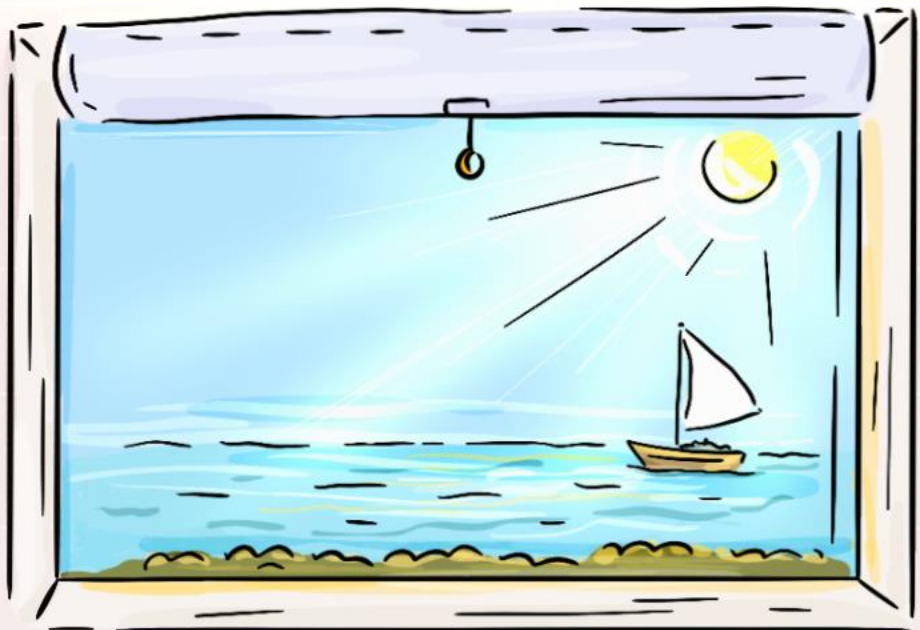


Morning Skincare Routine



Effaclar
Cleanser



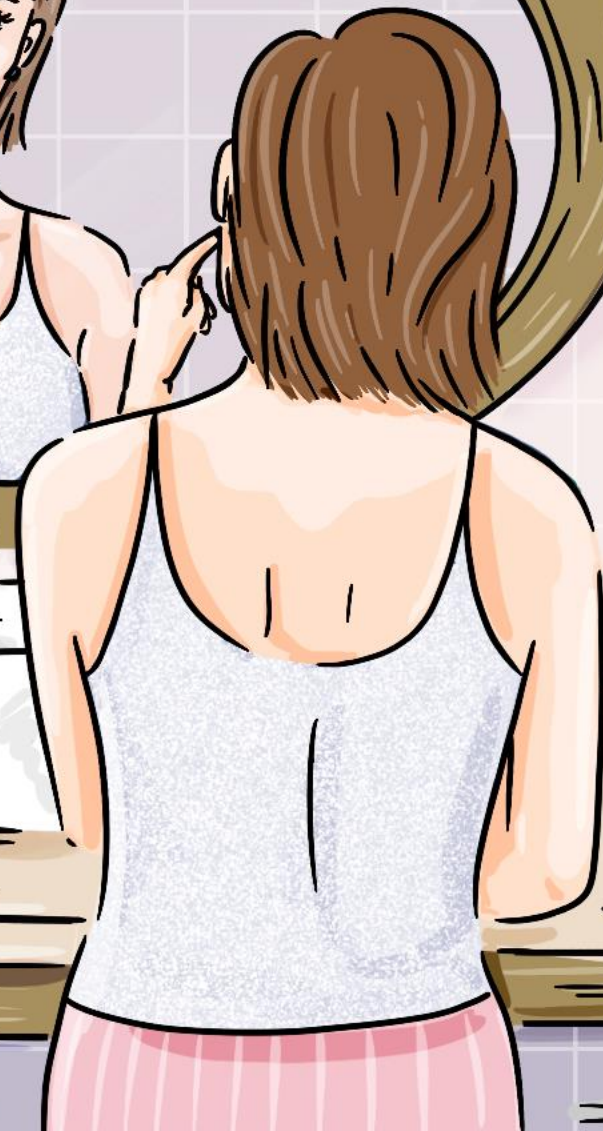
Hyalu B5



Additional
Treatment(s)



Sunscreen





Morning (AM) Routine

La Roche Posay Effaclar Purifying Foaming Gel Cleanser effectively removes excess oil, dirt, sweat, light makeup, and sunscreen without stripping the skin's natural oils. The skincare routine example below focuses on hydration, regulating oil production, and reducing blemishes. Keep in mind to choose products that best suit your skin type and concerns. If you plan to spend time outdoors, always wear sunscreen to protect your skin from harmful UV rays, which can cause sunburn, premature aging, and skin cancer. Remember to apply it even on cloudy days, as UV rays can penetrate clouds.

Step 1. Use the Effaclar Purifying Foaming Gel Cleanser



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



Take a clean towel and pat the skin dry

(Optional) Step 2. Apply Hyaluronic Acid Serum



Do not wash it off

Example: La Roche Posay Hyalu B5 Serum



Wait

30-60 sec.

(Optional) Step 3. Additional Treatments



Do not wash it off

Examples: La Roche Posay Pure Vitamin C 10 Serum or La Roche Posay Pure Niacinamide 10 Serum or La Roche Posay Effaclar DUO +



Wait

1-2 min.

Step 4. Use Sunscreen



Do not wash it off

Example: La Roche Posay Anthelios UV Mune 400 Invisible Fluid SPF 50+ (All Skin Types)

La Roche Posay Effaclar Purifying Foaming Cleanser: Dispense a coin-sized amount of cleanser onto the palm of your hand, and apply it to wet skin.

Gently massage the cleanser onto your face for about 30 seconds, making sure all areas are covered. Afterward, rinse thoroughly and pat dry using a clean towel.

Serum(s): Dispense 3-5 drops of your favourite serum onto the palm of your hand or your fingertips. Rub them together, then gently massage the serum over your face and neck. Do not rinse.

Effaclar Duo+: Dispense a pea- to a bean-sized amount of gel onto your fingertips. Rub your fingertips together, then blend it evenly over your face. Do not rinse.

Sunscreen: Apply about half a teaspoon of sunscreen to your face and neck, making sure to cover all exposed skin. Allow the sunscreen to fully absorb by applying it 10-15 minutes before going outside.

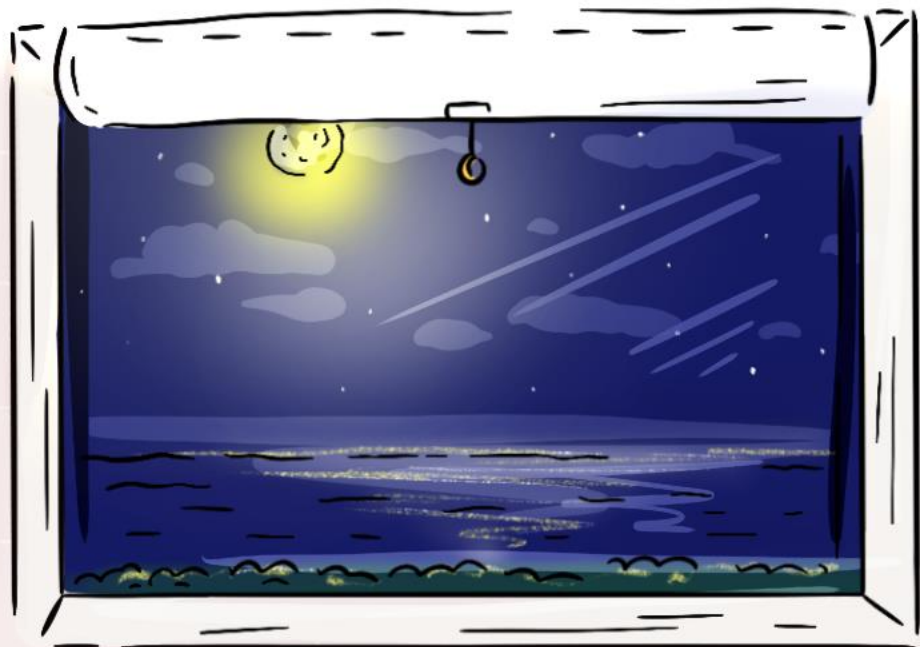
Important: Remember to reapply the sunscreen every two hours or more frequently if you are sweating, swimming, or participating in extended outdoor activities.

