

What should I use in the morning?

Morning skin care routines are all about prevention and protection. Since your face will be exposed to the outside environment, necessary steps include moisturizer and sunscreen.

Basic morning routine

1. **Cleanser:** Use it to remove grime and residue that's built up overnight.
2. **Moisturizer:** This hydrates the skin and can come in creams, gels, or balms.
3. **Sunscreen:** It's essential for protecting the skin against the damaging effects of the sun.

Step 1: Oil-based cleanser

- **What is it?** Cleansers come in two forms: water- and oil-based. The latter dissolves oils produced by your skin.
- **How to use it:** Some [oil-based cleansers](#) work best on wet skin, while others are best on dry skin. Read the instructions before applying a small amount. Massage in and rinse thoroughly with water before drying with a clean towel.
- **Skip this step if:** Your cleanser only contains oil instead of a blend of oil, surfactants, and emulsifiers, or if you have combination or oily skin. Cleansing oils may increase oiliness.
- **Be sure to:** Do a patch test in a small area on your skin for a few days and monitor how it reacts. If you experience cystic acne, talk with a dermatologist before switching to an oil-based cleanser.
- **Pros:** Oil cleansers have a [higher cleansing ability](#)[Trusted Source](#). They can unclog pores and remove waterproof makeup. A [small 2019 study](#)[Trusted Source](#) suggests oil cleansers may remove waterproof sunblock better than other methods.
- **Cons:** Anecdotal evidence suggests there may be an initial 1- to 2-week “purging” period during which you may experience breakouts as old oil on your skin is cleansed.

Step 2: Water-based cleanser

- **What is it?** [These cleansers](#) primarily contain surfactants, which allow water to rinse away dirt and sweat. They can also remove oils collected by an oil-based cleanser.
- **How to use it:** Massage into wet skin and rinse with water before drying.
- **Skip this step if:** You don't want to double cleanse or if your oil-based cleanser contains surfactants that sufficiently remove dirt and debris.
- **Be sure to:** Look for a cleanser with a neutral pH, as a [2021 study](#)^{Trusted Source} suggests they may be less irritating to your skin.
- **Pros:** Mild water-based cleansers may help prevent breakouts in those with acne-prone or oily skin.
- **Cons:** Harsher surfactants can dry your skin and may damage your skin's natural barrier.

Step 3: Toner or astringent

- **What is it?** [Toners](#) replenish skin through hydration and remove dead cells and dirt left behind after cleansing. An [astringent](#) is an alcohol-based product that removes excess oil.
- **How to use it:** Straight after cleansing, either tap directly onto the skin or a cotton pad and swipe over the face in an outward motion.
- **Skip the astringent if:** You have dry skin.
- **Be sure to:** Avoid toners high in alcohol as they can irritate your skin.
- **Pros:** Toners and astringents can help reduce the appearance of pores and remove impurities left behind after cleansing.
- **Cons:** Overuse of alcohol-based toners can cause irritation.

[Read about the best toners for your skin type.](#)

Step 4: Antioxidant serum

- **What is it?** Serums contain a high concentration of certain ingredients. An antioxidant-based serum protects skin from damage caused by unstable molecules known as free radicals. [Vitamins C](#) and [E](#) are common antioxidants used to improve texture and firmness. Others to look out for include green tea, resveratrol, and caffeine.
- **How to use it:** Pat a few drops onto your face and neck.
- **Be sure to:** Test a new product in a small area to see how it works on your skin and with the other products in your routine.
- **Pros:** Antioxidant serums help reduce redness, wrinkles, and skin damage.
- **Cons:** Some serums, such as those that contain acids, may cause irritation when combined with other acid-containing skin care products.

[Learn which vitamin C serums have the most benefits for your skin.](#)

Step 5: Spot treatment

- **What is it?** If you [have a blemish](#) with a head, first look for an anti-inflammatory product to remove it, then turn to a spot-drying treatment to clear up the rest. Anything under the skin is classified as a cyst and will require a product that targets the infection on the inside.
- **How to use it:** Use a damp cotton swab to remove any skin care products from the spot. Apply a small amount of the treatment and leave to dry.
- **Skip this step if:** You have no spots or want to let nature take its course.
- **Be sure to:** Avoid using spot treatment on open blemishes.
- **Pros:** Acne treatments can reduce inflammation, redness, and pain.
- **Cons:** Skin reactions may occur, especially with products with stronger ingredients. Always introduce a new product slowly and monitor your skin.

