

# Skin Care Routine

## Sunscreen

Your last morning skincare step should always be sunscreen to protect your skin from UV rays. Daily sunscreen will reduce your risk of skin cancer, wrinkles, and sunspots. Look for a mineral or chemical sunscreen with broad-spectrum coverage and a sun protection factor (SPF) of 30 or higher.



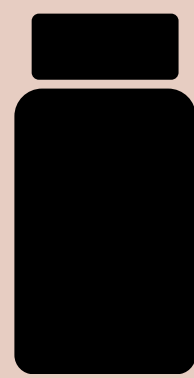
## Eye Cream

Eye creams are optional but can add moisture and hydration to your undereye skin. To apply, gently dab the cream under your undereye using your ring finger. For daytime eye creams, choose products with hydrating peptides, antioxidants like Vitamin C, and SPF to help protect your delicate undereye skin from sun damage.



## Moisturizer

Massaging a moisturizer into your face and neck keeps your skin protected and hydrated all day. Moisturizers help increase the water content in your skin and seal in moisture.



## Toner

Depending on their ingredients, toners can help hydrate the skin or remove leftover oil and dirt.<sup>7</sup> Toning is an optional morning step but can benefit people with dry or acne-prone skin. To apply, soak a cotton pad with toner and gently pat it onto your face.



## Cleanser

Washing your face removes excess oil and dirt that can clog pores and cause breakouts. Opt for a gentle, alcohol-free cleanser to avoid stripping too many oils you need to keep your skin barrier healthy.