Note: If you spend most of your time indoors, reapplying sunscreen that frequently isn't necessary unless you are near windows with a lot of sunlight for extended periods.

Eyelids/Eye Area: Be sure to read product labels carefully for any instructions or warnings about using the product near your eyes. Many skincare products are not meant for use around the eyes and can cause irritation.

In-Depth Details: Additional details about each product can be found in my product description guide included within this PowerPoint presentation.

Evening Skincare Routine



Oil or Balm and/or Effaclar Cleanser



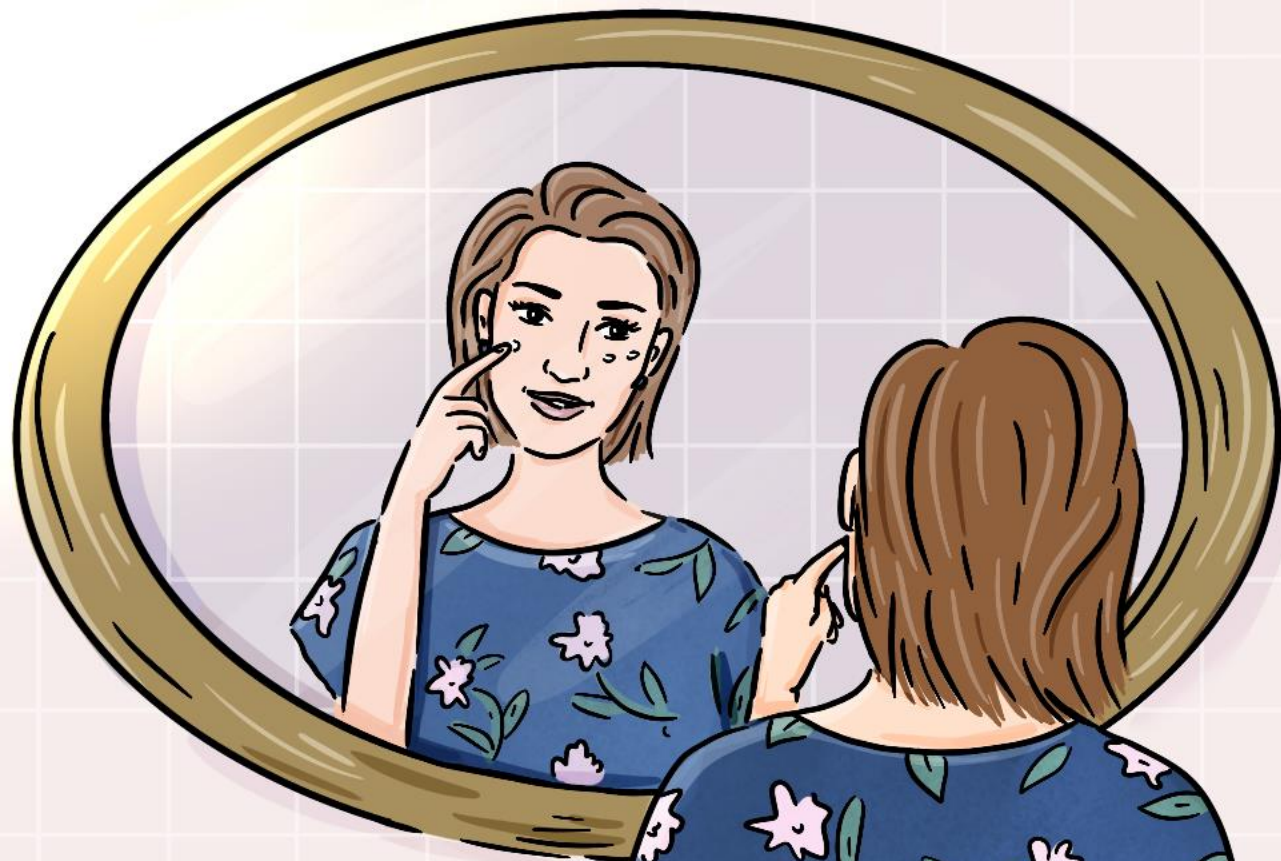
Exfoliant



Hyalu B5



Moisturizer





Evening (PM) Routine

La Roche-Posay Effaclar Purifying Foaming Gel Cleanser effectively removes excess oil, dirt, sweat, light makeup, and sunscreen without stripping the skin's natural oils. The skincare routine example below focuses on smoothing the skin texture, reducing blemishes, and increasing skin hydration. Keep in mind to choose products that best suit your skin type and concerns.

Step 1. Use an Oil or Balm and/or Effaclar Foaming Cleanser



Examples:
Beauty of Joseon Ginseng Cleansing Oil (All Skin Types)
or
The Ordinary Squalane Cleanser (All Skin Types)
or
La Roche Posay Effaclar Purifying Foaming Gel Cleanser (Normal to Oily Skin)



Take a clean towel and pat the skin dry

(Optional) Step 2. Apply Exfoliating Acid Serum



Do not wash it off

Example:
La Roche Posay Effaclar Ultra Concentrate Serum



Wait 1-2 min.

(Optional) Step 3. Apply Hyaluronic Acid Serum



Do not wash it off

Example:
La Roche Posay Hyalu B5 Serum



Wait 30-60 sec.

(Optional) Step 4. Apply Moisturizer



Do not wash it off

Examples:
The Ordinary Natural Moisturizing Factors + Beta Glucan (All Skin Types)
or
The Ordinary Natural Moisturizing Factors + HA (All Skin Types)

Double Cleansing (Optional): The oil or balm cleanser helps to dissolve and lift makeup, mineral sunscreen, and other impurities off of the skin's surface, while the second step with a regular cleanser helps to remove any remaining dirt and debris. To begin, dispense 1-2 pumps of oil cleanser or dispense a coin-sized amount of cleansing balm onto the palm of your hand, then rub your hands together to warm the product. Next, apply it to your dry bare face or on top of your sunscreen or makeup. Gently massage the cleanser into the face and neck, including around the eyes, for about 1-2 minutes, making sure to cover every area. Rinse thoroughly and leave the skin wet, then follow up with your regular cleanser.

La Roche Posay Effaclar Purifying Foaming Cleanser: Dispense a coin-sized amount of cleanser onto the palm of your hand, and apply it to wet skin. Gently massage the cleanser onto your face for about 30 seconds, making sure all areas are covered. Afterward, rinse thoroughly and pat dry using a clean towel.

Exfoliating Acid Serum: Dispense 3-4 drops of your exfoliating acid serum onto the palm of your hand or your fingertips. Rub them together, then gently massage the serum over your face and neck. Do not rinse.

Hyalu B5 Serum: Dispense 3-5 drops of your Hyaluronic Acid serum onto the palm of your hand or your fingertips. Rub them together, then gently massage the serum over your face and neck. Do not rinse.

