



Moisturizing Cream

Very Dry to Dry, Sensitive Skin

Hydrates for 48 hours & fully restores skin barrier





Daily Morning Skincare Routine: Clean, Hydrate and Protect

Step 1. Water-Based Cleanser



Examples:

Cetaphil Hydrating Foaming Cream Cleanser
(Dry to Normal Skin Types)
or
Cetaphil Gentle Cleanser
(Dry to Normal Skin Types)



(Optional) Step 2. Moisturizer



Cetaphil
Moisturizing Cream
(Dry to Very Dry Skin)



Step 3. Sunscreen



Examples:

Beauty of Joseon Relief Sun Rice + Probiotics SPF50+ PA++++
(All Skin Types – Chemical + Mineral)
or
Isntree - Hyaluronic Acid Watery Sun Gel SPF50+ PA++++
(All Skin Types – Chemical + Mineral)



Cetaphil Cleansers: First, wet your face. Then, dispense about one pump of your favourite cleanser into the palm of your hand or fingers. Rub your hands together and gently massage the cleanser onto your face for about 15-30 seconds, ensuring all areas are covered. Optionally, you can use a soft, damp microfibre washcloth to help remove the cleanser. Afterwards, rinse thoroughly and pat dry using a clean towel.

Cream: Scoop out a small amount of the cream with your fingers or a small spoon (about a bean-sized amount). Rub your fingers together to blend, then massage evenly over your face and neck. Do not rinse.

Tip: Remember that the cream is quite heavy. If you use sunscreen, consider skipping the cream and opt for a sunscreen that's suitable for your dry skin type instead. Both options I've provided are suitable.

Sunscreen: I recommend using sunscreen whenever you spend prolonged periods outdoors. For optimal protection, you need to use a fair amount.

Apply about one-third to half a teaspoon to your face, neck, and a bit of your décolletage, ensuring all exposed skin is covered. Allow the sunscreen to fully absorb and set by applying it 10-15 minutes before going outside.

Sunscreen Reminder: Remember to reapply sunscreen every two hours when spending extended periods outdoors. Reapply immediately if the sunscreen has rubbed off, or in case of heavy sweating, swimming, or engaging in prolonged outdoor activities. However, if you spend most of your time indoors, frequent reapplication of sunscreen isn't necessary unless you are near windows receiving significant sunlight for extended periods.

Eyelids/Eye Area: The skin around the eyes is thin and delicate. Avoid using skincare products with active ingredients on the eyelids unless specified.

Important Note: Please remember that this guide reflects my personal experience with these products. Skincare is highly individual, and responses to products can vary. Therefore, the amounts suggested here are a starting point. You may find that you need slightly more or less of each product. Adjust the quantities to suit your specific skin needs and responses.



Daily Evening Skincare Routine: Cleanse, Hydrate and Seal

Step 1. Water-Based Cleanser



Examples:

Cetaphil Hydrating Foaming Cream Cleanser
(Dry to Normal Skin Types)

or

Cetaphil Gentle Cleanser
(Dry to Normal Skin Types)



Step 2. Moisturizer



Do not wash it off

Cetaphil Moisturizing Cream
(Dry to Very Dry Skin)

Cetaphil Cleansers: First, wet your face. Then, dispense about one pump of your favourite cleanser into the palm of your hand or fingers. Rub your hands together and gently massage the cleanser onto your face for about 15-30 seconds, ensuring all areas are covered. Optionally, you can use a soft, damp microfiber washcloth to help remove the cleanser. Afterwards, rinse thoroughly and pat dry using a clean towel.

Cream: Scoop out a small amount of the cream with your fingers or a small spoon (about a bean-sized amount). Rub your fingers together to blend, then massage evenly over your face and neck. Do not rinse.

Eyelids/Eye Area: The skin around the eyes is thin and delicate. Avoid using skincare products with active ingredients on the eyelids unless specified.

Important Note: Please remember that this guide reflects my personal experience with these products. Skincare is highly individual, and responses to products can vary. Therefore, the amounts suggested here are a starting point. You may find that you need slightly more or less of each product. Adjust the quantities to suit your specific skin needs and responses.



