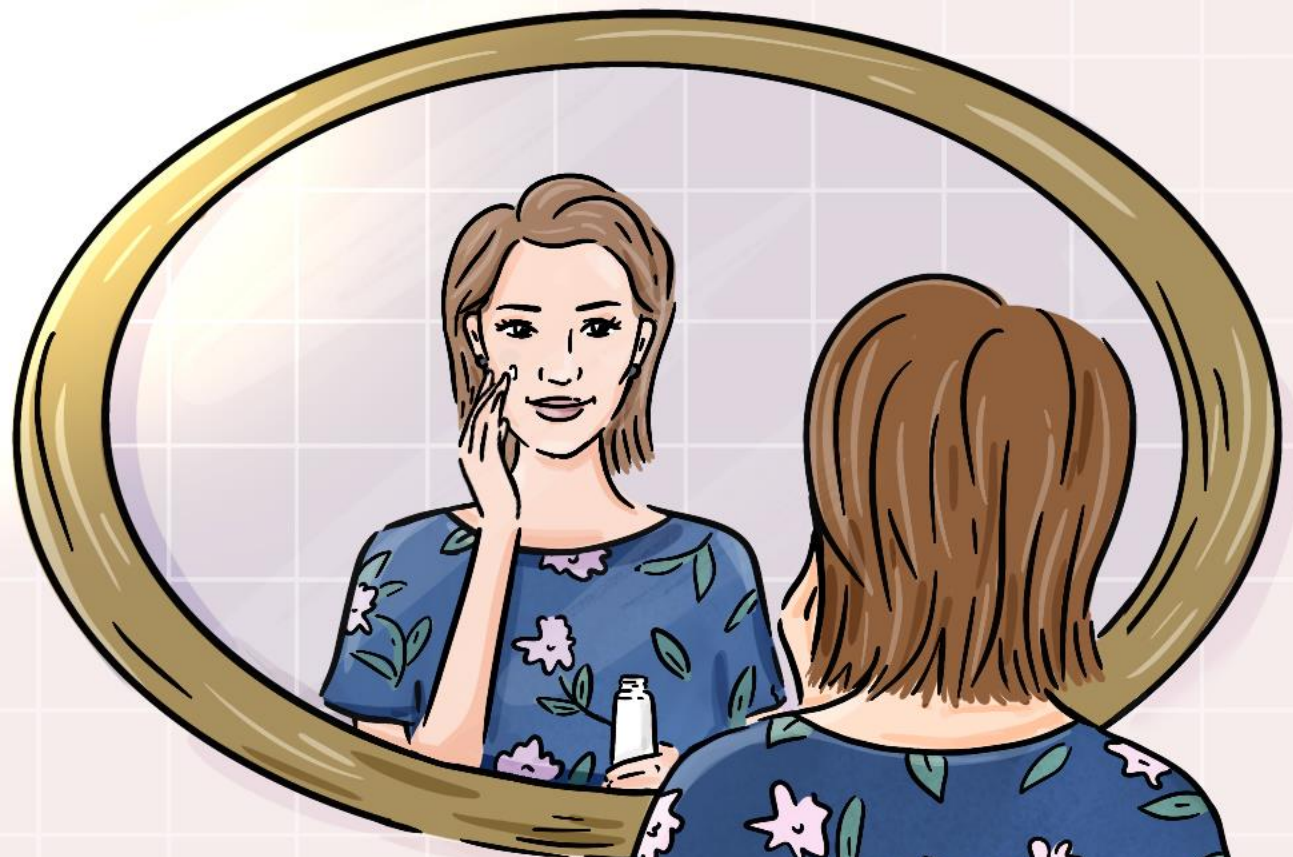
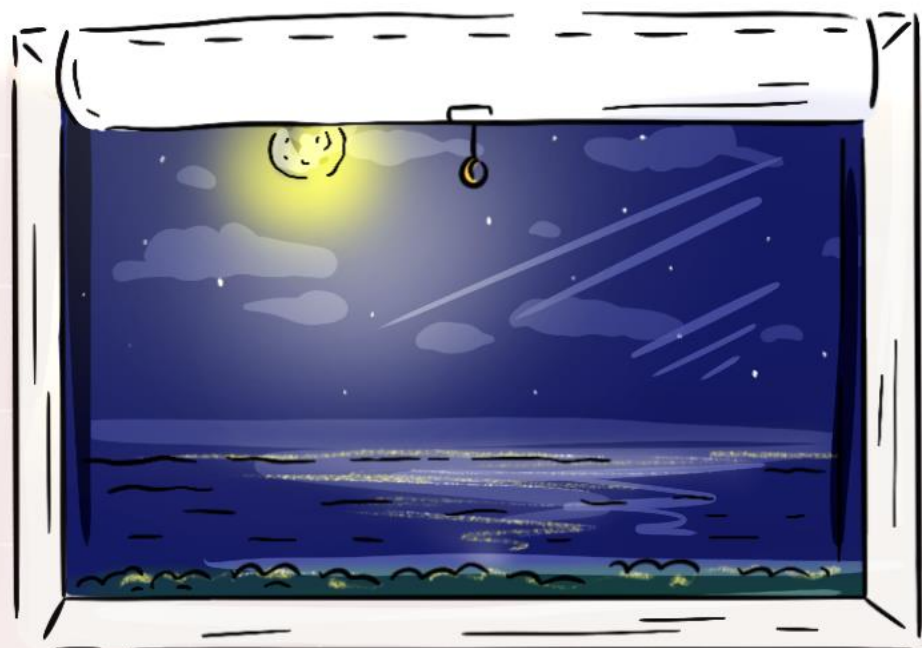
Effaclar Duo +: Dispense a small amount of gel onto your fingertips and gently massage it into your skin all over your face and neck or apply it directly to the oily blemish prone areas you want to treat. Do not rinse.