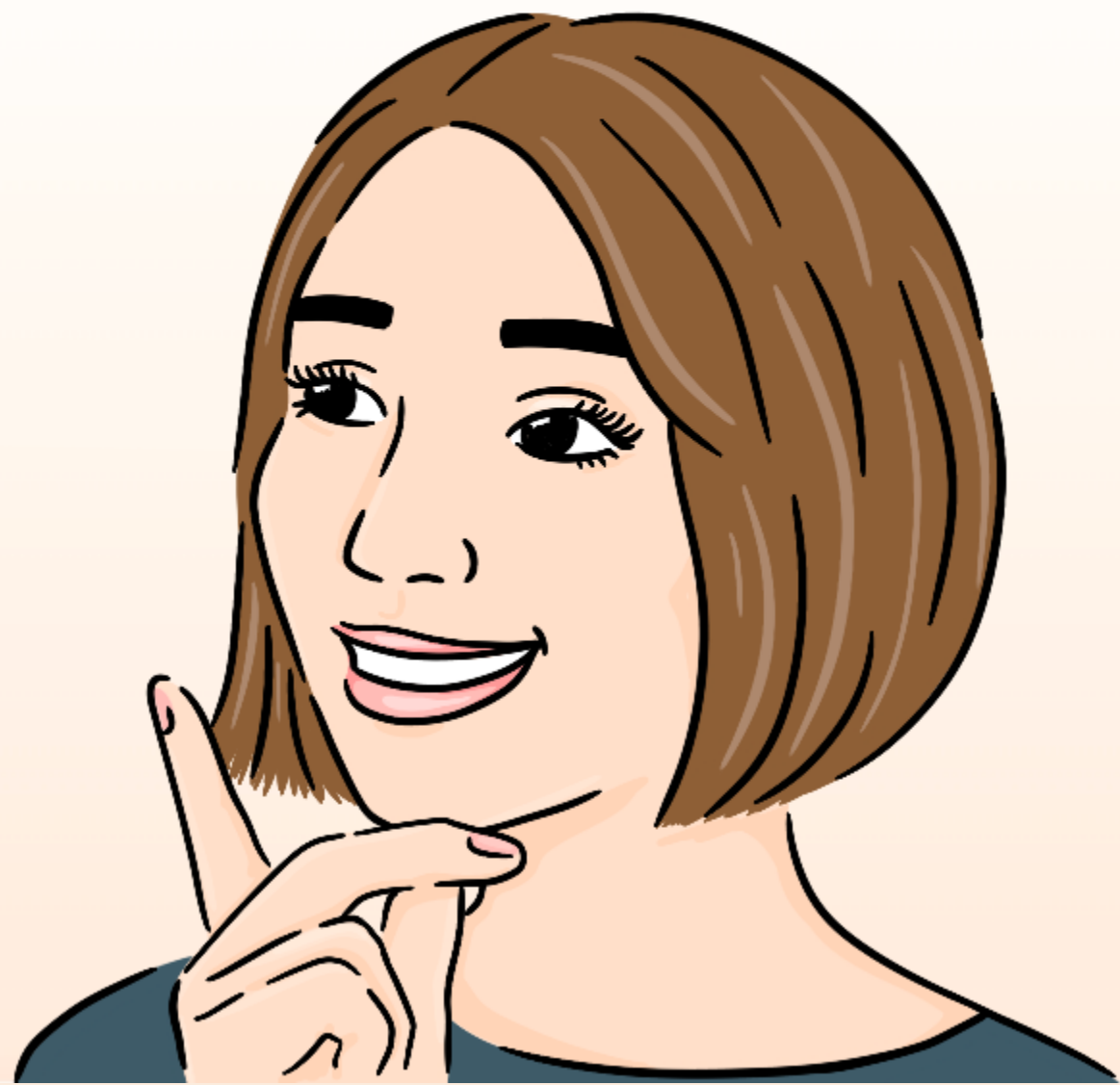
Moisturizer: Dispense a pea- to a bean-sized amount of moisturizer onto your fingertips, rub fingertips together, and then gently massage it all over your face and neck. Do not rinse.

Eyelids/Eye Area: Be sure to read product labels carefully for any instructions or warnings about using the product near your eyes. Many skincare products aren't meant for use around the eyes and can cause irritation.

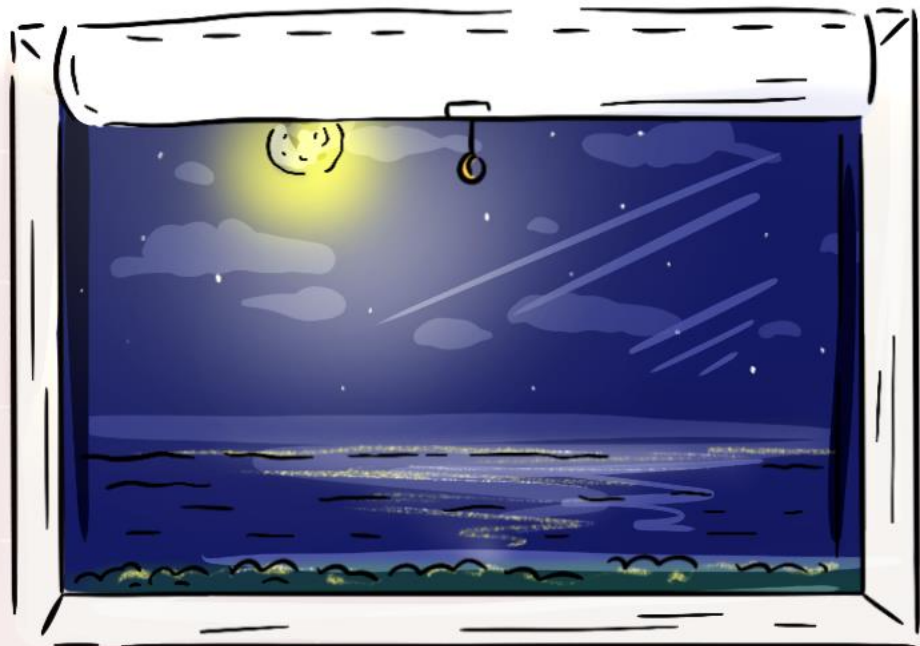
Frequency of Exfoliating Acid Usage: It is essential to start cautiously, beginning with 2-3 applications per week and gradually increasing the frequency as your skin adjusts. Once your skin has built up tolerance, you may use the exfoliating acid every other day, eventually moving to daily usage. However, it is crucial to monitor your skin's reactions and adjust the frequency accordingly. Overuse of exfoliants can lead to irritation and increased sensitivity.

In-Depth Details: Additional details about each product can be found in my product description guide included within this PowerPoint presentation.

