



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 (at least 2-3x/week)
4. Retinoid or treatment
5. Moisturizer



Key Ingredients



Salicylic Acid

Beta Hydroxy Acid (BHA)
Unclogs pores & exfoliates surface •
0.5-3% OTC



Benzoyl Peroxide

Kills bacteria •
2.5-10%



Retinoids

Gold Standard
Removes white & blackheads • Increases cell turnover



Niacinamide

Vitamin B3
Anti-inflammatory •
2-10%



Glycolic Acid

Alpha Hydroxy Acid (AHA)
Exfoliates surface •
2-10% OTC



Azelaic Acid

Fades dark spots •
10% (OTC) - 20%

Types of Acne — Visual Guide

Mild

Blackheads (Open Comedones)

Dark from oxidation, open at the surface



Dark open pores on skin surface

Mild

Whiteheads (Closed Comedones)

Closed under skin, small flesh-colored bumps



Small raised bumps, closed surface

Moderate

Papules

Small red inflamed bumps, no visible pus



Red inflamed bumps, tender to touch

Moderate

Pustules

Red base with visible white/yellow pus tip



Pus-filled with red inflamed base

Severe

Nodules

Large, hard, deep under skin — painful



Deep, solid, painful lumps under skin

Severe

Cysts

Deep pus-filled, soft — high scarring risk. See a dermatologist



Deep pus-filled sacs, risk of scarring



Diet Tips for Clear Skin

✓ Skin-Friendly Foods



Salmon & Sardines

Rich in omega-3 fatty acids — reduces inflammation



Leafy Greens

Spinach, kale — packed with vitamins A, C, E



Berries

Blueberries, strawberries — antioxidant powerhouses



Avocado

Healthy fats & vitamin E for skin repair



Pumpkin Seeds

Zinc-rich — supports skin healing & reduces oil



Green Tea

EGCG antioxidants — anti-inflammatory & sebum control



Probiotic Foods

Yogurt, kimchi, sauerkraut — gut-skin axis support



Oranges & Citrus

Vitamin C — collagen production & brightening



Sweet Potato

Beta-carotene converts to vitamin A — skin cell turnover



Walnuts & Almonds

Vitamin E & omega-3 — protect skin barrier

✗ Potential Triggers



Sugar & Sweets

Spikes insulin — increases sebum & inflammation



White Bread & Pasta

High glycemic — rapid blood sugar spikes



Dairy (esp. Skim Milk)

Hormones & IGF-1 — linked to breakouts



Whey Protein

Spikes insulin & IGF-1 — common acne trigger



Processed & Fried Foods

Inflammatory oils & excess sodium



Excess Alcohol

Dehydrates skin, disrupts hormones, inflames gut



Chocolate (High Sugar)

Sugar content may worsen breakouts for some



Soda & Sugary Drinks

Liquid sugar — high glycemic load

Daily Habits for Clear Skin



Sleep 7-9 Hours

Skin repairs and regenerates overnight. Poor sleep raises cortisol, which increases oil production and breakouts.



Drink 8+ Glasses of Water

Hydrated skin produces less excess oil. Water flushes toxins and supports cell turnover.



Exercise Regularly

Boosts blood circulation and delivers nutrients to skin. Always shower and cleanse face after sweating.



Manage Stress

Stress triggers cortisol spikes. Practice meditation, deep breathing, yoga, or journaling daily.



Clean Your Phone Screen

Wipe your phone screen daily with an antibacterial cloth. Phones harbor bacteria that transfer to your face.



Fresh Pillowcase

Change pillowcase every 2-3 days or use a silk pillowcase. Reduces bacteria and friction on skin.



Wear Sunscreen Daily

SPF 30+ every morning, even on cloudy days. UV damage worsens acne scars and post-inflammatory hyperpigmentation.



Don't Touch Your Face

Hands carry bacteria and oils. Avoid picking, popping, or resting chin on hands throughout the day.



Wash Makeup Brushes

Clean brushes and sponges weekly. They accumulate bacteria, oil, and dead skin cells.



Eat Clean, Balanced Meals

Low-glycemic foods, plenty of vegetables, lean protein. Gut health

directly impacts skin health.

✓ Do's & ✗ Don'ts

✓ DO



Keep a Skin Diary

Track products, diet, sleep, and breakouts to identify your personal triggers.



Introduce Products One at a Time

Wait 2-4 weeks between new products so you can isolate what works or causes irritation.



Patch Test Everything

Apply a small amount on your inner arm or jawline for 48 hours before full application.



See a Dermatologist

If OTC treatments haven't worked after 12 weeks, get professional guidance.



Be Patient & Consistent

Most treatments need 6-12 weeks to show results. Stick with your routine.



Always Apply Sunscreen

SPF protects healing skin and prevents dark spots from worsening.



Stay Hydrated

Water supports every skin function from repair to oil regulation.

✗ DON'T



Pop or Squeeze Cysts

Pushes infection deeper, causes scarring, and spreads bacteria.



Over-Wash Your Face

Washing more than 2x/day strips oils and triggers rebound oiliness.



Use Too Many Actives at Once

Layering AHA + BHA + retinoid = destroyed skin barrier. Simplify.



Skip Sunscreen

UV exposure darkens acne marks and causes premature aging.



Expect Overnight Results

No product works instantly. Give treatments at least 6-12 weeks.



Sleep in Makeup

Clogs pores overnight when skin should be breathing and repairing.



Share Towels or Pillowcases

Bacteria and oils transfer — always use your own clean linens.

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