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 sweating, swimming, or exposed to extended sun exposure. 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 or too close to the eyes.

Evening Skincare Routine



Oil or Balm and/or Regular Cleanser



Effaclar DUO +



Cicaplast Baume + B5





Evening (PM) Routine

This skincare routine can help reduce dryness, irritation, redness, and roughness of the skin, while also promoting skin healing.

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)



Take a clean towel and pat the skin dry

Step 2. Apply Cicaplast



Do not wash it off

La Roche Posay Cicaplast Baume B5 +

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.

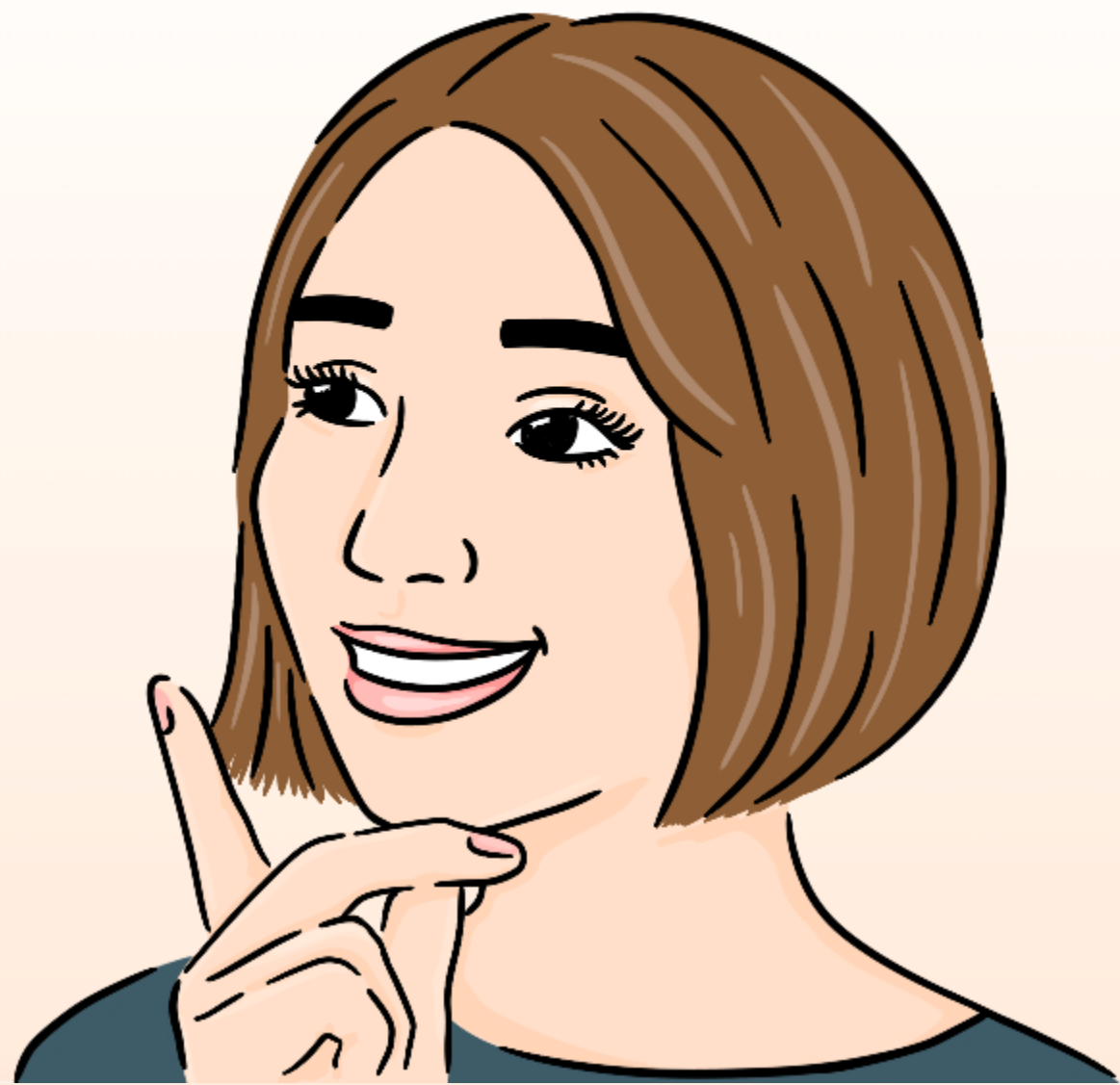
Regular Cleanser: Dispense a coin-sized amount of facial cleanser onto the palm of your hand and apply it to wet skin, spreading it evenly for better absorption. Gently massage the cleanser into the skin all over the face for about 30–60 seconds. Rinse thoroughly and pat dry.

Cicaplast Baume + B5: Dispense a small amount of Baume onto your fingertips and gently massage it into your skin all over your face and neck or apply it directly to dry and irritated areas you want to treat. 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 or too close to the eyes.

OR





Evening (PM) Routine

This skincare routine can exfoliate the skin, reduce inflammation, and regulate oil production to prevent new acne breakouts and improve the appearance of existing blemishes. It also reduces dryness, irritation, redness, and roughness of the skin, while promoting skin healing.

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)



Take a clean towel and pat the skin dry

Step 2. Apply Serum/Treatment



Do not wash it off

La Roche Posay
Effaclar DUO +



Step 3. Apply Cicaplast



Do not wash it off

La Roche Posay
Cicaplast Baume B5 +

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.

