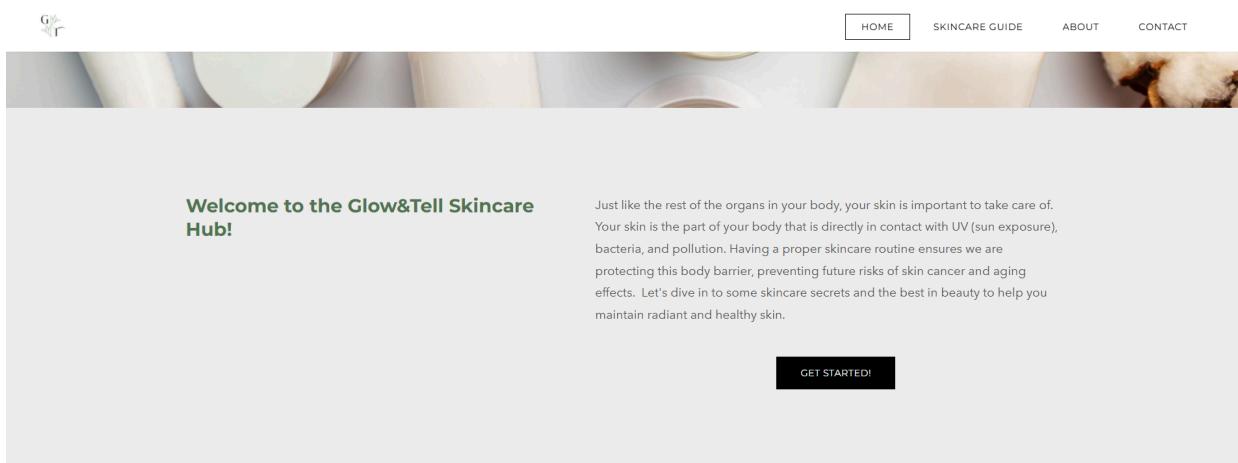
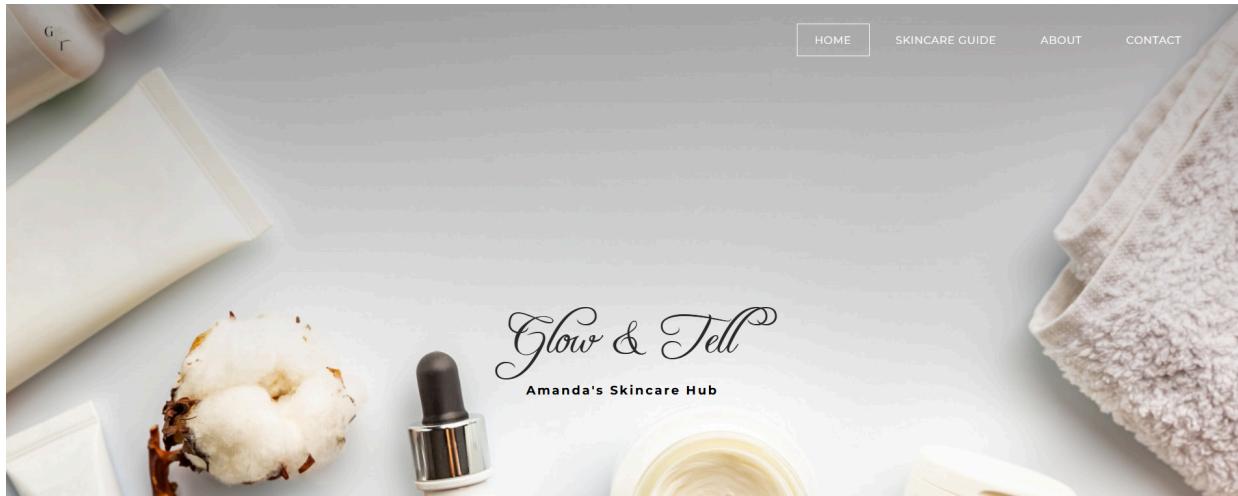


Website by: Amanda Chan

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Home Page:



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Skincare Guide Subtab:

Skincare 101

Let's start with the basics, shall we?



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Basic Skincare Routine: Top 5 Must-haves

Essential products you need for your everyday. Let's revamp your morning and evening routine with these products.