OR



Evening Skincare Routine



Oil or Balm and/or Effaclar Cleanser



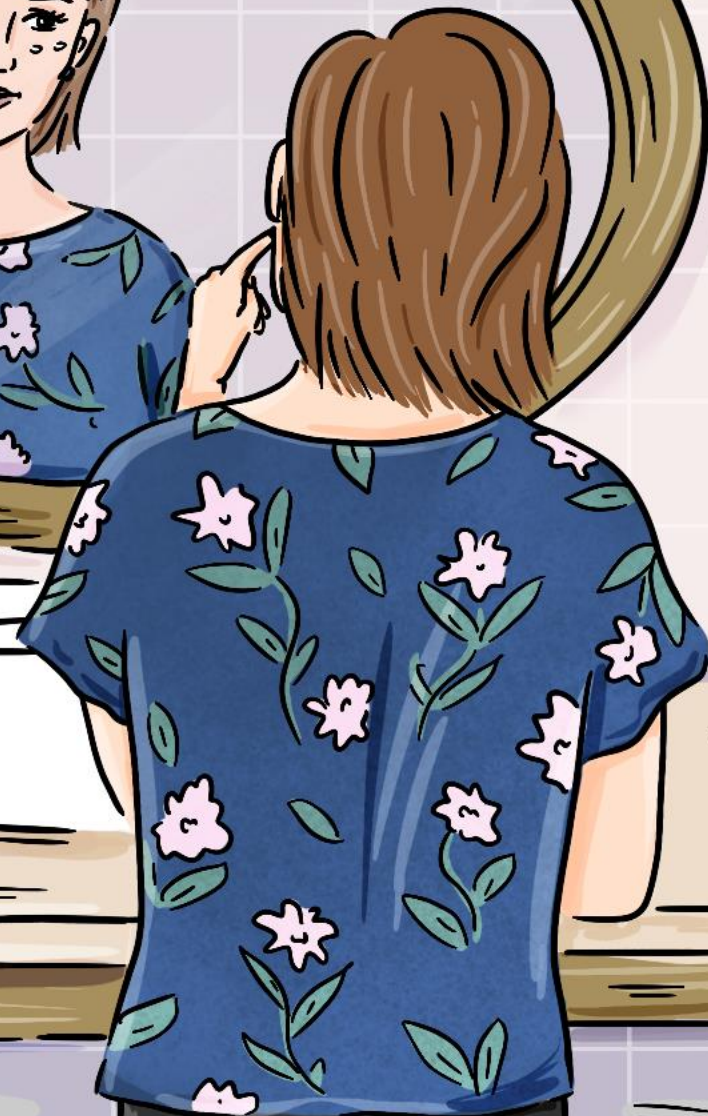
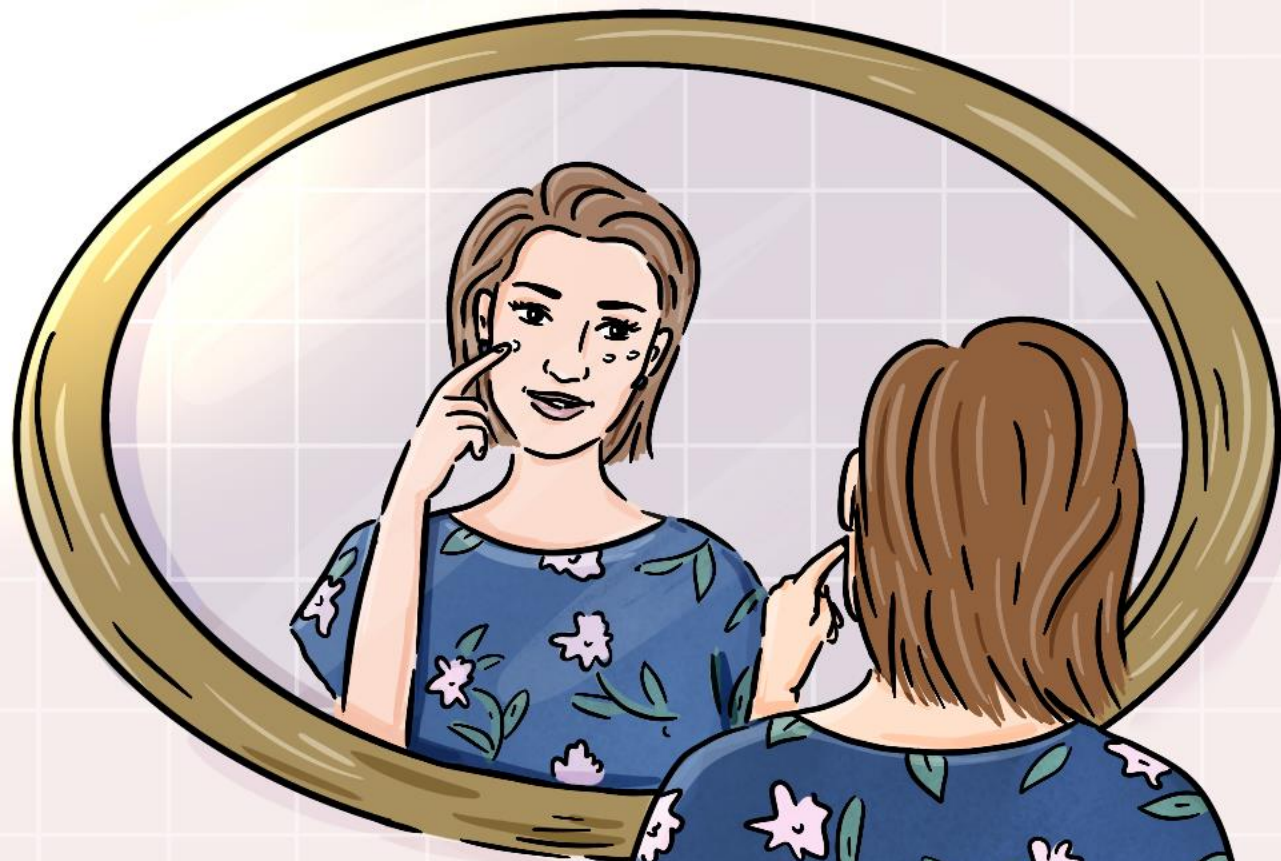
Hyalu B5



Retinol



Moisturizer





Evening (PM) Routine

La Roche-Posay Effaclar Purifying Foaming Gel Cleanser effectively removes excess oil, dirt, sweat, light makeup, and sunscreen without stripping the skin's natural oils. The skincare routine example below focuses on increasing collagen production, reducing fine lines and wrinkles, smoothing the skin texture, reducing skin discoloration, and increasing skin hydration. Remember to choose products that best suit your skin type and address your specific concerns.

Step 1. Use an Oil or Balm and/or Effaclar Foaming Cleanser



Examples:
Beauty of Joseon Ginseng Cleansing Oil (All Skin Types)
or
The Ordinary Squalane Cleanser (All Skin Types)
or
La Roche Posay Effaclar Purifying Foaming Gel Cleanser (Normal to Oily Skin)



Take a clean towel and pat the skin dry

(Optional) Step 2. Apply Hyaluronic Acid Serum



Do not wash it off

Example:
La Roche Posay Hyalu B5 Serum



(Optional) Step 3. Additional Treatments



Do not wash it off

Example:
La Roche Posay 0,3% Retinol B3 Serum



(Optional) Step 4. Apply Moisturizer



Do not wash it off

Examples:
The Ordinary Natural Moisturizing Factors + Beta Glucan (All Skin Types)
or
The Ordinary Natural Moisturizing Factors + HA (All Skin Types)

Double Cleansing (Optional): The oil or balm cleanser helps to dissolve and lift makeup, mineral sunscreen, and other impurities off of the skin's surface, while the second step with a regular cleanser helps to remove any remaining dirt and debris. To begin, dispense 1-2 pumps of oil cleanser or dispense a coin-sized amount of cleansing balm onto the palm of your hand, then rub your hands together to warm the product. Next, apply it to your dry bare face or on top of your sunscreen or makeup. Gently massage the cleanser into the face and neck, including around the eyes, for about 1-2 minutes, making sure to cover every area. Rinse thoroughly and leave the skin wet, then follow up with your regular cleanser.

La Roche Posay Effaclar Purifying Foaming Cleanser: Dispense a coin-sized amount of cleanser onto the palm of your hand, and apply it to wet skin. Gently massage the cleanser onto your face for about 30 seconds, making sure all areas are covered. Afterward, rinse thoroughly and pat dry using a clean towel.

Hyalu B5 Serum: Dispense 3-5 drops of your Hyaluronic Acid serum onto the palm of your hand or your fingertips. Rub them together, then gently massage the serum over your face and neck. Do not rinse.

Retinol Serum: Dispense 2-3 drops of serum onto the palm of your hand or your fingertips. Rub your hands together, then gently massage the serum over your face and neck, avoiding the eyelids, corners of the nose, mouth, and lips. Do not rinse.