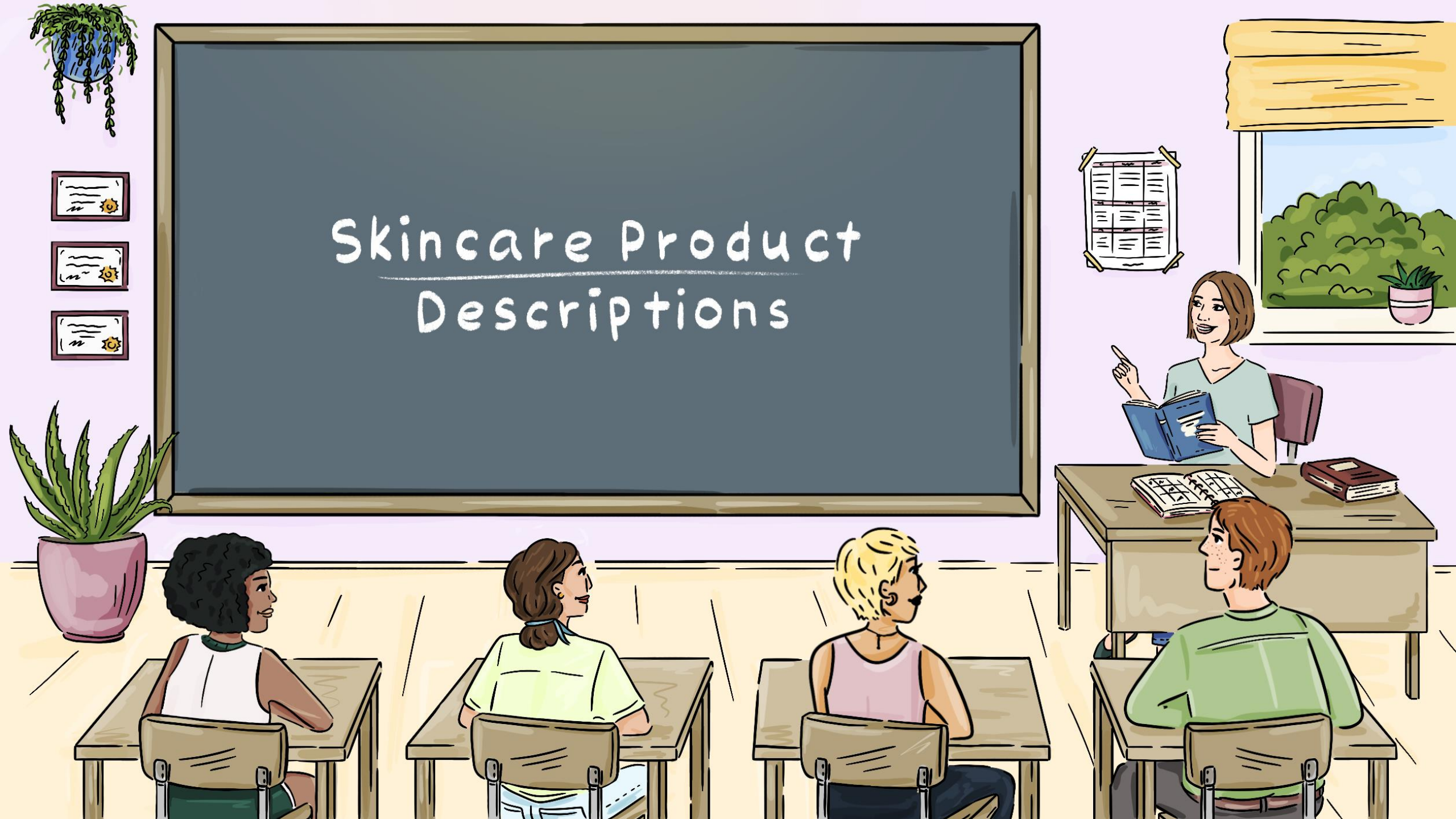
Effaclar Duo +: Dispense a small amount of gel onto your fingertips and gently massage it into your skin all over your face and neck or apply it directly to the oily blemish prone areas you want to treat. Do not rinse.

Cicaplast Baume + B5: Dispense a small amount of Baume onto your fingertips and gently massage it into your skin all over your face and neck or apply it directly to dry and irritated areas you want to treat. 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 or too close to the eyes.

Skincare Product Descriptions



Oil or Balm Cleanser

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



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

This oil-based cleanser is enriched with hyaluronic acid, a potent moisturizing ingredient that helps to hydrate and plump the skin. It also contains a blend of botanical oils, including olive and jojoba oil, which nourish and protect the skin from environmental stressors. This cleanser is free of artificial colorings, mineral oils, alcohol, and fragrance, making it suitable for even the most sensitive skin. It effectively removes all traces of makeup, including waterproof formulas, sunscreen, and impurities from the skin. It can also be used as the first step in a double-cleansing routine to ensure that all impurities are completely removed from the skin.