Evening Skincare Routine with Cleansing Balm: Sunscreen and Makeup Removal, Hydrate and Seal

Step 1. Cleansing Balm



Examples:

The Ordinary
Squalane Cleanser
(All Skin Types)

or

Beauty of Joseon
Radiance Cleansing Balm
(All Skin Types)



Leave the
skin wet

Step 2. Water-Based Cleanser



Examples:

Cetaphil Hydrating
Foaming Cream Cleanser
(Dry to Normal Skin Types)

or

Cetaphil Gentle Cleanser
(Dry to Normal Skin Types)



Step 3. Moisturizer



Do not
wash it off

Cetaphil
Moisturizing Cream
(Dry to Very Dry Skin)

Cleansing Balm: The cleansing balm helps to gently dissolve and lift makeup and sunscreen off the skin's surface. Begin by dispensing a coin-sized amount of the balm into the palm of your hand. Rub your hands together to warm the product. Next, apply the balm to your dry, bare face, or directly over sunscreen or makeup. Gently massage the balm into your face and neck, including around your eyes, for about 1-2 minutes, ensuring every area is covered.

Optional: You can use a soft, damp microfiber washcloth to help remove the balm. Afterward, rinse thoroughly, and then leave the skin wet.

Cetaphil Cleansers: Then, dispense about one pump of your favourite cleanser into the palm of your hand or fingers. Rub your hands together and gently massage the cleanser onto your face for about 15-30 seconds, ensuring all areas are covered. Optionally, you can use a soft, damp microfiber washcloth to help remove the cleanser. Afterwards, rinse thoroughly and pat dry using a clean towel.

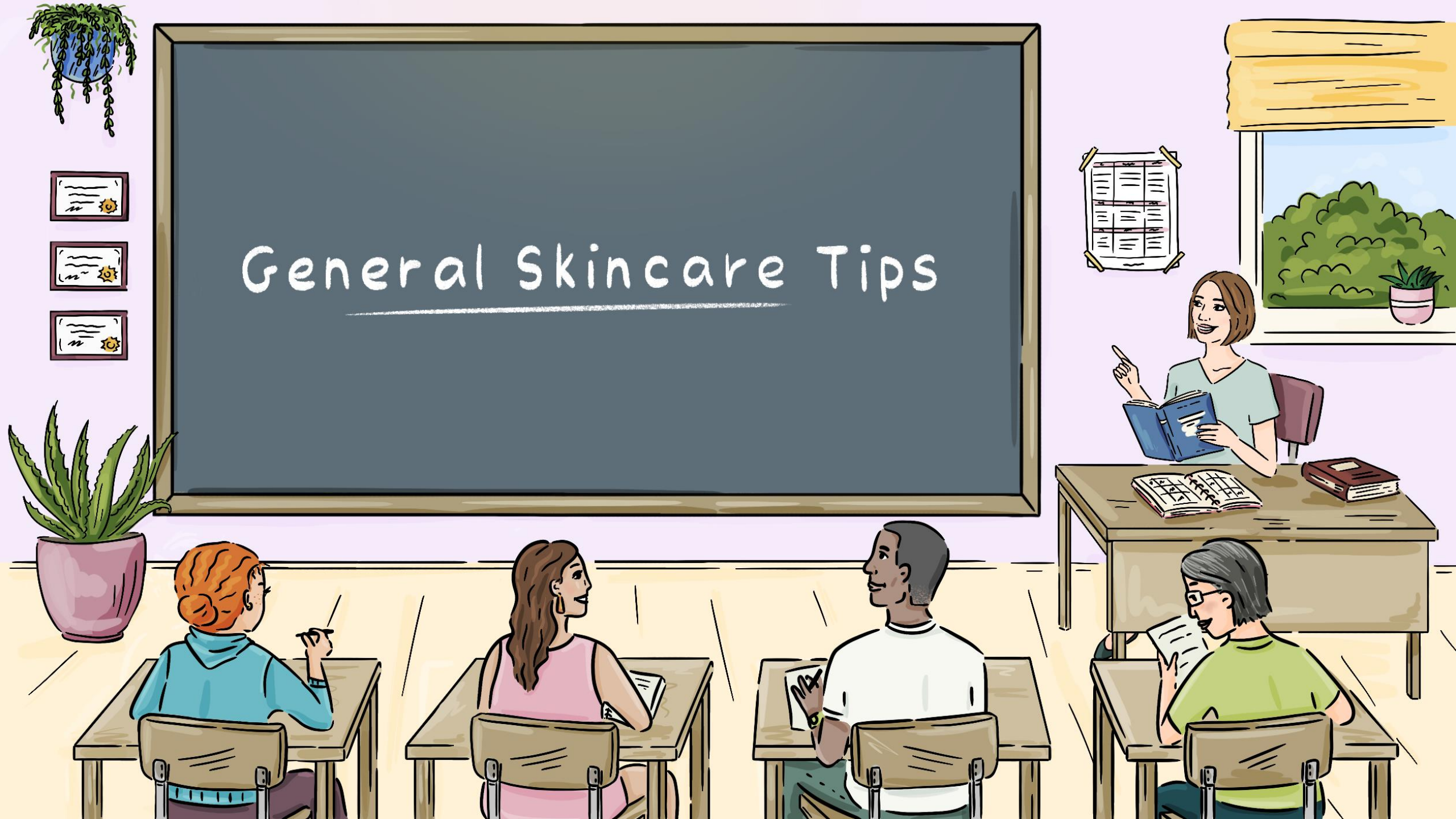
Cream: Scoop out a small amount of the cream with your fingers or a small spoon (about a bean-sized amount). Rub your fingers together to blend, then massage evenly over your face and neck. Do not rinse.

