

Lots of people have trouble with acne or flaky skin but are too lazy to research how to fix it. Here are some simple ways to get clear and healthy skin!

# GENERAL SKIN CARE

## KNOW YOUR SKIN TYPE



dry



normal



oily



combo

### STEP 1 Wash



Wash your face twice a day: once in the morning and once at night.

Use cream or milk based cleansers for dry skin and oil-free ones for oily skin.

### STEP 2 Toner



Using a cotton pad, apply toner in an upward motion after washing your face.

Toners help balance your skin's pH after washing.

### STEP 3 Serum



Serums can be applied for a deeper hydration.

Sometimes oily skin is due to a lack of hydration. Don't be scared to use serum!

### STEP 4 Moisturize

Moisturizer should be applied after serum or toner.



Moisturizer reduces extreme dryness or oiliness and acts as your skin's shield against environmental triggers.

### STEP 5 Sunscreen

Sunscreen should be applied daily, only in the mornings.

UV rays can age your skin even without it being a super sunny day.



### STEP 6 Hydrate

Skincare starts from the inside. A healthy diet and drinking lots of water can greatly help what your skin's appearance.