[Discover products recommended to treat acne.](#)

Step 6: Eye cream

- **What is it?** The skin around your eyes tends to be thinner and more sensitive. It's also prone to signs of aging, including fine lines, puffiness, and darkness. A [good eye cream](#) can brighten, smooth, and firm up the area, but it won't completely eliminate issues.
- **How to use it:** Dab a small amount onto the eye area using your ring finger.
- **Skip this step if:** Your moisturizer and serum are suitable for the eye area, contain an effective formula, and are fragrance-free.
- **Be sure to:** Use only a small amount and cleanse properly. Not removing product buildup from this gentle area may clog pores.
- **Pros:** Eye creams designed for the sensitive skin around your eyes can help reduce signs of aging, such as wrinkles and discoloration.
- **Cons:** Getting your eye cream into your eye may cause irritation.

[Find out which eye creams have the most benefits.](#)

Step 7: Lighter face oil

- **What is it?** The lighter the product, the earlier you should apply it. Easily absorbable oils are lightweight and should come before moisturizer. They're especially useful if your skin's showing signs of dryness, flakiness, or dehydration.
- **How to use it:** Squeeze a few drops onto your fingertips. Rub them together gently to warm the oil before lightly dabbing onto your face.
- **Skip this step if:** You prefer a maintenance routine. More often than not, you'll have to try different oils to see which works best for your skin.
- **Be sure to:** Let your oil sink in fully before applying sunscreen. Some face oils may dissolve your sunscreen.
- **Pros:** Face oils help lock in hydration, keeping your skin moisturized.
- **Cons:** Oils may cause breakouts in people with oily skin.

Step 8: Moisturizer

- **What is it?** A [moisturizer](#) soothes and softens skin. If you have dry skin, opt for a cream or balm. Thicker creams work best on normal or combination skin, and fluids and gels are recommended for oilier types. Effective ingredients include glycerine, [ceramides](#), antioxidants, and peptides.
- **How to use it:** Take a slightly bigger-than-pea-size amount and warm it in your hands. Use upward strokes to apply to the cheeks first, then to the rest of the face.
- **Skip this step if:** Your toner or serum gives you enough moisture. This is especially true for those with oily skin.
- **Be sure to:** Apply moisturizer with clean hands, especially if you're using it from a jar that you dip your fingers into. If you use dirty hands, you may be adding dirt and bacteria to your moisturizer.
- **Pros:** Regular moisturizing can help prevent blemishes and other skin issues by protecting the skin barrier.
- **Cons:** Using a moisturizer that's too heavy without proper cleansing may result in developing [milium](#), which are small white bumps.

[Read our recommendations for facial moisturizers for sensitive skin.](#)

Step 9: Heavier face oil

- **What is it?** Oils that take some time to absorb or simply feel thick fall into the heavy category. Best suited for dry skin types, apply these after moisturizer to seal in all the goodness.
- **How to use it:** Follow the same process as applying lighter oils.
- **Skip this step if:** Heavier oils clog your pores. Trial and error is key here.
- **Be sure to:** Fully cleanse your face at the end of the day, as heavier face oils may contribute to clogging pores.
- **Pros:** These oils moisturize your skin and seal in hydration from other steps in your skin care routine.
- **Cons:** Heavier oils may contribute to breakouts in acne-prone skin.

Step 10: Sunscreen

- **What is it?** [Sunscreen](#) is a critical final step in your morning skin care routine. By blocking damaging UV light, it can lower your risk of skin cancer and reduce signs of aging. The [American Academy of Dermatology Association](#) recommends choosing a broad-spectrum sunblock rated SPF 30 or higher that protects against UVA and UVB light.
- **How to use it:** Spread liberally over your face and massage in. Make sure to apply it 15 to 30 minutes before going outside. Never apply skin care products on top, as this can dilute the sunscreen.
- **Be sure to:** Reapply sunblock to your face and body every 2 hours while spending time in the sun.
- **Pros:** Using sunblock and taking other precautions, such as wearing a hat and being in the shade, can help lower your risk for skin cancer.
- **Cons:** Some sunscreens may cause skin reactions, so it is important to test in a small area before applying it to the entire body. Other formulas may not be safe for marine life, such as the coral reef, if you will be swimming in ocean water. Be sure to read the label to determine the best product for your needs.

