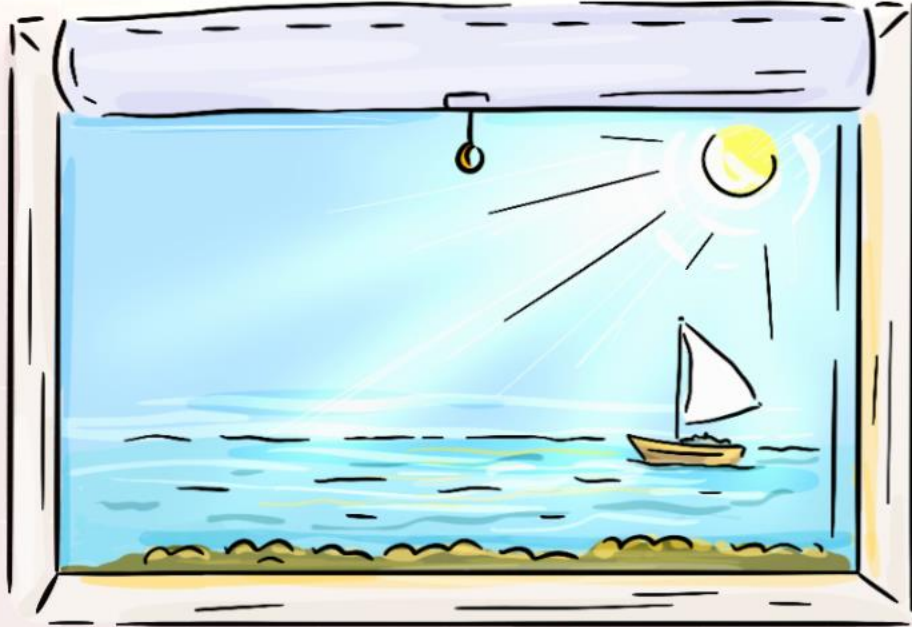


Morning Skincare Routine

Salicylic Acid + Protection



Salicylic Acid
Cleanser



Sunscreen





Morning (AM) Routine

Step 1.
Use the Salicylic Acid Cleanser



CeraVe
Acne Control Cleanser
(Oily – Blemish-Prone Skin)



Take a clean towel
and pat the skin dry

Step 2.
Apply Sunscreen



Examples:
CeraVe AM Ultra Light
Moisturizing Lotion SPF 30
(Normal to Oily)
or
NIOD Survival 30
(All Skin Types – Mineral – Natural Tint)

