

# Treat

## **Learn the importance of the routine step, more myths busted, when and how to tips.**

*Section: Routine step stories*

What is treating?

When skin is clean and prepped it's time to get specific. Not just to your skin type but to the needs of different areas. From tired eyes to dry lips and dark patches, it's time for targeted treating.

What kind of products do you need?

Why is it important?

Treat yourself

It's your shield, your billboard and your story in wrinkles, and skin treatment is as much about health as vanity.

“You can't use treatments and makeup at the same time”

Makeup mix-up

Rules are made to be mixed up. Try blending a few drops of serum into your foundation to make it sheerer and easier to apply.

“Expensive treatments are always best”

Maybe not

This may be true up to a point, but the real issue comes down to ingredients and what's best for your skin type. Find a mask for your level of oil and follow the instructions carefully.

“Serums are only for age-related skin issues”

A spectrum of benefits

While serums can prevent wrinkles and fine lines, their benefits go way beyond anti-ageing. Depending on the ingredients, serums can help with skin issues like blemishes, hyperpigmentation, dryness and more.

How to do it well

Choose a product that's right your skin and do a skin test first. Just apply a small amount to your hand and wait 24 hours to check for any reaction.