Skin Types

* Normal
* Dry
* Oily
* Combination
* Acne prone

Concerns

* Redness/hyperpigmentation
* Dry
* Blemishes
* dull

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Oils & Serums | Toners | Lotion | Target Treatments | Masks | Cleansers |
| * The Ordinary - Niacinamide 10% + Zinc 1% * The Ordinary - Alpha Arbutin 2% + HA * The Ordinary - Borage Oil * DR. JART+ - Peptidin™ Radiance Serum with Energy Peptides * SkinFood - Peach Sake Pore Serum | * Kiel’s - Calendula Herbal Extract Alcohol-Free Toner * The Face Shop - CHIA SEED Hydrating Toner * Fresh - Rose Floral Toner * Clinique - Clarifying Lotion 3 | * The Ordinary - Natural Moisturizing Factors + HA * The Ordinary - Azelaic Acid Suspension 10% * Kiel’s - Ultra Facial Cream * Drunk Elephant - Lala Retro Whipped Cream * La Roche Posay - Toleriane Sensitive | * The Ordinary - Salicylic Acid 2% Solution * La Roche Posay - Effaclar Duo [+] Global Action Acne Treatment * CeraVe - Eye Repair Cream * Precision Lifting & Pore-Tightening Concentrate * Kate Somerville - ExfoliKate® Intensive Exfoliating Treatment | * Kiel’s - Turmeric & Cranberry Seed Energizing Radiance Face Mask * Laneige - Water sleeping mask * Boscia - Luminizing Black Charcoal Mask * Glamglow - SUPERMUD Activated Charcoal Treatment * SkinFood - Black Sugar Honey Wash-Off Mask | * The Face Shop - [JEJU Aloe Fresh Soothing Gel](https://ca.naturecollection.com/en/jeju-aloe-fresh-soothing-gel.html) * Fresh - Soy face cleanser * Clinique - Acne Solutions Cleansing Foam * Cosrx - low-ph good morning gel cleanser |

**By Brand**

The Ordinary

Niacinamide 10% + Zinc 1%

Alpha Arbutin 2% + HA

Salicylic Acid 2% Solution

Borage Oil (For Redness)

Natural Moisturizing Factors + HA

Azelaic Acid Suspension 10%

Kiehl's

Ultra Facial Cream

Calendula Herbal Extract Alcohol-Free Toner

Turmeric & Cranberry Seed Energizing Radiance Face Mask

Precision Lifting & Pore-Tightening Concentrate

Laneige

Water sleeping mask

La Roche Posay

Toleriane Sensitive

Effaclar Duo [+] Global Action Acne Treatment

The Face Shop

[JEJU Aloe Fresh Soothing Gel](https://ca.naturecollection.com/en/jeju-aloe-fresh-soothing-gel.html)

CHIA SEED Hydrating Toner

Fresh

Soy face cleanser

Rose Floral Toner

Drunk Elephant

Lala Retro Whipped Cream

Boscia

Luminizing Black Charcoal Mask

Glam Glow

SUPERMUD Activated Charcoal Treatment

Clinique

Acne Solutions Cleansing Foam

Clarifying Lotion 3

DR. JART+

Peptidin™ Radiance Serum with Energy Peptides

Cosrx

low-ph good morning gel cleanser

CeraVe

Eye Repair Cream

SkinFood

Black Sugar Honey Wash-Off Mask

Peach Sake Pore Serum

Kate Somerville

ExfoliKate® Intensive Exfoliating Treatment

**Regimens**

**Jenny’s Regime:**

Night

The Ordinary - Glycolic Acid 7% Toning Solution

Or

Kiel’s - Calendula Herbal Extract Alcohol-Free Toner

The Ordinary - Niacinamide 10% + Zinc 1%

The Ordinary - Alpha Arbutin 2% + HA

The Ordinary - Caffeine Solution 5% + EGCG

The Ordinary - Lactic Acid 5% + HA ---------- 2 times/week

The Ordinary - Salicylic Acid 2% Solution ---------- when needed

Kiel’s - Ultra Facial Cream

Morning

Kiel’s - Calendula Herbal Extract Alcohol-Free Toner

The Ordinary - Niacinamide 10% + Zinc 1%

The Ordinary - Alpha Arbutin 2% + HA

The Ordinary - Caffeine Solution 5% + EGCG

La Roche Posay - Toleriane Sensitive

**Julia’s Regime:**

Cosrx Low-pH Good Morning Gel Cleanser

Klairs Supple Preparation Facial Toner

Cosrx Advanced Snail 96 Mucin Power Essence

Laneige Water Bank Ultra Moisture Cream

Laneige Water Sleeping Mask

SkinFood Black Sugar Honey Wash-Off Mask

The Ordinary Salicylic Acid

Cosrx Acne Master Pimple Patch

**Dea’s Regime:**

Morning

Water

Night

More water

Cetaphil Gentle Cleanser

The Ordinary 100% Organic Cold-Pressed Borage Seed Oil

CeraVe Eye Repair Cream

CeraVe Moisturizing Cream

Or

The Ordinary Natural Moisturizing Factors + HA

Or

Some dr. Jart one