

# **Super Ager Skincare Product List**

## **Morning Products**

### **1. Cleanser**

- **CeraVe Hydrating Cleanser**
- **La Roche-Posay Toleriane Hydrating Gentle Cleanser**

### **2. Antioxidant Serum (Vitamin C)**

- **SkinCeuticals C E Ferulic**
- **La Roche-Posay Pure Vitamin C10 Serum**

### **3. Moisturizer**

- **Vanicream Daily Facial Moisturizer**
- **CeraVe AM Facial Moisturizing Lotion**

### **4. Sunscreen**

- **EltaMD UV Clear Broad-Spectrum SPF 46**
  - **Supergoop! Unseen Sunscreen SPF 40**
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## **Evening Products**

### **1. Oil Cleanser (for Double Cleansing)**

- **The Ordinary Squalane Cleanser**

### **2. Gentle Cleanser (Repeat from AM)**

- **CeraVe Hydrating Cleanser**
- **La Roche-Posay Toleriane Hydrating Gentle Cleanser**

### **3. Treatment Serum**

- **The Ordinary Granactive Retinoid 2% in Squalane**
- **The Inkey List Niacinamide Serum**

### **4. Moisturizer**

- **CeraVe PM Facial Moisturizing Lotion**

- **Biossance Squalane + Omega Repair Cream**
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#### ☐ **Weekly Treatments (1–2 times/week)**

- **Exfoliant**

- **Paula’s Choice 2% BHA Liquid Exfoliant**
- **The Ordinary Lactic Acid 5% + HA**

- **Hydrating Mask**

- **Laneige Water Sleeping Mask**
- **Dr. Jart+ Ceramidin Skin Barrier Moisturizing Mask**

# The Super Ager Skincare Routine

## Key Principles:

- Use products with **proven ingredients** like Vitamin C, Retinol (gentle forms), Niacinamide, Ceramides, and SPF.
  - Avoid products with **parabens, sulfates, artificial fragrance, and harsh alcohols**.
  - Focus on **hydration, gentle exfoliation, and sun protection**.
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## MORNING ROUTINE:

### 1. Gentle Cleanser

- **Product:** *CeraVe Hydrating Cleanser* or *La Roche-Posay Toleriane Hydrating Gentle Cleanser*
- **Why:** Cleanses without stripping skin barrier; good for all skin types.

### 2. Antioxidant Serum

- **Product:** *SkinCeuticals C E Ferulic* or *La Roche-Posay Pure Vitamin C10 Serum*
- **Why:** Contains **Vitamin C**, which brightens skin, boosts collagen, and fights free radicals.

### 3. Moisturizer

- **Product:** *Vanicream Daily Facial Moisturizer* (with hyaluronic acid & ceramides) or *CeraVe AM Facial Moisturizing Lotion*
- **Why:** Hydrates and strengthens skin barrier without clogging pores.

### 4. Broad-Spectrum Sunscreen (SPF 30 or higher)

- **Product:** *EltaMD UV Clear Broad-Spectrum SPF 46* or *Supergoop! Unseen Sunscreen SPF 40*
  - **Why:** UV protection is **critical for aging prevention** and collagen preservation.
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## EVENING ROUTINE:

### 1. Double Cleanse (If Wearing Sunscreen/Makeup)

- **Oil Cleanser:** *The Ordinary Squalane Cleanser*
- **Followed by:** Same gentle cleanser used in the morning

- **Why:** Removes sunscreen and impurities without damaging the skin barrier.

## 2. Treatment Serum

- **Option A (Anti-Aging):** *The Ordinary Granactive Retinoid 2% in Squalane* (gentle, non-irritating retinol alternative)
- **Option B (Hydrating/Barrier Repair):** *The Inkey List Niacinamide Serum*
- **Why:** Retinoids help with cell turnover, fine lines, and collagen; Niacinamide improves tone and texture.

## 3. Moisturizer

- **Product:** *CeraVe PM Facial Moisturizing Lotion* or *Biossance Squalane + Omega Repair Cream*
  - **Why:** Replenishes moisture overnight and supports skin regeneration.
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## WEEKLY ADD-ONS (1–2 times/week):

### • Exfoliation (Gentle)

- **Product:** *Paula's Choice 2% BHA Liquid Exfoliant* or *The Ordinary Lactic Acid 5% + HA*
- **Why:** Removes dead skin cells, boosts glow, and unclogs pores.

### • Hydrating Mask

- **Product:** *Laneige Water Sleeping Mask* or *Dr. Jart+ Ceramidin Skin Barrier Moisturizing Mask*
  - **Why:** Deep hydration to improve skin plumpness and barrier.
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## Lifestyle & Nutritional Support:

- Drink **plenty of water** daily
  - Eat **collagen-boosting foods** (berries, leafy greens, bone broth)
  - Include **omega-3 fatty acids** (chia seeds, salmon, walnuts)
  - Get **adequate sleep** and manage stress
  - Take **vitamin D** and **collagen supplements** if approved by a doctor
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## Products to Avoid:

- Harsh scrubs (like walnut shell scrubs)
- Products with **alcohol denat**, **synthetic fragrance**, **formaldehyde releasers**, or **parabens**
- High-strength retinoids unless prescribed by a dermatologist