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

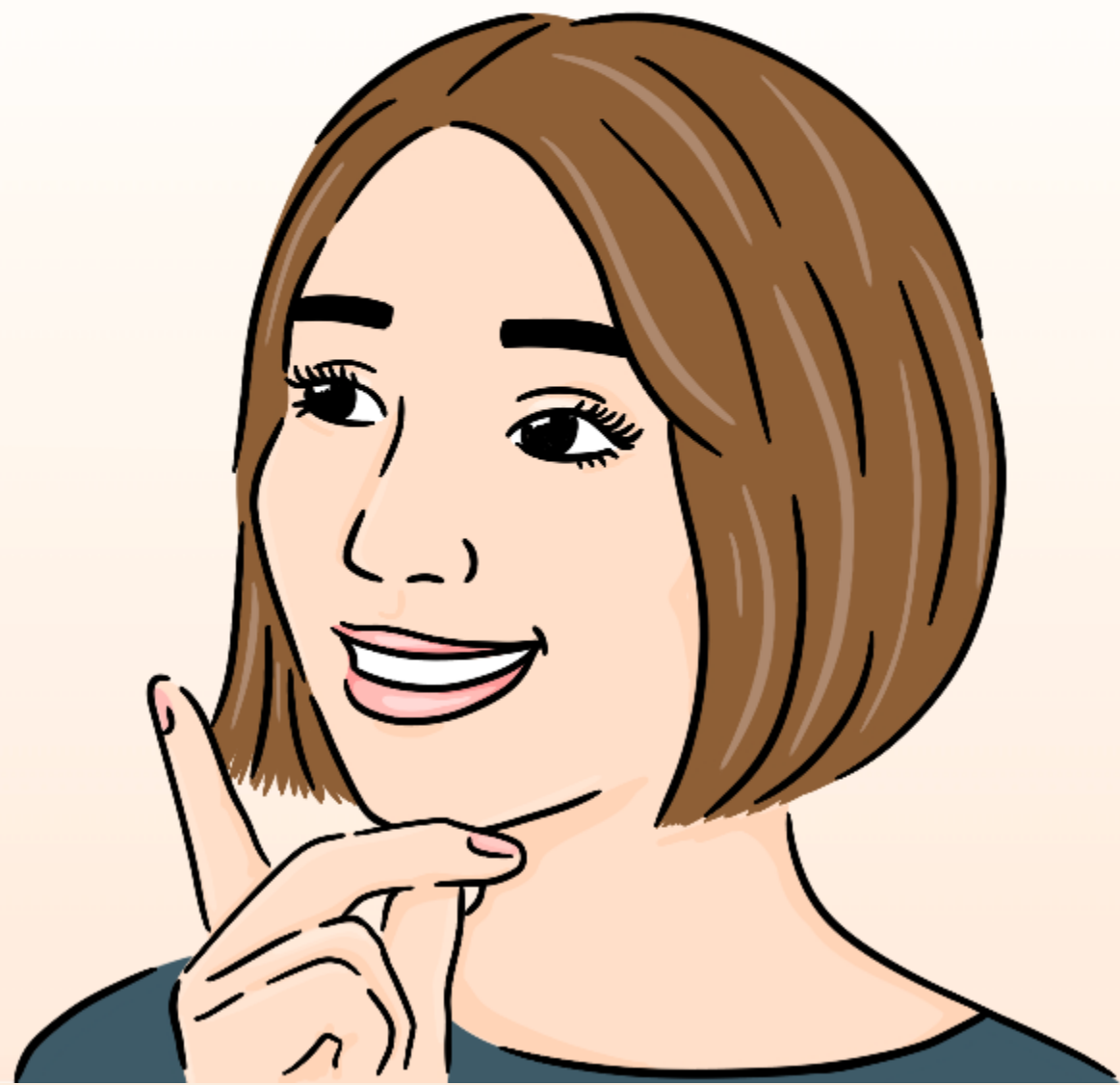
Sunscreen: Take about half a teaspoon of sunscreen and spread it evenly over the face and neck. If you want to include your décolletage, use about 1 teaspoon. Do not rinse.

Additional Notes: Always carefully read the specifications and directions on individual product labels. Choose products that are formulated or better suited for your skin type and needs.

Eyelids/Eye Area: Carefully read individual product labels for instructions or a warning about using the product in the eye area. If there is no special indication, it is likely safe to use.

