



Clear Skin Blueprint

Quick-Reference Infographic • Your Cheat Sheet for Clear Skin

⌚ Daily Skincare Routine

☀️ Morning

1. Gentle cleanser
2. Vitamin C serum or niacinamide
3. Lightweight moisturizer
4. **Sunscreen SPF 30+**

🌙 Evening

1. Oil cleanser / micellar water
2. Water-based cleanser
3. Exfoliant (2-3x/week)
4. Retinoid or treatment
5. Moisturizer



Key Ingredients



Salicylic Acid

Unclogs pores • 0.5-2%



Benzoyl Peroxide

Kills bacteria • 2.5-5%



Retinoids

Gold standard • Cell turnover



Niacinamide

Anti-inflammatory • 2-10%



Glycolic Acid

Exfoliates surface • AHA



Azelaic Acid

Fades dark spots • 10-20%

Types of Acne

Mild

Blackheads

Open comedones, dark from oxidation

Mild

Whiteheads

Closed comedones, small bumps

Moderate

Papules & Pustules

Red bumps, sometimes with pus

Severe

Nodules & Cysts

Deep, painful — see a dermatologist



Diet Tips

Skin-Friendly Foods

- Salmon & sardines (omega-3)
- Leafy greens & berries
- Pumpkin seeds (zinc)
- Green tea (antioxidants)
- Probiotic-rich foods

Potential Triggers

- Sugar & high-glycemic foods
- Dairy (especially skim milk)
- Whey protein supplements
- Processed / fried foods
- Excess alcohol

Daily Habits

Sleep 7-9 Hours

Skin repairs overnight. Poor sleep raises cortisol.



Drink 8 Glasses Water

Hydrated skin produces less excess oil.



Exercise Regularly

Boosts circulation. Shower after sweating.



Manage Stress

Meditation, deep breathing, journaling.



Clean Your Phone

Wipe screen daily to avoid transferring bacteria.



Fresh Pillowcase

Change every 2-3 days or use silk.



Don't: Pop cysts, over-wash your face, use too many actives at once, skip sunscreen, or expect overnight results. Most treatments take 6-12 weeks.



Do: Keep a skin diary, introduce products one at a time, patch test everything, and see a dermatologist if OTC treatments haven't worked after 12 weeks.

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