“HOW WELL DO YOU TREAT YOUR SKIN?”  
 ARE YOU TREATING YOUR SKIN THE RIGHT WAY?  
 ARE YOU GIVING YOUR SKIN WHAT IT WANTS?



“Investing early in the health of your skin, with regular skin care, will not only better protect it from the harsh effects of winter, but also keep you looking and feeling your best throughout the year,” “The key to skin resiliency is knowing your skin and treating it well.”  
  
First, you’ll want to take into account your skin type. The primary skin types are dry, oily or combination

Take Quiz

Take the quiz right now to find out what your skin type is and how well you take care of your skin and ways to improve your routine.

(Skin type)

1. How does your skin look like at the end of the day?  
    a) Oily and shiny (oily)

c) Minimal oil, flakiness, or redness, or none at all (normal)

d) Flaky or tight (dry)

2)Which Best Describes Your Pores?

**a)** Medium sized all over (dry skin)

**b)** Large and visible all over (oily skin)

**c)**Small and not visible (normal skin)

**d)**Large or medium sized and only visible in T zone(combination)

## 3) What is your primary skin concern?

* 1. Drynesd
  2. itchiness

d. none(normal)

4)How often do you have pimples?

a) Very seldom(dry) b) Never(normal) c) sometimes(combination) d) very often (oily)

(How well do you care your skin)

a-best b-good c-worst

5)how many times do your wash face?

a)2-3 times a day

b) 2 or less than 2 times a day

c) None – once a day

6) How often do you change your towel/pillow case?

a) Once or twice a week

b) Once a month

c)I don’t remember

7) Are you using the right products for your skin type?  
 a) Yes, off course

b) Maybe

c) I don’t know what my skin type is

8)What you most likely to reply when someone asks about your sleep routine?  
 a) I sleep a lot

b) It is stable

c) I wish I sleep more

9)How well do you agree with the following statements “I use sunscreen and moisturize daily”?  
 a) YES

b) I am not sure

c) NO

12) Are you using too many or too less skin care products?

a) I don’t think so

b) Maybe

c)Hmm, yes

13) Are you adding lots of greens in your diet?

a) Yes

b

15)Do you have habit of popping a pimple?

a) No, never

b) Sometimes

c)Always

RESULTS:  
explanation under each skin type:  
Oily skin produces an excess of sebum that causes the skin to appear shiny and feel greasy—especially throughout the T-Zone (forehead, nose and chin). If you have oily skin, you may be more likely to have enlarged pores, develop acne blemishes and be more prone to acne breakouts.

Dry skin is typically dull and may become rough, flaky or even scaly. It often feels tight or less elastic and may be prone to showing more visible lines. In addition, it may become itchy or irritated.

Normal skin is balanced—feeling neither dry nor oily. It is not prone to breakouts, flakiness, feeling slick or tight. Pores are generally small, the skin's texture is smooth, and it is less likely to be prone to sensitivity or blemishes.

Combination skin includes areas that are dry as well as oily—with the T-Zone commonly being oily, and the cheeks being either dry or normal.

Skin type:

Your skin type: oily skin , dry , combo, normal

How well you take care:

Best: Your results shows that you take good care your skin, keep up the good work! however it is really important to maintain the skin care routines and below are the proper steps to follow/add on to your routine

Good: Your results shows that you take good care but it isn’t enough, there are large areas you need to improve your routines, but hey, it isn’t too late to start or add new routines, below are the best practice and must have steps to add on to your routines

Bad: Your results shows that you are not doing great with skin, don’t get disappointed! it’s never too late to start a new skin care routine, below are the steps you can start with.

### Your Daytime Skincare Routine

## 1. Cleanse

## 2. Tone

## 3. Vitamin C Serum

## 4. Eye Cream

## 5. Moisturizer

## 6. Sunscreen

### Your Night time Skincare Routine

## 1. Cleanse

## 2. Tone

## 3. Serums and Treatments

## 4. Eye Cream

## 5. Acne Spot Treatment

## 6. Moisturize

## 7. Face Oil

## Must Use skin care routines:

## Step 1: Cleanse

Cleansing for normal/combo skin:

Don't just grab whatever soap is in the shower or at the sink to wash your face. And don't feel like you have to buy fancy, expensive products, either. Just find skin care that works for you. Apply a gentle cleanser or soap with your fingertips. Don't scrub your face. Rinse with plenty of warm water, then pat dry. If your skin dries out or gets oily, try a different cleanser.

Cleansing for dry skin

For this skin type, use a gentle cleanser that doesn't have alcohol or fragrances. Those ingredients can dry you out even more. Gently wash your skin, then rinse with plenty of warm water. Don't use hot water -- it removes the natural oils from your face faster. Try exfoliating once a week to get rid of flaky skin cells. It will make your skin look clearer and more even.

Cleansing for oily skin

Use an oil-free foaming cleanser to wash your face. Rinse with plenty of warm water. You may want to use a toner or astringent after, but be careful because it might irritate your skin. These products can remove extra oil, which makes your face less shiny, and help keep skin clean.

## Step 2: Moisturize

You may think you're too young to need moisturizer -- or your skin is too oily -- but all skin types need one every day. Apply it while your skin is still damp from washing or rinsing to help seal in moisture. If you have acne or your skin is oily, find a moisturizer that's lightweight and oil-free, so it won't block your pores.

## Step 3: Put on Sunscreen

Your moisturizer may already have sunscreen in it. But it's a good idea to use separate protection, too. The sun can damage your skin in only 15 minutes. Look for a sunscreen that gives broad-spectrum protection with an SPF of at least 30. Wear it every day, even if it's not sunny and even if it's cold. Reapply every 2 hours.