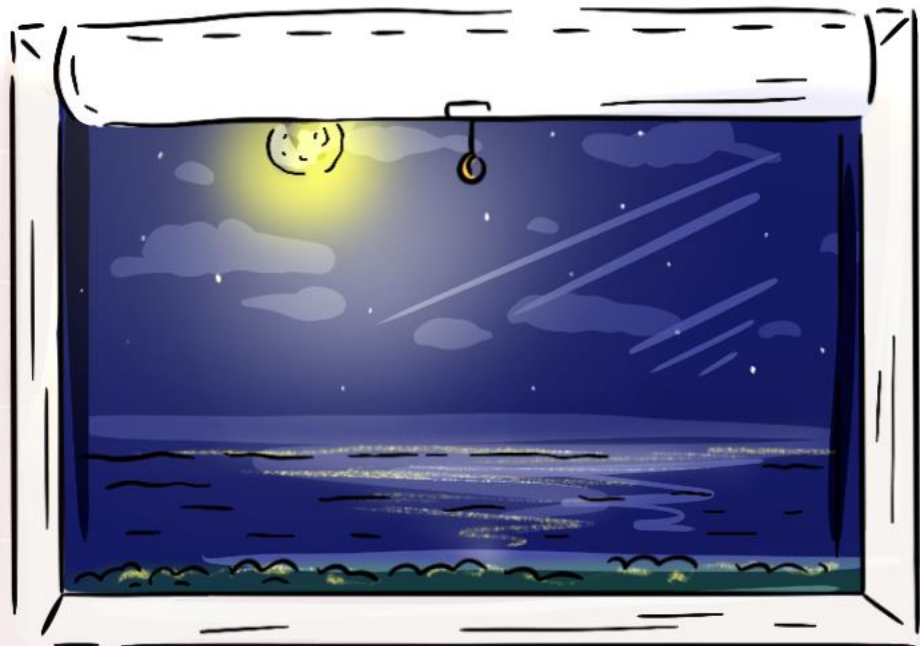
Frequency Salicylic Acid Cleanser: How often you use your SA Cleanser will depend on how well your skin tolerates it. Begin with 2–3 times per week. Then, as the skin builds tolerance, increase to every other day or daily as needed (and tolerated).

OR



Evening Skincare Routine

Salicylic Acid + Hydration



Oil, Balm and/or Salicylic Acid Cleanser

Moisturizer





Evening (PM) Routine

Step 1.
Use the Salicylic Acid Cleanser



Hada Labo
Gokujyun Cleansing Oil
(All Skin Types)
or
The Ordinary Squalane Cleanser
(All Skin Types)
or
CeraVe
Acne Control Cleanser
(Oily – Blemish-Prone Skin)



Take a clean towel
and pat the skin dry

(Optional) Step 2.
Apply Moisturizer



Examples:
CeraVe PM
Facial Moisturizing Lotion
(Normal to Oily)
or
The Ordinary
Natural Moisturizing Factors + HA
(All Skin Types)

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 then 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 and leave the skin wet, following it up with your regular cleanser.

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

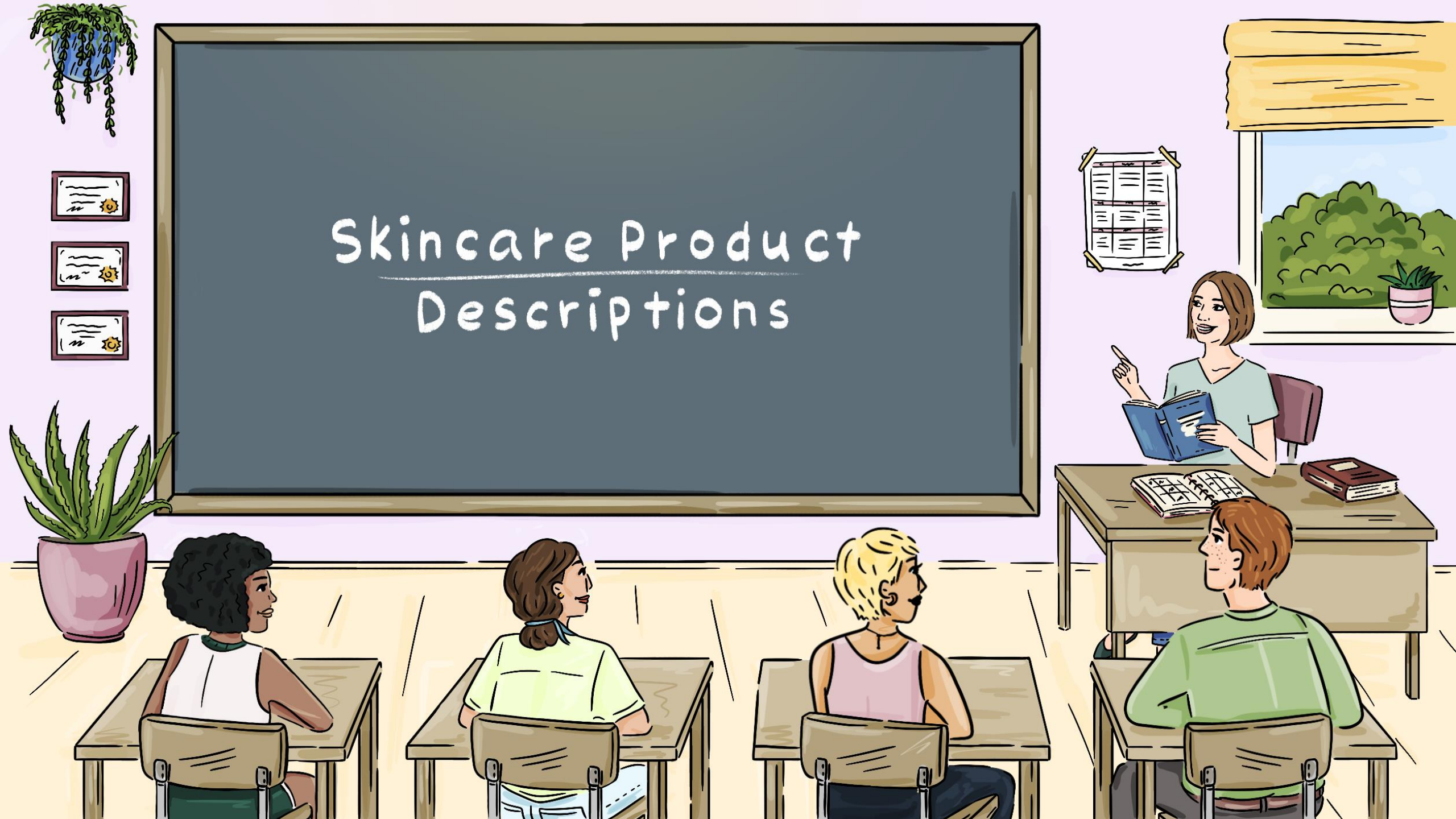
Moisturizer: Dispense a pea- to a bean-sized amount of moisturizer onto your fingertips, then apply it all over your face and neck. Do not rinse.