The Ordinary Squalane Cleanser (suitable for all skin types):

This gentle balm cleanser is formulated with squalane, a lightweight and non-greasy oil that helps to hydrate and soothe the skin. It also contains other nourishing ingredients such as vitamin E and fatty acids to help protect and strengthen the skin barrier. This cleanser is effective in removing all types of makeup, including waterproof formulas. It's a great choice for all skin types, even oily or acne-prone skin, as it won't clog pores or cause breakouts. It can also be used as the first step in a double-cleansing routine to ensure that all impurities are completely removed from the skin.



Regular Liquid Cleanser

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



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

This foaming gel cleanser is formulated with gentle cleansing agents that effectively remove impurities without stripping the skin of its natural oils. It's infused with zinc, which helps to regulate sebum production and keep the skin balanced and healthy. This cleanser also contains thermal spring water, which has soothing and anti-inflammatory properties to help calm irritated skin. After using an oil or balm cleanser to remove makeup, mineral sunscreen, and impurities, this cleanser can be used as the second step in a double-cleansing routine to remove any remaining residue. Double-cleansing can help to prevent breakouts, remove excess oil, and improve the overall appearance of the skin.

CeraVe Foaming Cleanser (suitable for normal to oily; including sensitive skin):

This cleanser effectively removes excess oil, sweat, dirt, and light non-waterproof makeup while also containing ceramides, hyaluronic acid, and niacinamide, which help to maintain the skin's protective barrier, attract and retain moisture, and soothe and brighten the skin. The cleanser is fragrance-free and non-comedogenic. After the initial application of an oil or balm cleanser to dissolve makeup, mineral sunscreen and impurities, it can be used as the second step in this routine to remove any remaining residue and promote hydration. Double-cleansing can help to prevent breakouts, remove excess oil, and improve the overall appearance of the skin.



Serum/Treatment



La Roche Posay Effaclar DUO+ (suitable for normal to oily acne-prone skin): It contains active ingredients such as salicylic acid, niacinamide, and LHA (lipohydroxy acid), which work to exfoliate the skin, reduce inflammation, and regulate oil production. This helps to prevent new acne breakouts and improve the appearance of existing blemishes. Additionally, the product has a mattifying effect, making it especially beneficial for those with oily skin types.



Moisturizer



La Roche-Posay Cicaplast Baume B5+ Repairing Balm

(suitable for all skin types, ideal for normal to dry, including sensitive skin):

It is formulated with shea butter and glycerin to provide intense hydration, which is essential for maintaining healthy and supple skin. In addition, centella asiatica is included in the formula to soothe and repair the skin, while vitamin B5 helps to improve the skin's natural barrier function, reducing the appearance of redness and irritation. This balm can be used on various areas of the body, such as the face, hands, elbows, and knees, to help soothe and repair dry, irritated, and sensitized skin. The product is enriched with antibacterial agents such as zinc and manganese, which create an optimal healing environment for the skin and reduce the likelihood of long-term scarring.