[Discover the best sunscreens for all skin types.](#)

Step 11: Foundation or other base makeup

- **What is it?** If you want to wear makeup, a base layer will give you a smooth, even complexion. Opt for foundation, which comes in cream, liquid, or powder form, or a lightweight tinted moisturizer or [BB cream](#).
- **How to use it:** Use a brush or sponge to apply makeup. Start at the center of the face and blend outward. To seamlessly blend the edges, use a damp sponge.
- **Skip this step if:** You prefer to go au naturel.
- **Be sure to:** Check your foundation's expiration date. Many last for 6 to 12 months from the date you first open them.
- **Pros:** Foundations provide light to heavy coverage for blemishes, uneven tone, and more.

- **Cons:** Covering skin with makeup can cause breakouts in some people.

What should I use at night?

Focus on repairing the damage done during the day with thicker products at night. This is also the time to use anything that makes skin sensitive to sunlight, including physical exfoliants and chemical peels.

Basic evening routine

1. **Makeup remover:** It does what it says on the tin, even removing the makeup residue you can't see.
2. **Cleanser:** This will get rid of any lingering dirt.
3. **Spot treatment:** You can effectively treat breakouts at night with anti-inflammatory and drying products.
4. **Night cream or sleep mask:** A richer moisturizer assists with skin repair.

Step 1: Oil-based makeup remover

- **What is it?** An oil-based cleanser can dissolve natural skin oils and break down oily makeup ingredients.
- **How to use it:** Follow the specific product instructions. They may advise you to apply the makeup remover on wet or dry skin. Once applied, massage in until the skin is clean, then rinse with water.
- **Skip this step if:** You don't wear makeup, have oily skin, or would prefer to use a water-based product.
- **Be sure to:** Read the instructions on your oil-based makeup remover, as some may direct you to follow this step with another type of cleanser or micellar water to remove residue.
- **Pros:** Using a makeup remover helps remove makeup residue and impurities from your skin.

- **Cons:** Not fully removing excess oil from your skin may clog pores.

[Learn how to make your own DIY makeup remover.](#)

Step 2: Water-based cleanser

- **What is it?** Water-based cleansers react with makeup and dirt on the skin, allowing everything to be rinsed away with water.
- **How to use it:** Follow the instructions. Usually, you'll apply it to wet skin, massage, and rinse off.
- **Skip this step if:** Double cleansing isn't for you.
- **Be sure to:** Choose a gentle formula with a neutral pH. These help maintain the health of your [skin's natural barrier](#). Avoid scrubbing your face too hard when cleansing. Using too much force can irritate your skin.
- **Pros:** [Double cleansing](#) can help remove any residue left behind by your makeup remover or oil cleanser.
- **Cons:** Some formulas may have ingredients that can dry out your skin. If you experience dryness or irritation, switch to another product.

Step 3: Exfoliator or clay mask

- **What is it?** Exfoliation [removes dead skin cells](#) while clearing pores. [Clay masks](#) work to unclog pores, but can also absorb excess oil. These masks are best applied at night to remove leftover dirt and help the skin soak up other products.
- **How to use it:** Exfoliators have [different application methods](#), so follow product instructions. Use clay masks once or twice per week, whether all over your face or on specific problem areas. Leave it on for the recommended time, then rinse it with warm water and pat dry.
- **Skip exfoliating if:** Your skin is already irritated.
- **Be sure to:** [Avoid overuse](#) of physical and chemical exfoliators, especially if you have sensitive skin. Stop use if any irritation occurs. Exfoliators may affect your sun sensitivity, so be sure to wear sunblock during the day after exfoliating.

- **Pros:** Exfoliation removes dead skin cells from the surface of your skin. Some chemical exfoliators can also remove impurities from deeper within your skin and prevent breakouts.
- **Cons:** Some physical exfoliators, such as those containing coarse sugar or salt, may be abrasive on sensitive skin and cause irritation. If a product leaves your skin irritated, stop use and swap it out for another option once your skin has healed.