Additional Notes: Always carefully read the specifications and directions on individual product labels. Choose products that are formulated or better suited for your skin type and needs.

Eyelids/Eye Area: Carefully read individual product labels for instructions or a warning about using the product in the eye area. If there is no special indication, it is likely safe to use.

Frequency Salicylic Acid Cleanser: How often you use your SA Cleanser will depend on how well your skin tolerates it. Begin with 2–3 times per week. Then, as the skin builds tolerance, increase to every other day or daily as needed (and tolerated).

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 and even 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 while leaving the skin smooth and moisturised. You can also use it as the first cleanser in a double-cleansing routine.



Salicylic Acid Cleanser



CeraVe Acne Control cleanser (for normal to oily acne-prone skin)
This cleanser helps remove oil, dirt, sweat, light non-mineral sunscreen, and makeup from the skin. It also contains 2% salicylic acid to help remove dead skin cells on the skin's surface and in the pores, reduce skin oiliness, and help reduce new acne breakouts. Furthermore, it contains three essential ceramides, niacinamide, and other beneficial ingredients for soft and smooth-looking skin.



Moisturizer



CeraVe PM Facial Moisturizing Lotion (for normal to oily skin)

It is an oil-free, lightweight cream containing hyaluronic acid, niacinamide, and three essential ceramides that help to hydrate, calm, and soothe the skin, while also helping to maintain its protective barrier.

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

Natural moisturizing factors (NMFs) keep the outer layer of the skin protected and well hydrated. NMFs are made up of multiple amino acids, fatty acids, triglycerides, urea, ceramides, phospholipids, glycerin, saccharides, sodium PCA, hyaluronic acid, and many other compounds that are naturally present in the skin. NMFs draw moisture from the air into the skin, keeping it hydrated. They also help create a barrier so that harmful microorganisms cannot penetrate the skin. This moisturizer provides NMFs to supplement the skin's own moisturizing factors, ensuring the outer layer remains protected and hydrated. Its continued use can also help improve skin barrier function.