Amanda Chan ~ March 5, 2025

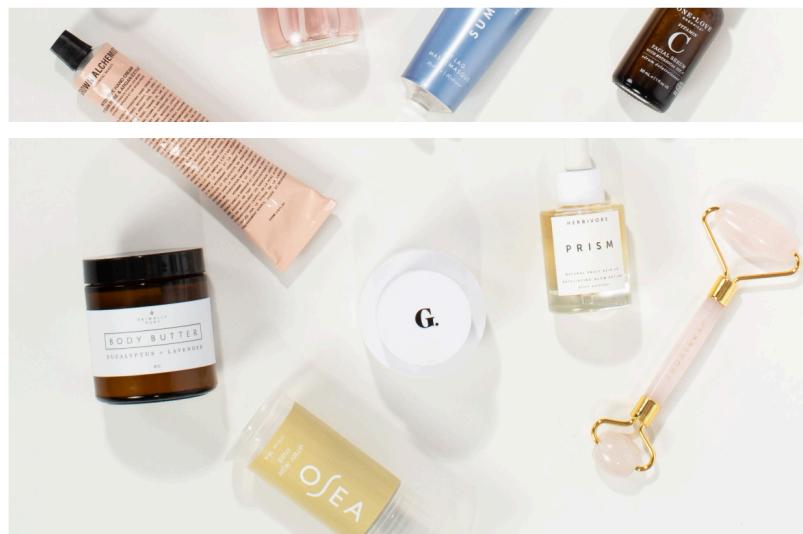
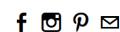


Image by the Fawn Design

Let's keep things simple. Needed in your everyday are just five products.

Morning Routine:

- Cleanser
- Toner
- Treatment: Vitamin C, Hyaluronic Acid, Salicylic Acid
- Moisturizer
- Sunscreen

Night Routine:

- Cleanser (x2!)

- Toner
- Moisturizer
- Eye Cream
- Treatment: Vitamin C, Hyaluronic Acid, Niacinamide, Retinol

Order is important when it comes to applying face products to ensure the optimal absorption and working of the product. For your morning routine, start off with a cleanser for your face before applying any products to clean your face of built up grime. Either use an oil based cleanser or a water based cleanser, dissolving oils produced on skin or removing dirt from your face. Next, apply a toner to help with rebuild hydration and to open pores for better absorption. Apply treatments such as vitamin C to help with brightening the skin and also protecting the skin from sun damage. Any blemishes on your face can be treated with other serums such as salicylic acid. Apply a moisturizer on top and finish off with sunscreen!

For your night routine, it is important to use an oil-based cleanser and a water-based cleanser. The oil-based cleanser is used for removing oil-based products such as sunscreen while water-based cleansers target bacteria

and sweat. Next apply the same toner used in the morning. After toner, moisturize your skin. Avoid using ones that contain SPF at night, and use hydrating moisturizers instead. Although recommended to use morning and night, applying eye cream helps nourish your under eyes and treat dark circles as you sleep. Finally, apply serum that is suitable for your skin, such as retinol for aging skin, vitamin C for wrinkles, and niacinamide for pores.

Sources:

Desai, N. (2020, September 15). *Dermatologist tips on the best nighttime skincare routine*. Best Nighttime Skin Routine by Dermatologist - Glo Skin Beauty Blogs. <https://canada.gloskinbeauty.com/blog/the-best-nighttime-skincare-routine-according-to-dermatologist-dr-nina-desai>

Sharkey, L., & Hobbs, H. (2024, May 28). *How to apply your skin care products in the right order*. Healthline. <https://www.healthline.com/health/beauty-skin-care/order-of-skin-care#morning-routine>

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About Page:



HOME SKINCARE GUIDE ABOUT CONTACT

About G&T Skincare

Glow&Tell Skincare, founded by Amanda Chan, serves as a resource for all things skincare from how to use products to which products suit your specific skin type.

Our goal is to educate and help you start and maintain a skincare routine for your skin's needs. It is important to understand the purpose of products and the order in which they are used for most effectiveness. Each of our guides and articles are gathered from personal experience and inspired by healthcare professional advice. We strongly believe in utilizing products that are dermatologist recommended, cruelty-free, and ethically sourced. Rather than making lengthy articles, we like to keep things simple to digest!



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Got any questions or concerns? Feel free to contact me by submitting a message below or email me at amanda@gtskincare.com!

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SKIN TYPES



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Oily skin



Combination skin



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Other Skin Conditions Subtab Page:



ACNE, ECZEMA, AND OTHER SKIN CONDITIONS



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Feb. 16, 2025

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Jan. 25, 2025

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