Step 4: Hydrating mist or toner

- **What is it?** A [hydrating mist](#) or toner marks the end of your nighttime cleansing routine. Look for humectant ingredients, such as lactic acid, [hyaluronic acid](#), and glycerine, [to give skin](#) a moisture boost.
- **How to use it:** Spritz mists over your face. For toners, apply the product to a cotton pad and swipe over the skin.
- **Be sure to:** Avoid overusing toners with high levels of alcohol, as they may cause irritation or damage to your skin's barrier.
- **Pros:** Toners can help remove leftover residue from other steps in your routine and balance your skin's pH.
- **Cons:** Alcohol-based products may cause irritation in individuals with sensitive skin.

[Find the best toners for oily skin.](#)

Step 5: Acid treatment

- **What is it?** Facial acid treatments can encourage cell turnover. Beginners may want to try glycolic acid. Other options include acne-busting [salicylic acid](#) and moisturizing [hyaluronic acid](#). Over time, you should notice a brighter and more even complexion.
- **How to use it:** Start once per week, with the goal of using it every night. Do a patch test at least 24 hours before first use. Add a few drops of the solution to a cotton pad and sweep across the face, avoiding the eye area.
- **Skip this step if:** You have particularly sensitive skin or have a reaction to a particular acid.

- **Be sure to:** [Choose an acid treatment](#) that fits your skin's needs.
- **Pros:** According to [2021 research](#), acids can help reduce fine lines, wrinkles, scarring, and acne and help even your skin tone.
- **Cons:** Acids may make your skin more sensitive to the sun. Be sure to use sunblock during the day following application of an acid treatment.

Step 6: Serums and essences

- **What is it?** Serums deliver powerful ingredients directly to the skin. An essence is simply a watered-down version. [Vitamin E](#) is great for dry skin, while antioxidants like [green tea extract](#) can help dull complexions. If you're prone to breakouts, [try retinol](#) or vitamin C.
- **How to use it:** Carry out a patch test 24 hours before using a new serum or essence. If the skin looks good, dispense the product into your hand and press it into your skin. You can layer multiple products. Just apply water-based ones before oil-based ones and wait around 30 seconds between each.
- **Be sure to:** [Choose a serum](#) that delivers the benefits your skin needs, such as [pro-aging support](#), moisturizing, brightening, or spot reduction.
- **Pros:** Serums deliver highly concentrated skin benefits. Because of their formula type, more of the product penetrates your skin's surface.
- **Cons:** Some serums can be pricey, but you can usually find more cost-effective alternatives. And remember, compared to moisturizer, you only use a small amount of serum, so a little goes a long way.

Step 7: Spot treatment

- **What is it?** Anti-inflammatory products are for blemishes with heads. Follow with a spot-drying treatment. Ones that dry visibly are great for nighttime use.
- **How to use it:** Make sure your skin is clean. Apply a small amount of product and leave to dry.
- **Skip this step if:** You're spot-free.

- **Be sure to:** Avoid popping pimples, blemishes, and whiteheads yourself. The [AAD](#) says this can cause scarring, introduce bacteria, and push pus further under the skin. If you don't see improvement in 4 to 6 weeks, consider talking with a dermatologist.
- **Pros:** Healing products can make a noticeable difference, sometimes even overnight.
- **Cons:** Peeling, redness, or irritation can occur, especially if you have sensitive skin.

Step 8: Hydrating serum or mask

- **What is it?** [Hydrating serums](#) add moisture without clogging pores.
- **How to use it:** These powerful hydrators can come in various forms. Some are serums, others are thicker masks, and some can be left on overnight. If this is the case, apply it at the end of your routine. Just follow the instructions on the pack.
- **Be sure to:** Try refrigerating a sheet mask before using it and enjoy some additional anti-inflammatory benefits.
- **Pros:** A mask keeps beneficial and hydrating ingredients in close contact with your skin and can remove excess sebum.
- **Cons:** As with all new skin care products, test masks on a small area of skin before applying, as they may contain ingredients that irritate your skin.

[Learn the best masks for your skin type.](#)

Step 9: Eye cream

- **What is it?** A richer nighttime [eye cream](#) can help improve appearance-related issues like tiredness and fine lines. Look for a high concentration of peptides and antioxidants.
- **How to use it:** Apply a small amount of cream to the eye area and dab in.
- **Skip this step if:** Your moisturizer or serum can be safely and effectively used under your eyes.
- **Be sure to:** Apply eye cream with clean hands or a clean applicator and gently pat it on the skin rather than rubbing it, which can contribute to skin aging and damage.