Sunscreen



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

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

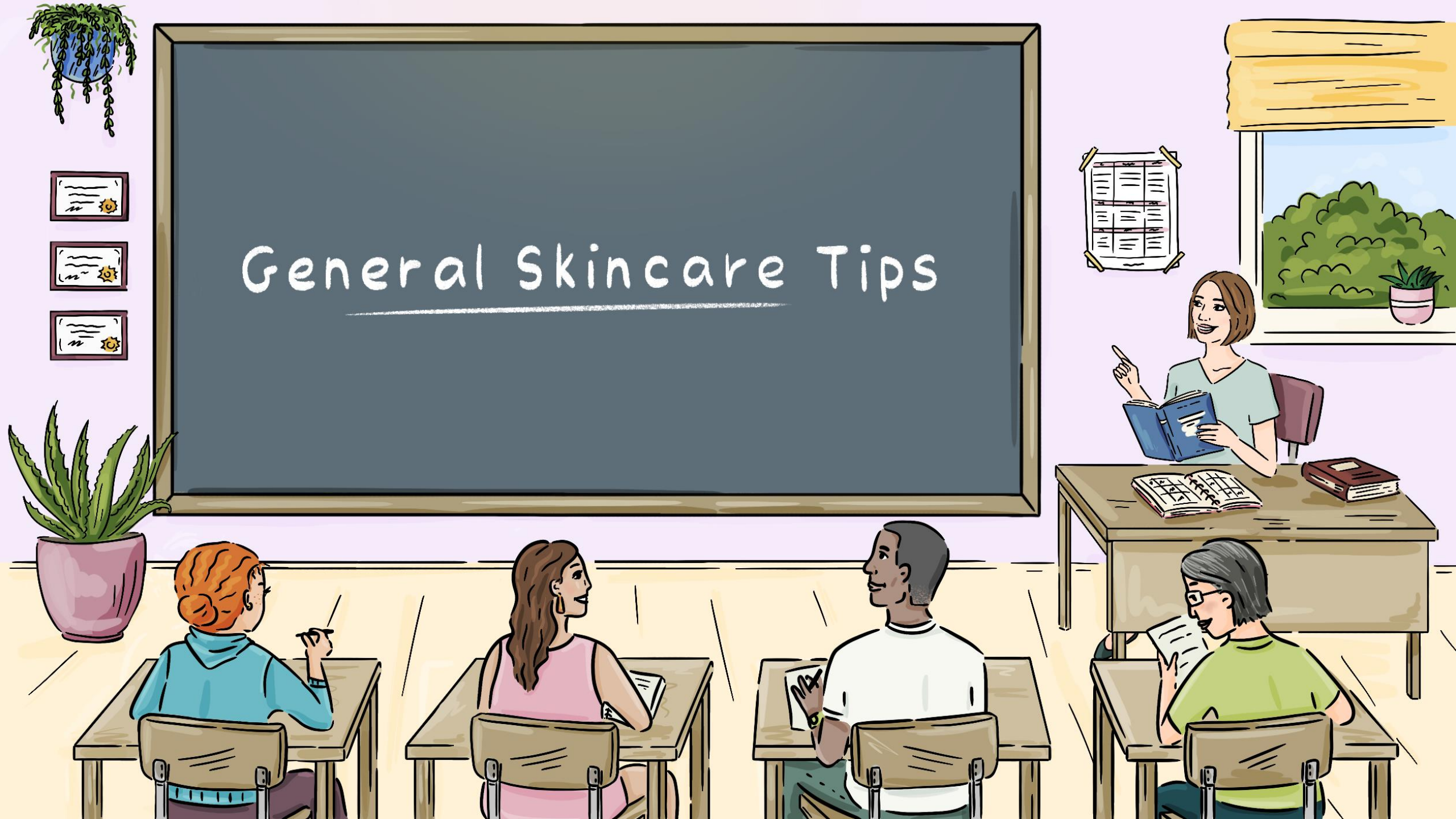
This sun cream uses a combination of chemical and mineral sunscreen filters to provide broad-spectrum sun protection against both UVA and UVB rays. In addition to their sun-protection benefits, the COSRX Aloe Soothing Sunscreen is enriched with aloe vera extract, which helps soothe and calm irritated 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) (suitable 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.

Cleanse and Pat Dry:

Clean Face



Wet Skin



Damp Skin



Pat Dry



Achieving optimal results from your skincare routine requires starting with clean skin. Begin by thoroughly cleansing your skin to remove makeup, sunscreen, and any build-up of oil, dirt, and sweat. After cleansing, avoid rubbing your skin dry with a towel as this can cause irritation and damage to the skin's surface. Instead, gently pat your skin dry with a clean towel. This will help to preserve the skin's natural moisture barrier and ensure that your skincare products can be absorbed effectively. Keep in mind that your cleanser is the only product that needs to be completely removed from the skin, aside from face masks. Everything else can be left on during the day and night to provide maximum benefits for your skin.

Damp Skin vs. Wet Skin:

"Damp skin" refers to skin that has been pat dried with a towel or air-dried for a short period after being wet. The skin may feel slightly cool to the touch and may have a slightly shiny or dewy appearance. Applying skincare products to damp skin can help the products to absorb more easily and evenly into the skin, as the moisture can help to soften the skin's surface and enhance the penetration of the active ingredients.