Sunscreen



CeraVe Ultra-Light Moisturizing Lotion (for normal to oily skin)

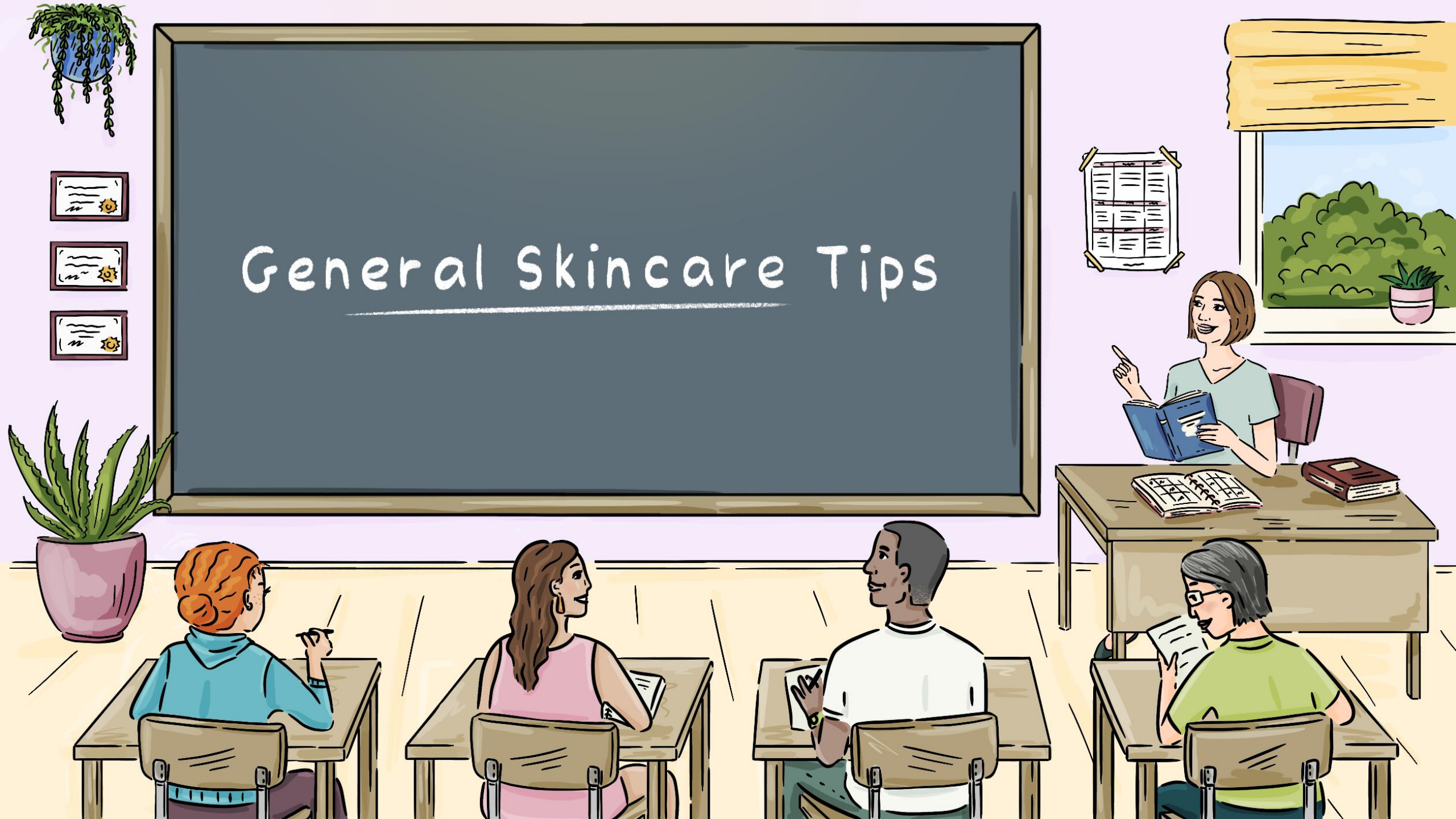
It is a broad-spectrum SPF 30 sunscreen with non-greasy moisturizing abilities. It leaves the skin with a matte finish.