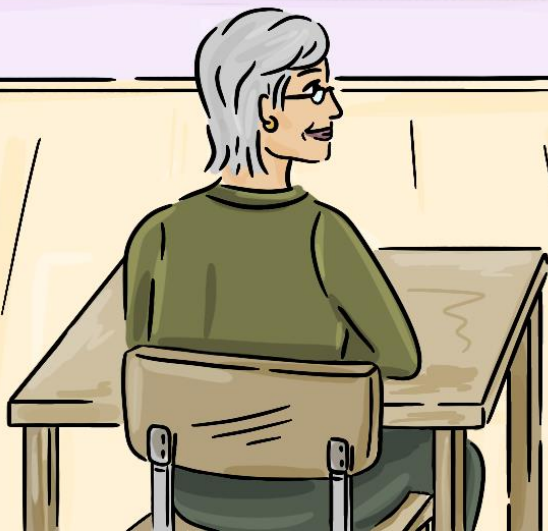
Moisturizer: Dispense a pea- to a bean-sized amount of moisturizer onto your fingertips, rub fingertips together, and then gently massage it all over your face and neck. Do not rinse.

EyeLids/Eye Area: Be sure to read product labels carefully for any instructions or warnings about using the product near your eyes. Many skincare products aren't meant for use around the eyes and can cause irritation.

Frequency of Retinol Usage: It is essential to start cautiously, beginning with 2-3 applications per week and gradually increasing the frequency as your skin adjusts. Once your skin has built up tolerance, you may use the retinol every other day, eventually moving to daily usage. However, it is crucial to monitor your skin's reactions and adjust the frequency accordingly. Overuse of retinol can lead to irritation and increased sensitivity.

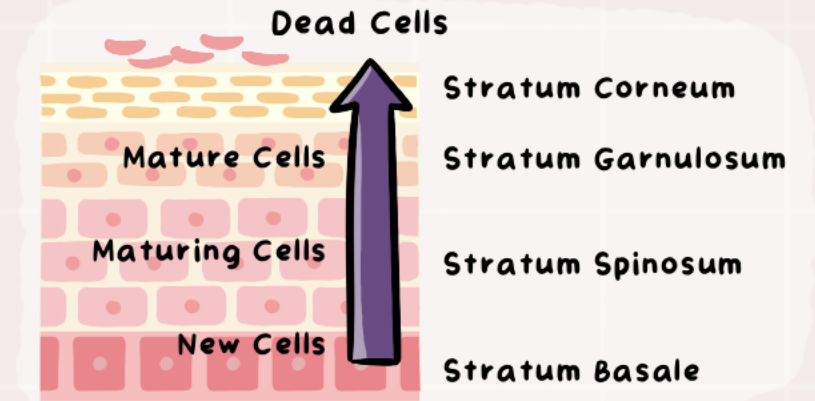
In-Depth Details: Additional details about each product can be found in my product description guide included within this PowerPoint presentation.

Retinol and Retinoids Information



What to Know About Retinol and Retinoids?

Retinol and retinoids are vitamin-A derivatives that speed up the skin cell turnover process and bring new and healthy skin cells to the surface. The new skin that develops is delicate and thinner and should therefore not be exposed directly to sunlight. So, it is best to use retinol or retinoids at night to get all the benefits.



Can I use Retinol or Retinoids during Pregnancy?

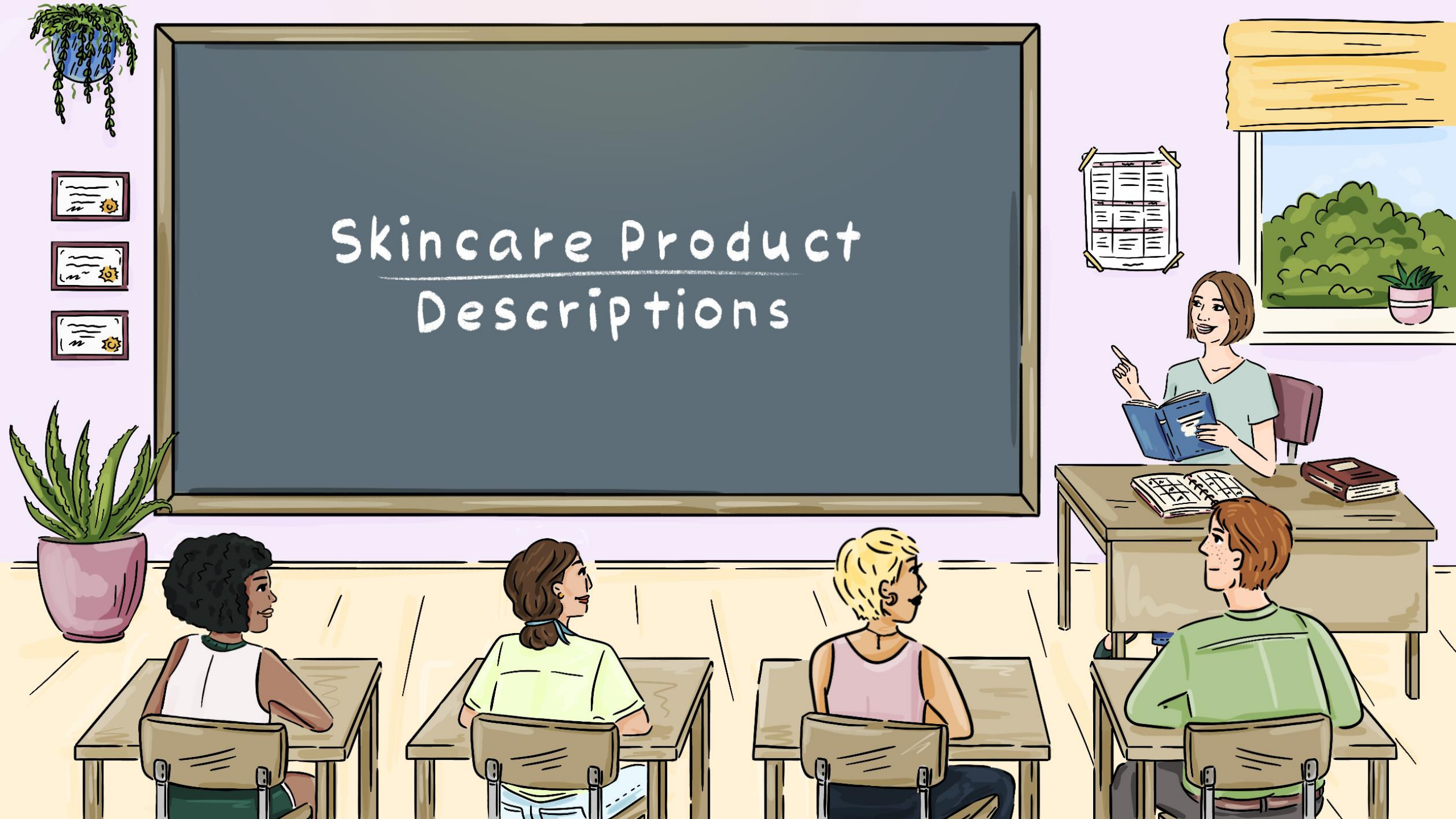
It is generally recommended that any skincare product containing retinol or retinoids should be avoided if you are pregnant or breastfeeding. Always consult your doctor first if you are adding retinol or retinoids to your skincare when pregnant or breastfeeding.

When do I need to use Sunscreen with Retinol or Retinoids?

There is no need to add sunscreen to your routine if you are using retinol or retinoids at night. Sunscreen should be used only in the daytime!



Skincare Product Descriptions



Oil or Balm Cleanser(s)

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



The Beauty of Joseon Ginseng Cleansing Oil (suitable for all skin types, including sensitive skin):

This formula is made up of 50% soybean oil, effectively removing dirt, oil, sweat, all types of makeup, and sunscreen without clogging pores. It also includes micellar cleansing technology, using tiny oil molecules to pull in and take away impurities without taking away the skin's natural oils, providing hydration in the process. Additionally, it's enriched with ginseng seed oil, which is full of antioxidants and can help reduce inflammation, promoting a healthier-looking complexion. The cleansing oil has a unique and cozy grassy scent, which provides a calming effect on the skin.

