ENL1813T Instruction Writing Assignment

01 February 2022

**Simple Skincare Routine**

Submitted by: Diana Jean C. Tuquib

Reviewed by: Yohanes Hailegiorgis and Jordan Meade

Our skin is our largest organ and serves to protect the rest of the body from external threats. By properly taking care of our skin, we can avoid premature signs of ageing and lower the risks for skin cancer. This instruction set can serve as a guide for beginners who want to start building their skincare routine.

**Before you Begin:**

* Consult your dermatologist before trying on new products, especially if you have skin sensitivities or skin conditions such as psoriasis, eczema, acne, etc.
* This instruction set assumes that your dermatologist approved and recommended all your products.
* This guide does not aim to treat existing skin conditions.
* Carefully read each products’ instructions, precautions, and warnings before proceeding.
* Make sure you are in a clean and tidy environment. Put your products on a flat surface to avoid spilling.

**What you Need:**

* Cotton pads or cotton balls
* Clean towel
* Micellar water
* Gentle cleanser
* Toner
* Moisturizer
* Serum
* Physical sunscreen (SPF30+)

**Instructions:**

**Preparing**

1. Keep your hair out of your face. Tie your hair in a ponytail or a bun. Use hair clips or hair Velcro strips to keep your bangs and baby hair away from your face.
2. Wash your hands. Make sure your hands are clean to prevent bacteria from entering your pores, which can cause acne and skin infections.

**Cleansing**

1. Apply a generous amount of micellar water on a cotton ball and rub gently all over your face and neck. This helps to remove makeup and sebum that can sometimes be hard to remove with just a facial cleanser.
2. Wash your face with a gentle facial cleanser. Do not forget to gently massage the nooks and crannies around your nose, chin, and neck. Rinse thoroughly.
3. Lightly pat the excess water from your skin with a clean towel. Your skin does not have to be completely dry. Avoid rubbing your skin as it may cause irritation or inflammation.
4. Dampen a fresh cotton pad with your toner and gently swipe across your face.

**Moisturizing**

1. Squeeze a few drops of serum on your fingertips or directly onto your face. Use your fingertips to work your way from the inner to the outer part of your face. Avoid tugging your skin downwards. Wait a couple of seconds to let your skin absorb the product.
2. Apply the moisturizer on your fingers and gently even out the product on your face. You may put your hands in a prayer position and apply from the middle to the outer part of your face. Gently massage from the base of your neck and work your way up to the chin. Allow your skin to absorb the product.

**Protecting**

1. Rub in a generous amount of sunscreen on your fingers and apply it evenly onto the skin. Apply thickly and thoroughly. Reapply as needed.
2. Avoid touching your face throughout the day. Touching your face can spread dirt and pathogens, which can lead to breakouts or irritation.

Your skin should feel hydrated and supple. If you feel any skin irritation or discomfort, please discontinue use and consult your dermatologist. Remember that taking care of the skin requires patience and consistency. It also requires more than just putting skincare products on your face. Make sure to have a nutritious diet and get 7-8 hours of sleep every night.