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-only UVB (SPF 30) and UVA (PA+++)¹ 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. **NOTE:** 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.

1. Clean Face and Pat Dry

Cleansing your skin is a must to remove makeup, sunscreen and buildup (oil, dirt, sweat) from the day. After cleansing, take a clean towel to remove the water drops from the skin surface. Gently pat the skin dry, do not rub. This is a crucial step to getting the best layering possible. Your cleanser is the only product that needs to be removed from the skin (aside from face masks). Everything else you use can be left on during the day and night.

Clean Face



Pat Dry



Damp Skin



Wet Skin



2. Damp Skin vs. Wet Skin

Damp skin is when the skin has absorbed some water but is dry to the touch. After washing your face, the skin remains damp for up to 30 minutes. However, many products need to be applied to dry skin, such as retinol/retinoids or exfoliating acids like glycolic and lactic acid. Much of the skin's dampness is gone after 5–10 minutes, so if your skin is sensitive, you'll want to wait for at least this long before applying those types of products. Ultimately, you should test what works best for your individual skin needs.

3. Waiting Time between Applications

Always wait until each product has been absorbed before applying the next, which is usually about 30 to 60 seconds. If you feel that the product has been absorbed sooner, continue without waiting.



Skincare Pilling

Pilling refers to the look products have when they begin to ball up on the skin surface. It looks like tiny little balls and some people believe these balls are their skin (dead skin cells) rubbing off when it's actually the product they've previously applied that is pilling.

Pilling can occur when the formulations of your products do not go well together, such as mixing oil/silicones and water-based products, or if you apply products directly on wet skin.

These tips may help to avoid skincare pilling:

- Apply products to the freshly washed and thoroughly dried face.

(After washing, you should take a clean, dry towel and remove any access water drops that may remain.)

- Avoid mixing oil or silicone formulations and water-based products.
- Allow each product to absorb before layering on more.

(Waiting 30 seconds to 1 minute in between can be of great help.)

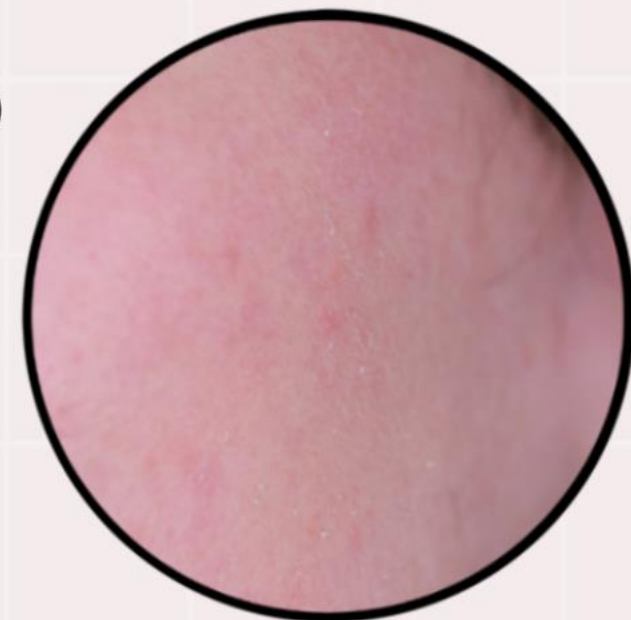
- Avoid using too much of each product.

(You want the product to be absorbed into the skin and not to remain on the skin surface.)



If you're still seeing skincare pilling, you may need to change the skincare products used in your morning and evening routines or restructure/rearrange them.

If that does not work, reconsider changing your skincare formulations, and if you can find similar products for your skin concerns from other brands, replace them to see if the issue will continue.



