

A.M Routine:

Step 1: CLEAN

Step 2: TREAT

Step 3: EXFOLIATE

Step 4: EYE TREATMENT

Step 5: MOISTURIZE

Step 6: SPF

P.M Routine:

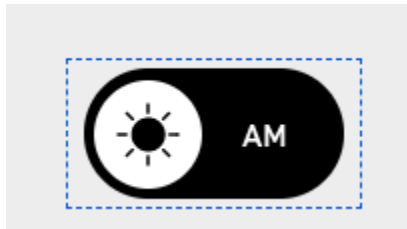
Step 1: CLEAN

Step 2: TREAT

Step 3: EYE TREATMENT

Step 4: MOISTURIZE

IMAGE REFERENCE IS IN BRACKETS.



THIS IS THE SWITCH BETWEEN A.M AND P.M.

WHAT IS YOUR MAIN SKIN CARE GOAL?

IF ANSWER:

REDUCE REDNESS:

TREATMENT = The Ordinary Niacinamide (t1)

REDUCE BREAKOUTS:

TREATMENT = Differin Gel Acne Treatment (t2)

REDUCE FINE LINES AND WRINKLES:

TREATMENT = L'oreal Paris 10% Pure Glycolic Acid Serum (t3)

PLUMP SKIN:

TREATMENT = Bio-Oil Multiuse Skincare Minimizer Oil (t4)

IMPROVE TEXTURE:

TREATMENT = The Ordinary Hyaluronic Acid (t5)

REDUCE OILINESS:

TREATMENT = Witch Hazel Mattifying Toner (t6)

TARGET DRYNESS AND DRY PATCHES:

TREATMENT = The Ordinary Hyaluronic Acid (t7)

REDUCE APPEARANCE OF ACNE SCARS:

TREATMENT = The Ordinary Azelaic Acid Suspension 10% (t8)

REDUCE HYPERPIGMENTATION:

TREATMENT = The Ordinary Alpha Arbutin (t9)

BRIGHTEN SKIN:

TREATMENT = CeraVe Hyaluronic Acid Face Serum (t10)

REDUCE BLACKHEADS AND MINIMISE PORES:

TREATMENT =

- a. Differin Adapalene Gel 0.1% Acne Treatment (t11)
- b. Biore Charcoal Pore Minimizer (t12)

TREAT IS FOR AM AND PM.

IS THERE ANYTHING YOU WOULD LIKE TO TARGET AROUND THE EYE AREA?

IF ANSWER:

DARK CIRCLES:

EYE TREATMENT = Neutrogena Rapid Dark Circle Repair Eye Cream (e1)

UNDER EYE PUFFINESS:

EYE TREATMENT = SkinActive Clearly Brighten Anti Puff Eye Roller (e2)

FINE LINES AND WRINKLES:

EYE TREATMENT = Neutrogena Hydro Boost Eye Gel-Cream (e3)

NOTHING:

EYE TREATMENT = Cerave Eye Cream (e4)

EYE TREATMENT IS FOR AM AND PM.

WHAT IS YOUR SKIN TYPE?

IF ANSWER:

OILY SKIN:

CLEAN = CeraVe Renewing SA Cleanser (c1)

MOISTURIZE = Versed Dew Point Moisturizing Gel Cream (m1)

SPF = Neutrogena Ultra Sheer Dry-Touch Sunscreen Lotion (s1)

DRY SKIN:

CLEAN = La Roche-Posay Toleriane Hydrating Cleanser (c2)

MOISTURIZE = CeraVe Moisturizing Cream (m2)

SPF = CeraVe Hydrating Sunscreen Sheer Tint (s2)

NORMAL SKIN:

CLEAN = Cetaphil Gentle Skin Cleanser (c3)

MOISTURIZE = Neutrogena Hydro Boost Water Gel (m3)

SPF = Neutrogena Hydro Boost Sunscreen SPF 50 (s3)

COMBINATION SKIN:

CLEAN = Simple Micellar Gel Wash (c4)

MOISTURIZE = CeraVe Moisturizing Lotion (m4)

SPF = CeraVe Hydrating Sunscreen Sheer Tint (s4)

ALL CLEAN AND MOISTURIZE IS FOR AM AND PM.

SPF IS ONLY FOR AM.

Do you have sensitive skin?

IF ANSWER:

YES:

EXFOLIATE = The Ordinary Lactic Acid 10% (y1)

A LITTLE:

EXFOLIATE = The Ordinary Glycolic Acid 7% Toning Solution (y2)

NO:

EXFOLIATE = The Ordinary AHA 30% + BHA 2% Peeling Solution (y3)

EXFOLIATE IS FOR AM.