Note: It can be used as the first step in a double cleansing routine. An oil cleanser is great at breaking down and lifting off waterproof makeup, mineral sunscreen, and other impurities from the skin's surface. Following this with a regular water-based cleanser as a second step helps to clean away any remaining dirt and debris.

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 effectively removes all types of makeup, including waterproof formulas. It's a great choice for all skin types, including oily or acne-prone skin, as it won't clog pores or cause breakouts. **Note:** A balm cleanser is excellent at breaking down and lifting off waterproof makeup, mineral sunscreen, and other impurities from the skin's surface.

Following it with a regular water-based cleanser as a second step helps to clean away any remaining dirt and debris.



Melissa Van Dijk



Regular Cleanser

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



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

This foaming gel cleanser is designed to effectively remove excess oil, dirt, sweat, light makeup, and sunscreen without stripping away the skin's natural oils. It is enriched with zinc, which helps regulate sebum production and promotes a balanced and healthy complexion. Additionally, the cleanser contains thermal spring water known for its soothing and anti-inflammatory properties, which can effectively calm irritated skin. **Note:** This cleanser can be used as the second step in your double cleansing routine, following your oil or cleansing balm. It helps to remove any remaining residue and promote hydration. Incorporating double-cleansing into your routine can help prevent breakouts and enhance the overall appearance of your skin, ensuring a healthy and radiant complexion.



Exfoliant



La Roche-Posay Effaclar Ultra Concentrate

(suitable for all skin types, but ideal for normal to oily skin and not suitable for sensitive skin):

This exfoliating acid serum contains 3.5% Glycolic Acid, 1.5% Salicylic Acid, and 0.45% LHA, which work together to gently exfoliate the skin's surface, unclog pores, and improve skin texture. These ingredients are also effective in reducing hyperpigmentation, such as dark spots after breakouts or sun damage, as well as minimizing the appearance of fine lines and wrinkles. Since this product contains AHA and BHA, it is advisable to wear sunscreen during the daytime to protect the skin, as these ingredients can increase sensitivity to the sun.



Melissa Van Dijk



Serum(s)



La Roche Posay Hyalu B5 Hyaluronic Acid Serum (suitable for all skin types):

This serum contains a combination of two different-sized molecules of hyaluronic acid that work together to provide intense hydration and improve skin volume. The larger molecules work on the skin's surface to help plump and hydrate it, while the smaller molecules can penetrate more deeply into the skin to boost its volume and provide long-lasting hydration. This serum also contains vitamin B5, which helps to soothe and repair the skin's barrier, and madecassoside, a powerful antioxidant that helps to protect the skin from environmental stressors. The formulation also includes dimethicone to provide a breathable seal and lock in the benefits of the serum.



La Roche-Posay Pure Vitamin C 10 (suitable for all skin types):

This serum contains 10% vitamin C (ascorbic acid), a potent antioxidant that helps protect the skin from environmental damage such as pollution and UV radiation. Its primary benefits include boosting collagen production, reducing the appearance of fine lines and wrinkles, and brightening the skin by fading hyperpigmentation such as dark spots from breakouts and sunspots. The formula of this serum also includes a bit of salicylic acid (BHA), which gently exfoliates the skin. Additionally, it contains neurosensine, a peptide known for its soothing and calming effects, as well as hyaluronic acid and glycerin to deeply hydrate the skin. The formulation also includes dimethicone to provide a breathable seal and lock in the benefits of the serum.



La Roche-Posay Pure Niacinamide 10% Serum (suitable for all skin types):

This serum contains 10% niacinamide and 5% HEPES as active ingredients. Niacinamide is known for its ability to improve the appearance of skin by reducing inflammation, regulating oil production, and brightening skin tone. On the other hand, HEPES acts as a gentle exfoliant and pH adjuster, helping to improve skin texture and promote skin renewal.



La Roche-Posay 0.3% Retinol + Vitamin B3 Serum (suitable for all skin types):

This serum contains 0.3% retinol, which helps improve the appearance of fine lines and wrinkles, reducing dark spots while enhancing overall skin texture and tone. It also includes Vitamin B3, also known as niacinamide, which acts as a soothing agent to keep the skin soft, plump, and supple by improving moisture retention. Niacinamide also supports the skin's barrier function and can improve skin elasticity, discoloration, and redness. Glycerin is added to provide intense hydration and assist in restoring the skin's moisture barrier.



Melissa Van Dijk



Treatment



La Roche-Posay Effaclar DUO+ (suitable for normal to oily, acne-prone skin):
This product contains active ingredients such as salicylic acid, niacinamide, and LHA (lipohydroxy acid) that work together to exfoliate the skin, reduce inflammation, and regulate oil production while also fading dark spots. It can also help minimize new acne flare-ups and breakouts. Additionally, the product has a mattifying effect, making it especially beneficial for those with oily skin types.



Moisturizer(s)



The Ordinary Natural Moisturizing Factors + Beta Glucan (suitable for all skin types: ideal for normal to oily):

This moisturizer is formulated with natural moisturizing factors (NMFs) to supplement the skin's own natural moisturizing factors, helping to maintain skin hydration. NMFs include components such as amino acids, urea, lactates, sugars, and glycerin, which play a crucial role in keeping the outer layer of the skin protected and well-hydrated. By using this moisturizer, you supplement your skin's natural NMFs, which can help maintain and improve overall skin health. Beta-glucan, derived from natural sources like yeast, fungi, seaweed, or oats, acts as a powerful antioxidant to address signs of aging and prevent premature aging. It also has hydrating and soothing properties, making it a great addition for surface hydration. Continued use may enhance your skin's barrier function, leading to better protection against environmental stressors and potential irritants.

The Ordinary Natural Moisturizing Factors + HA (suitable for all skin types):

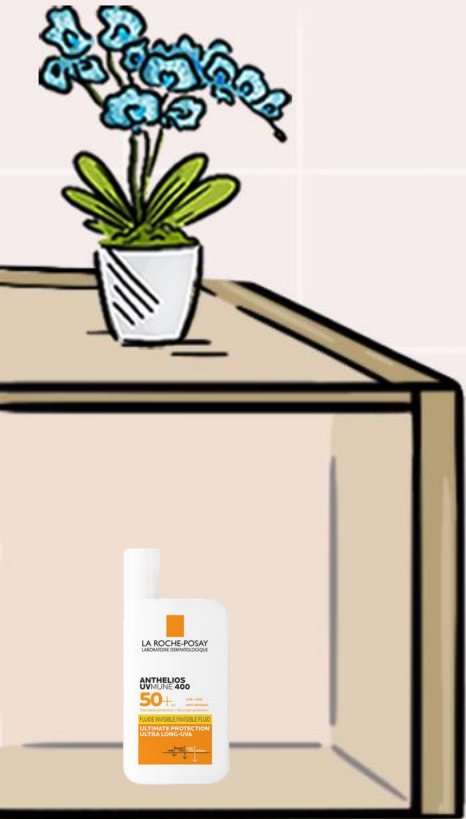
This moisturizer is formulated with natural moisturizing factors (NMFs) to supplement the skin's own natural moisturizing factors, helping to maintain skin hydration. NMFs include components such as amino acids, urea, lactates, sugars, and glycerin, which play a crucial role in keeping the outer layer of the skin protected and well-hydrated. By using this moisturizer, you supplement your skin's natural NMFs, which can help maintain and improve overall skin health. Continued use may enhance your skin's barrier function, leading to better protection against environmental stressors and potential irritants.