What to Know about Skin Peeling

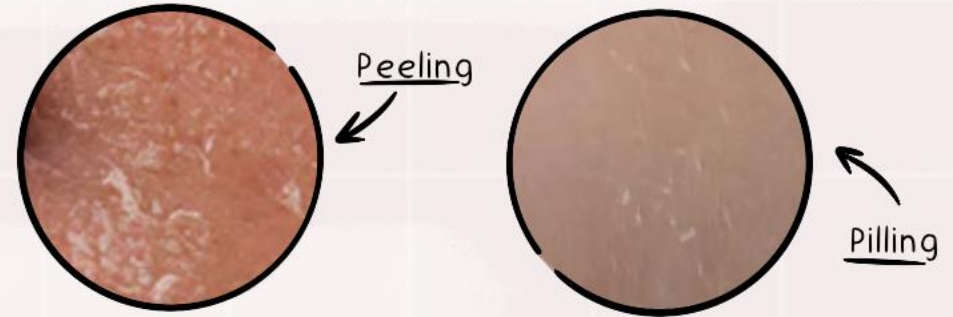
Skin peeling is when skin sheds its outer layer to be replaced by new skin. In medical terminology, this process is called desquamation. Peeling or flaking skin is the skin's way of recovering or healing from damage or dryness. It is usually not noticeable or a major cause for concern.

What Causes Skin Peeling?

Some of the most common causes of skin peeling include:

- **Sunburn:** If the skin is exposed to too much sun or artificial UV rays, it can burn. The red burn will fade and may start to peel after a few days as the skin gets rid of damaged skin cells.
- **Dry skin:** If the skin is suffering from a lack of water and oil, it can dry out. This can lead to skin peeling if not remoisturized.
- **Retinoids/retinol:** Retinol treatments increase skin cell turnover. Because of this, there will be more dead skin cells than usual, which can lead to skin peeling.
- **AHAs:** Alpha hydroxy acids, like glycolic, lactic, and mandelic acids, loosen the bonds between dead skin cells on the top layers of skin. This lifts the dead skin cells away from the healthy skin underneath.
- **Benzoyl peroxide:** This popular acne treatment helps peel away the top layer of skin to get rid of dead skin cells, bacteria, and excessive oil to help improve the health of the skin.

Skin treatments, like those listed above, may contribute to excessive peeling, redness, and dryness. However, they can also lessen the signs of sun damage, uneven skin tone, and aging. They can also help smooth out flaky skin patches and acne.



Skin Conditions that Contribute to Skin Peeling

Along with burns and skin treatments, there are also skin conditions that can cause skin peeling:

- **Eczema:** Also known as atopic dermatitis, eczema causes red, peeling, itchy skin. The skin may look scaly or cracked and may develop crusty sores.
- **Facial psoriasis:** Psoriasis can cause red, scaly, dry patches of skin that can be itchy and sensitive.
- **Rosacea:** Rosacea can cause red, inflamed skin and sometimes pus-filled bumps. The skin can feel dry and peel.
- **Allergic contact dermatitis:** Allergic contact dermatitis is an allergic reaction to a substance, like a skin care product. It usually causes red, scaly, itchy skin.
- **Seborrheic dermatitis:** This skin condition typically develops in the oiliest spots on the body, like the face, scalp, chest, or back. It causes greasy skin with crusty white or yellow flakes.



Choose Products That Are Designed for Your Skin Concerns

Everyone has different skin concerns, which means what works for someone else isn't guaranteed to work for you. Choose products that are designed for your needs. This ensures you'll see the best results, as opposed to giving your skin something it doesn't need.