Eyelids/Eye Area: The skin around the eyes is thin and delicate. Avoid using skincare products with active ingredients on the eyelids unless specified.

Important Note: Please remember that this guide reflects my personal experience with these products. Skincare is highly individual, and responses to products can vary. Therefore, the amounts suggested here are a starting point.

You may find that you need slightly more or less of each product. Adjust the quantities to suit your specific skin needs and responses.

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

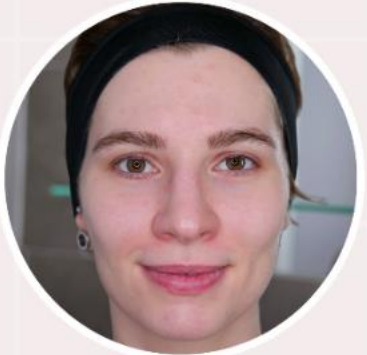


Cleanse Your Face and Pat Dry:

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



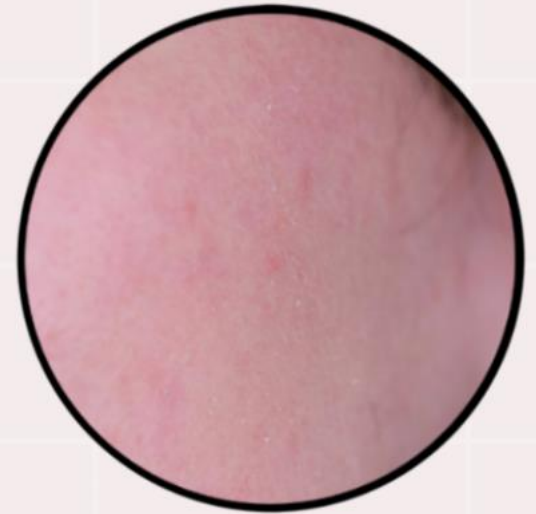
On the other hand, **"wet skin"** refers to skin with visible water droplets still present on the surface and not yet dried off. Applying skincare products to wet skin can cause them to become diluted and less effective, leading to a tight, dry feeling or even skincare pilling, as the products may not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