Melissa Van Dijk



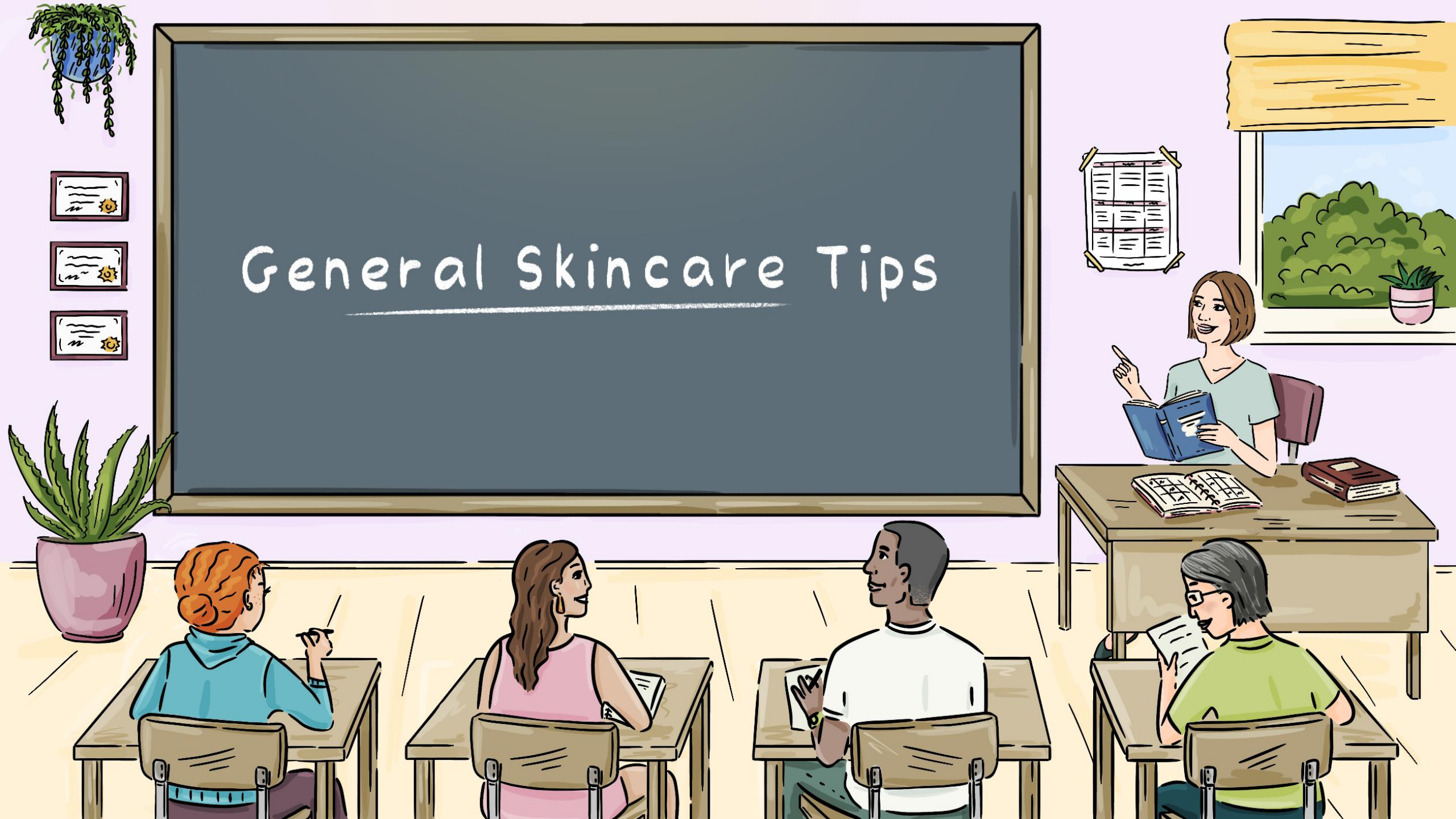
Sunscreen



La Roche-Posay Anthelios UVMUNE 400 Invisible Fluid SPF50+ (suitable for all skin types): It offers high protection (SPF 50+) and broad-spectrum coverage against harmful UV rays, including ultra-long UVA wavelengths that penetrate deeper into the skin. This comfortable fluid formula is water, sweat, and sand-resistant. It is a fluid that does not leave any white marks and stays in place, making it an excellent choice for all skin types. The active ingredients in this sunscreen include Mexoryl 400, an exclusive UV filter that protects against ultra-long UVA radiation, and Netlock technology, which ensures an even, stable, and highly resistant protection on the skin's surface.



General Skincare Tips



How to do a proper patch test for skincare products:

- First, choose a location for the patch test. I recommend the upper forearm over behind the ears, as any severe reactions, such as swelling, will be less severe and not dangerous in this area.
- Select the upper forearm as the testing area, then wash it with a gentle soap or cleanser and pat it completely dry.
- Apply a small amount of the product onto the upper forearm.
- Wait at least 24 hours to see if any delayed reaction occurs. During this time, avoid touching or washing the area.
- If no reaction occurs after 24 hours, you can rinse the area and assume the product is safe for use. If any redness, burning, itching, or unusual irritation occurs during the patch test, discontinue its use.
- If the patch test goes well, you can assume the product is safe for use. However, it is still recommended to gradually introduce the product to your skincare routine, starting with small amounts and monitoring your skin's response.



Note 1: For Salicylic Acid skincare products, follow the same process, but repeat the application once a day for three days in a row to test if you are sensitive to it, as the reaction may occur days later.

Note 2: If you experience any immediate reactions after application, such as severe irritation, swelling, or blistering, stop use immediately and consult a doctor for advice.

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



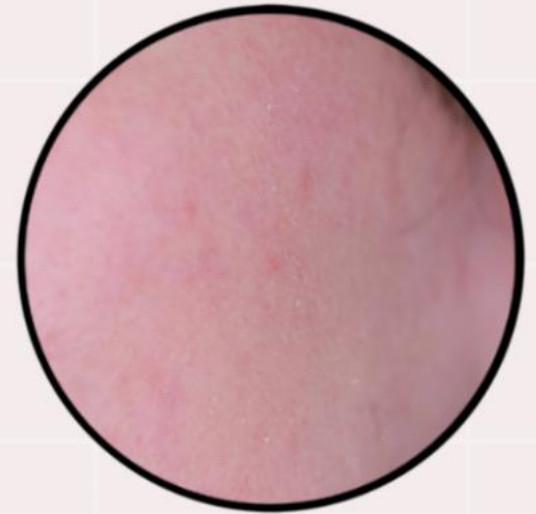
On the other hand, **"wet skin"** refers to skin with visible water droplets still present on the surface and not yet dried off. Applying skincare products to wet skin can cause them to become diluted and less effective, leading to a tight, dry feeling or even skincare pilling, as the products may not 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.