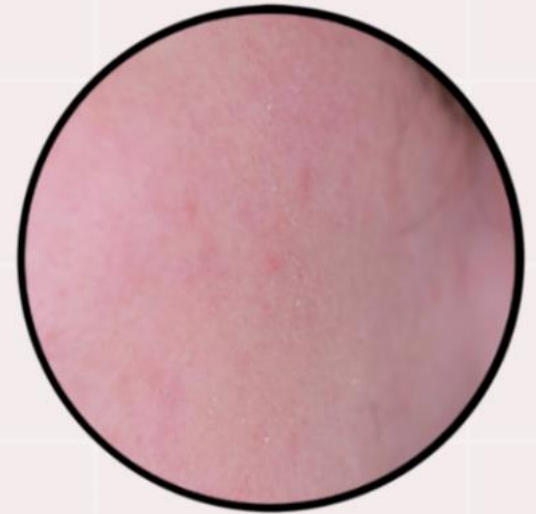
On the other hand, "wet skin" refers to skin that is still wet and has not been dried off. Applying skincare products to wet skin can cause the products to become diluted, less effective or even causes skincare pilling, as they may not be able to fully penetrate the skin. This can result in a less noticeable effect from the skincare products and may require more frequent application to achieve the desired results.

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.

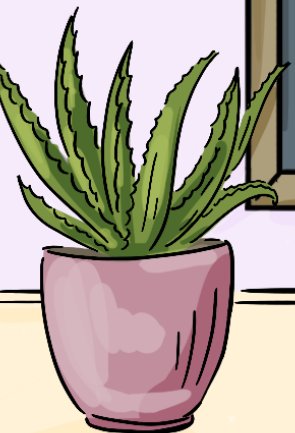
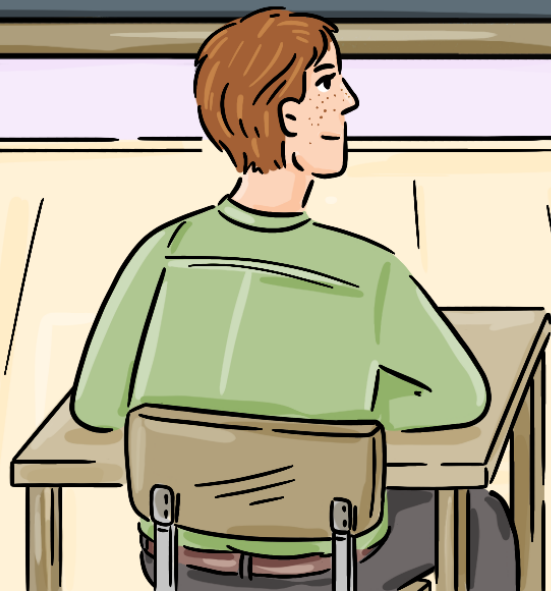
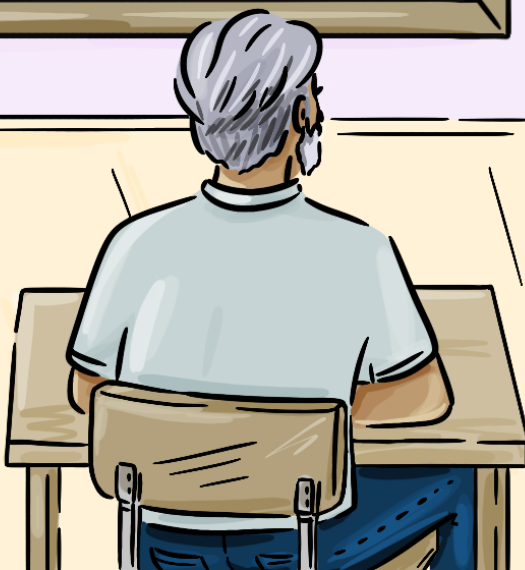
To avoid skincare pilling, it's important to follow these tips:

- 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



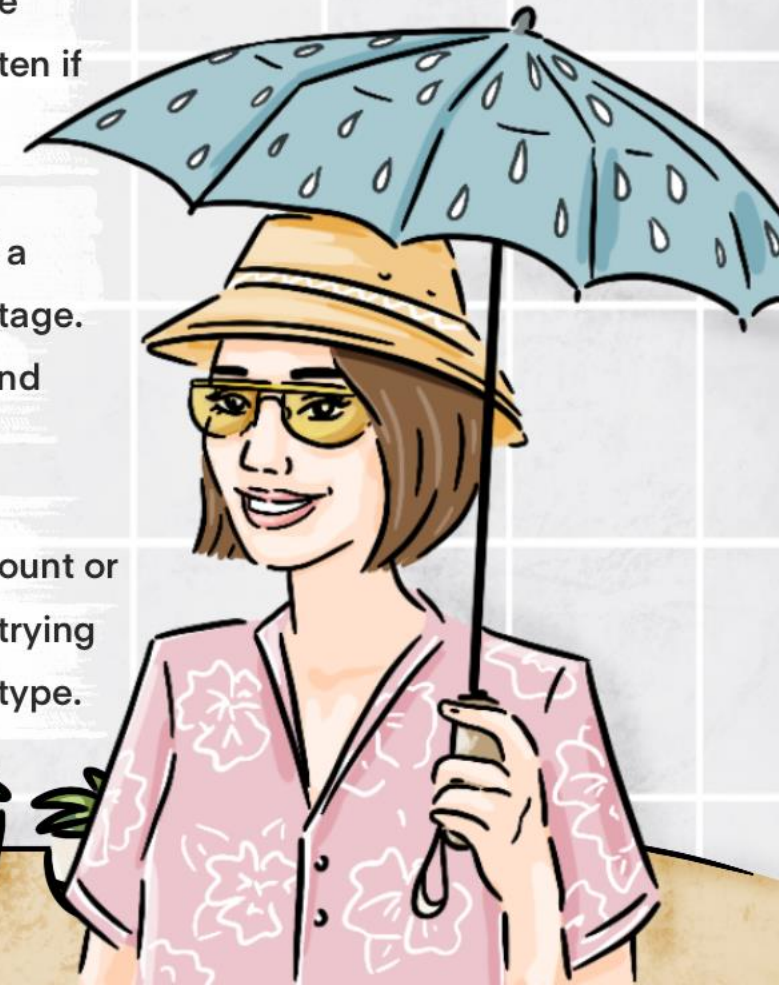
Sunscreen Application:

Sunscreen is a crucial step in your daytime skincare routine as it helps protect the skin from the harmful effects of the sun's ultraviolet (UV) rays. Applying sunscreen correctly is important to ensure proper protection.

It is recommended to apply sunscreen 10-15 minutes before sun exposure to allow time for the product to absorb and provide sufficient protection. Reapplication every two hours or more often if sweating, swimming, or exposed to extended sun exposure is also important.

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.

If you apply too much sunscreen or find it uncomfortable on your skin, you can reduce the amount or start over but ensure it is applied evenly for proper protection. If discomfort persists, consider trying a different sunscreen with a different formulation or texture that may work better for your skin type.



Sunscreen



1/2 TSP
Face, Neck, Ears



1 TSP
Face, Neck, Ears, Décolletage



How to remove sunscreen?

Removing sunscreen before bed or continuing with your skincare routine is crucial to ensure you don't clog your pores or dry out your skin.

While most sunscreens are easily removed with a regular cleanser, some, especially mineral or waterproof sunscreens, may require more attention. In such cases, an oil-based cleanser or cleansing balm can work wonders. Dispense a coin-sized amount of balm/oil cleanser onto your palm and gently massage it into your face for 1-2 minutes, or longer if your sunscreen is stubborn.

Take your time to break down the sunscreen fully. Rinse your face thoroughly with lukewarm water. And if desired, follow up with a second cleanse to address any specific skin concerns or to remove any last traces of sunscreen. Once your face is clean and fresh, you can move on to your regular skincare routine or leave it as it is.



1. Cleansing Oil or Balm

2. Regular Cleanser (e.g. Gel/Cream or Foaming Cleanser) or Treatment Cleanser (Salicylic Acid or Benzoyl Peroxide)