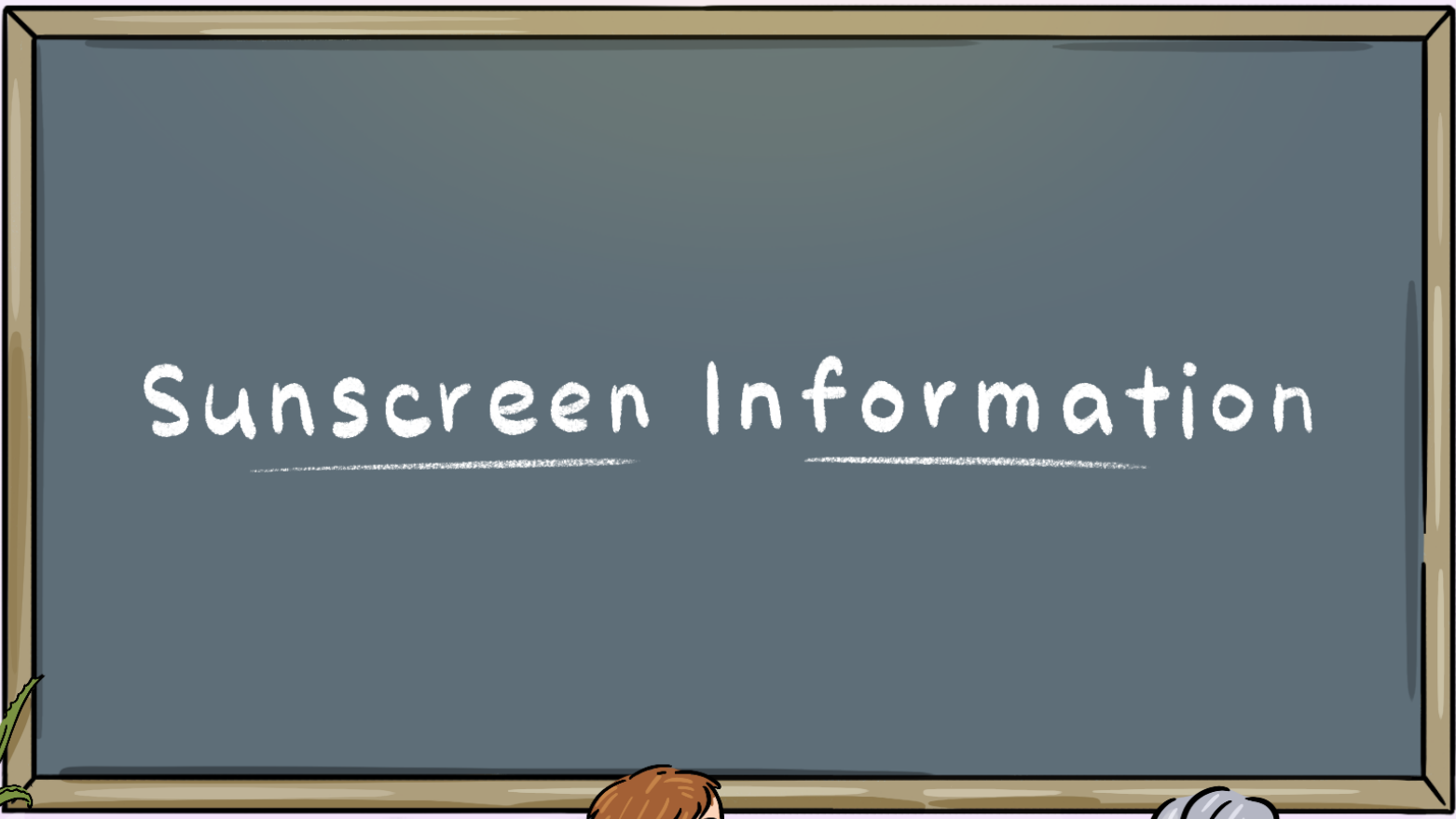
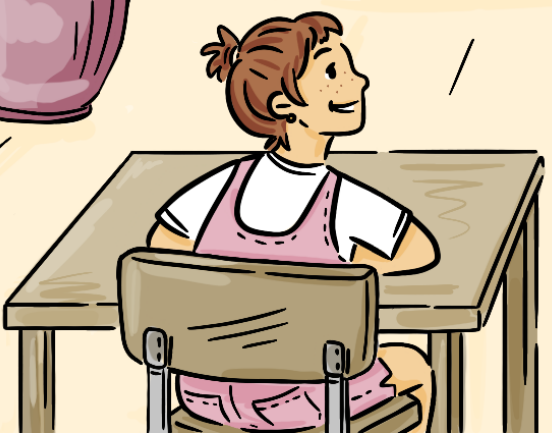
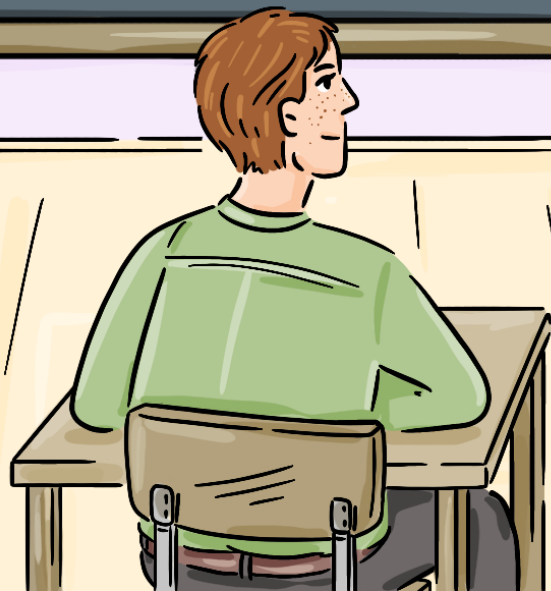
To avoid skincare pilling, it's important to follow these tips:

- 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!



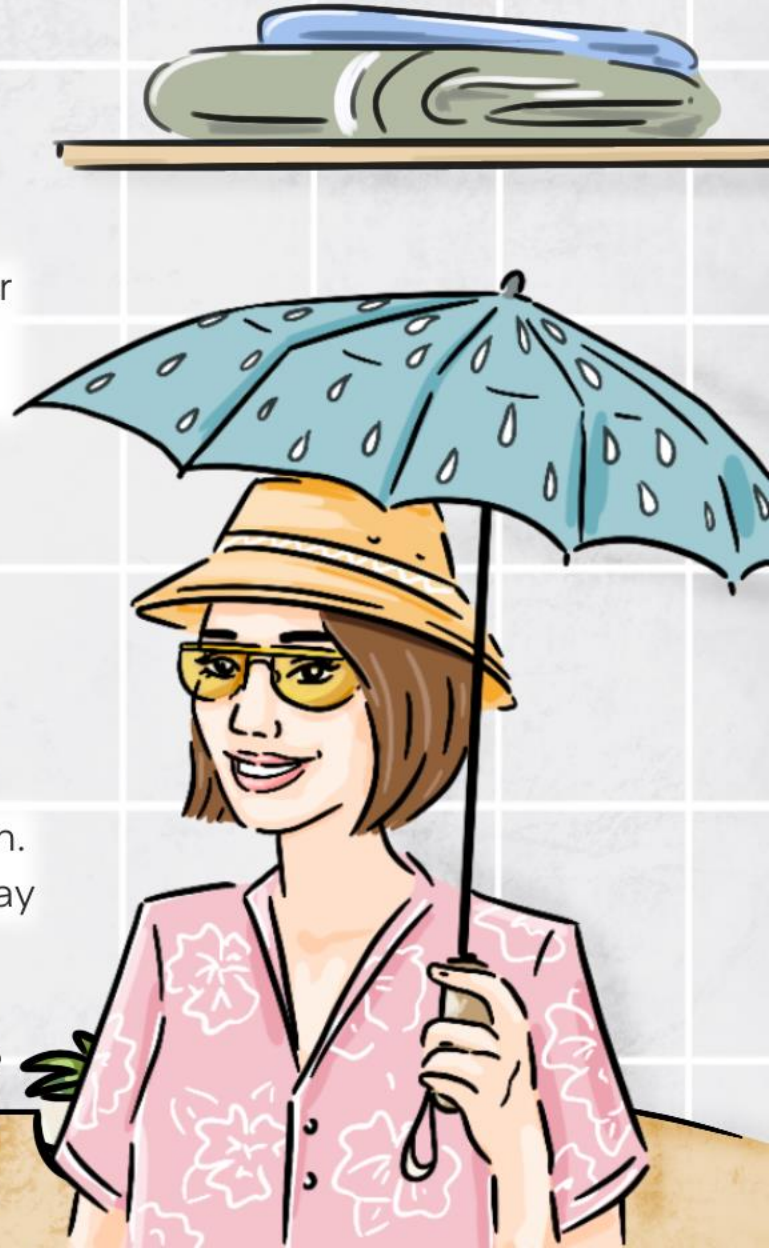
Sunscreen



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.



When should you apply sunscreen in a skincare routine, and when should you apply makeup?

Sunscreen, whether it is chemical or mineral-based, should be the last step in your morning skincare routine.

Apply it after using your toner, essence, serums, oil and moisturizer (if used). Once you have applied sunscreen, wait for at least 10 minutes to allow it to set.

After this waiting period, you can apply makeup on top of your SPF. This ensures that your sunscreen won't move around during makeup application.