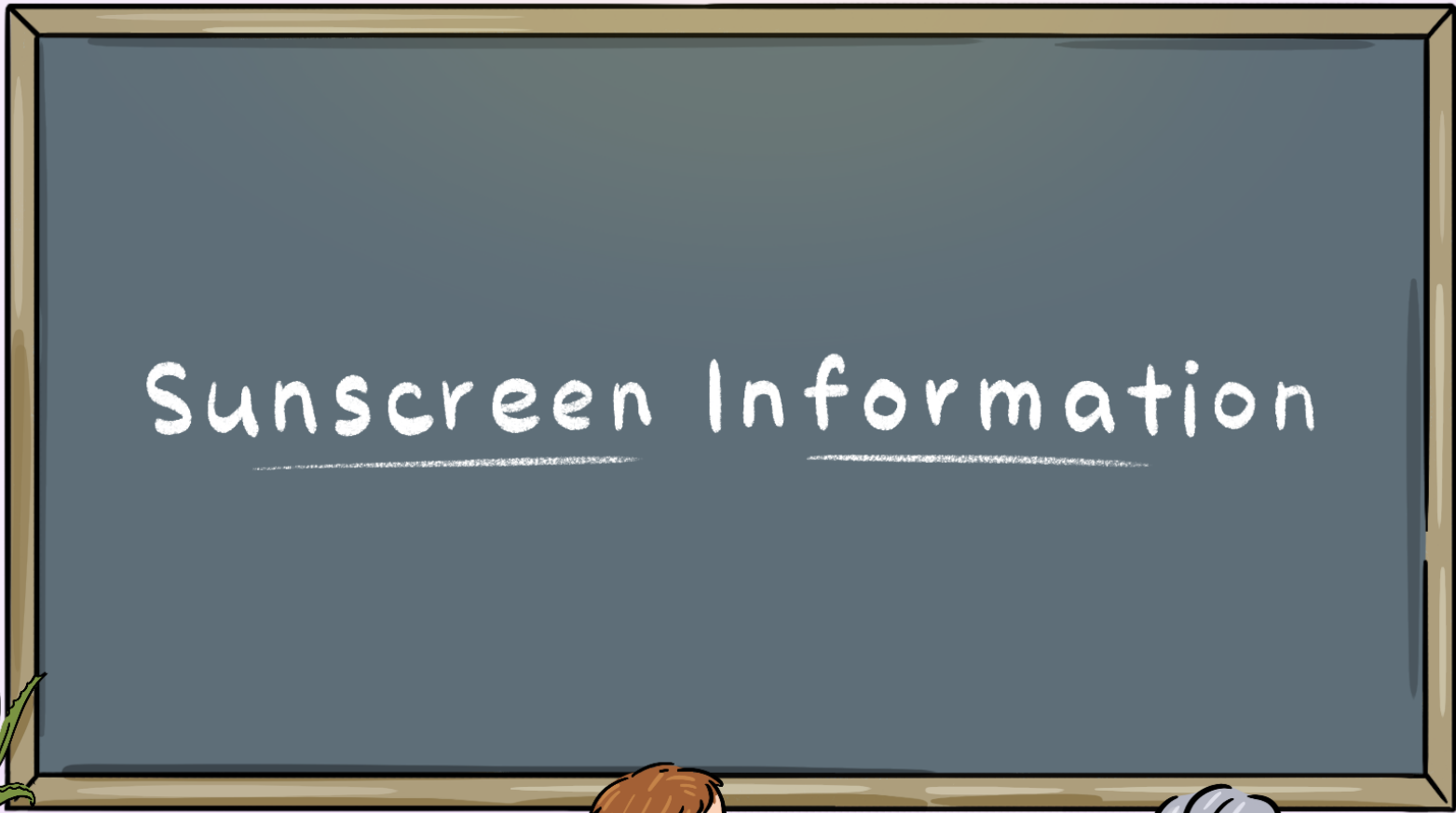
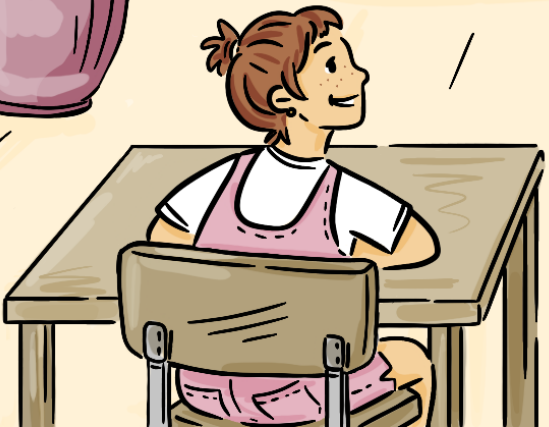
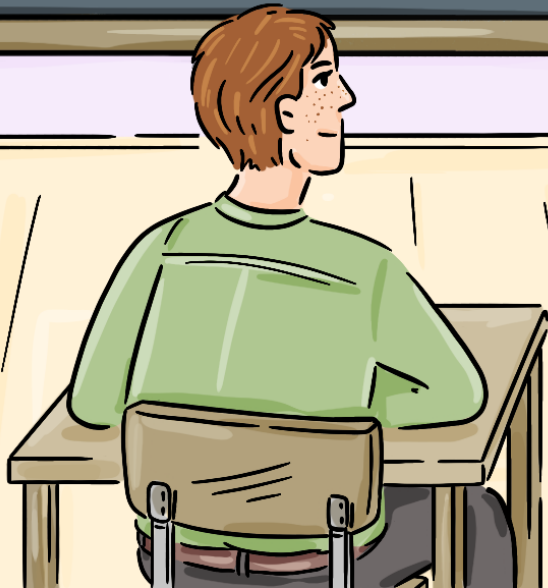
To avoid skincare pilling, it's important to follow these tips:

- 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



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!



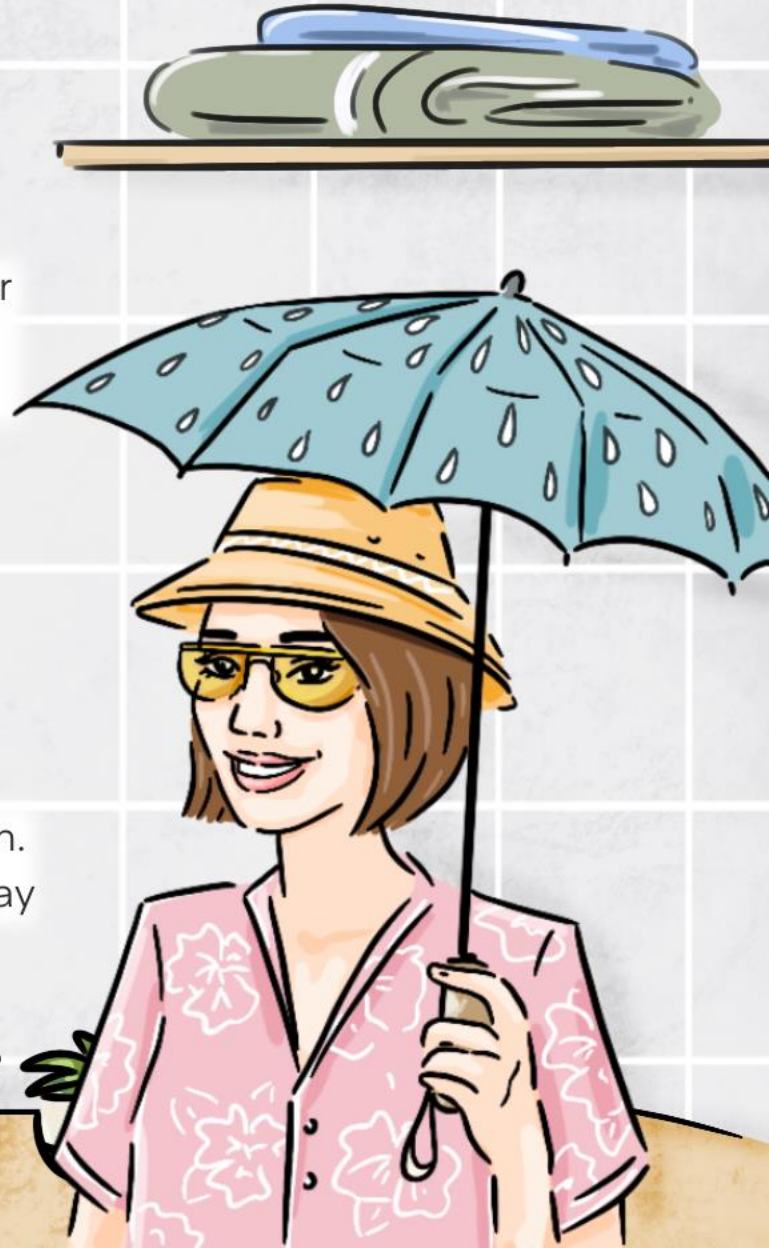
Sunscreen



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 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.