Hyperpigmentation



Vitamin C
Niacinamide
Glycolic Acid

Mild to Moderate Acne



Benzoyl Peroxide
Salicylic Acid
Retinol/Retinoids

Severe Conditions

Hyperpigmentation



Acne



Visit a Dermatologist for Major Skin Concerns

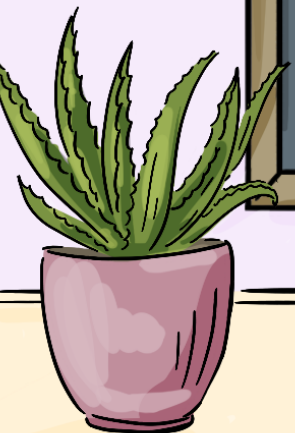
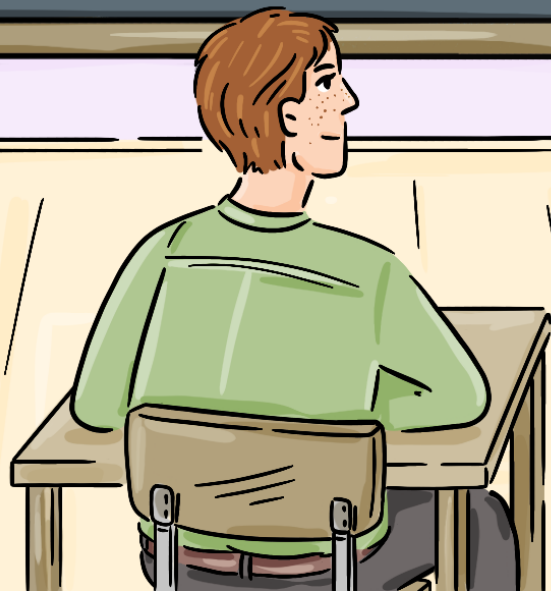
Over-the-counter skincare products may provide visible results when it comes to skincare concerns such as hyperpigmentation, dehydrated skin, acne, fine lines, and wrinkles, etc. Those products are not medical treatments so be realistic about the results you expect. If you have a severe medical condition, consider visiting a dermatologist in your area for a more advanced treatment regime.

Be Patient and Consistent

Remember to always be patient and consistent with your skincare routine, as it can take time to see results.



Sunscreen Information



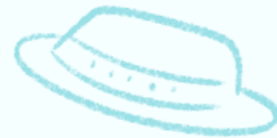
1. When is the Best Time to Wear Sunscreen?



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

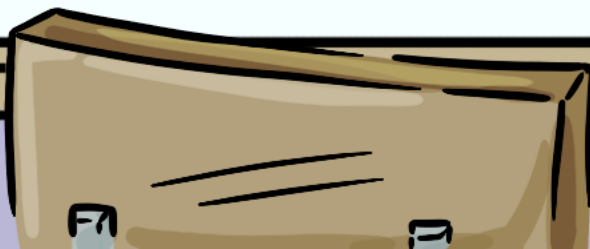


Finally, when reviewing your sunscreen options, you're likely to come across the following terms:

- **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.



Application:

Always apply sunscreen 10–15 minutes before sun exposure.

As a general rule, use about half a teaspoon for your face, neck, and ears.

If you want to include your decolletage, use approximately one whole teaspoon.

If you accidentally apply too much sunscreen or if the sunscreen doesn't feel comfortable, reduce the amount, but ensure that you have even protection. If you continue to feel uncomfortable, consider using a different sunscreen.



Sunscreen



1/2 TSP
Face, Neck, Ears



1 TSP
Face, Neck, Ears, Decolletage



How to remove sunscreen?

Before going to bed or doing your skincare routine, you should always remove the sunscreen that has been applied. A freshly washed face will help ensure you're not drying out the skin or clogging the pores.

Most sunscreens come off easily with a regular cleanser. However, some are more difficult to remove, especially mineral sunscreens or those labeled as waterproof or water-resistant. An oil-based cleanser or cleansing balm will work best in these cases. Dispense a coin-sized amount of balm/oil cleanser onto your palm and gently massage it into the face for 1–2 minutes (or longer for stubborn sunscreens). Take your time to break down the sunscreen fully. As a final step, rinse your face thoroughly with lukewarm water.

If you like, you can then move on to a second cleanse to target your complexion or skin concerns or to remove any last traces of your sunscreen, if necessary.

Now that you have a clean and freshly washed face, you can either move on to your regular skincare routine, or just leave your face as it is!



1. Cleansing Oil or Balm

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