- **Pros:** Applying overnight gives the product a chance to penetrate your skin. Plus, certain formulas can help boost collagen production and delay the signs of aging.
- **Cons:** Dedicated eye creams can be expensive. However, affordable options are available that can also benefit your skin.

[Find which eye creams are best for undereye circles.](#)

Step 10: Face oil

- **What is it?** A nighttime oil is great for dry or dehydrated skin. The evening is the best time to apply thicker oils that may result in an unwanted shiny complexion.
- **How to use it:** Pat a few drops into the skin. For the best results, avoid applying other products on top.
- **Be sure to:** Cleanse thoroughly the following morning to remove residue from heavier products.
- **Pros:** Oils may change the effectiveness of your sunscreen during the day, so nighttime application may be best for certain products.
- **Cons:** A heavier oil may not be the best fit for those with oily skin or acne. Everyone's skin is different, so find a product that works for you.

Step 11: Night cream or sleep mask

- **What is it?** [Night creams](#) are an optional last step, but they can be worthwhile. While day creams protect the skin, these rich moisturizers help cell repair. Sleep masks, however, seal in all your other products and contain hydrating ingredients mild enough to be kept on overnight.
- **How to use it:** Warm a small amount of product in your hands before distributing it evenly across your face.
- **Skip this step if:** Your skin already looks and feels its best.
- **Be sure to:** Test a small amount before an overnight application to see how your skin reacts.

- **Pros:** Applying a night cream or sleep mask allows the product time to penetrate the skin barrier.
- **Cons:** Some people may not like the feel of sleeping with heavier products on. If that's the case, you can try a more lightweight formula.

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What routine should I follow for dry skin?

If your skin is dry, focus your routine on hydration and building a [healthy skin barrier](#). Follow the steps above, but swap out products that may be too harsh or acidic for those that add moisture to your skin and help it retain that moisture.

What is a basic skin care routine?

A [basic skin care routine](#) has fewer steps than an expanded one but keeps your skin clean and healthy. The steps can depend on your needs and the amount of time you have. Usually, a basic routine includes removing makeup, cleansing your face, applying a spot treatment for any blemishes, using sunblock during the day, and putting on moisturizer at night.

skin care practices to start

Here's the skin care advice they recommend for women

1. **Use these two skin care products daily:** To keep your skin looking its best, dermatologists recommend using these two skin care products every day:
 - **A mild cleanser:** When selecting a cleanser, choose one for your skin type. For example, if you have acne-prone skin, use a mild cleanser that removes oil." Dry skin does better with a hydrating cleanser.

To get the best results from your cleanser, wash your face twice a day – when you get up and before bed. You also want to wash after sweating.

- **Sunscreen (SPF 30 or higher, broad spectrum, and water resistant):** Any time you plan to be outside during the day, even if it's to take a walk or drive to work, you expose your skin to the sun's harmful rays.

If you will be outside during daylight, protect your skin. Apply sunscreen to your face and any skin that clothing won't cover, putting the sunscreen on 15 minutes before you go outdoors. Always put sunscreen on after other skin care products – and beneath your makeup.

Like your cleanser, you want to use a sunscreen formulated for your skin type. If you have oily skin, look for the words “non-comedogenic” or “won't clog pores” on the product. Women with darker skin tones may want to use a tinted sunscreen. Most tinted sunscreens won't leave a white cast on your skin.

2. **Add in a skin care product that addresses your primary skin concern:** “In. While some women have acne-prone skin, others are noticing fine lines and other signs of aging. Dark spots can be the biggest concern for some.

The best way to address your concerns is to use a skin care product that contains science-backed ingredients, says board-certified dermatologist Rebecca Baxt, MD, FAAD.

- **Vitamin C serum or cream:** Science shows that this ingredient can reduce skin aging and dark spots.

Like other skin care products, you want to use a product formulated for your concern and skin type.

When to apply vitamin C, “Apply it after washing your face in the morning, before you put on your sunscreen.”

- **Retinoid:** The term "retinoid" is a catch-all for an array of vitamin A-based products used on skin. It can treat mild fine lines and wrinkles, acne, and dark spots. It can also improve skin texture.

If you're looking to treat uneven skin tone, dark spots, or your skin's texture, look for the word “retinol.” It's a type of retinoid that's used for these purposes.

Retinol can give you younger-looking skin by speeding up new skin cell turnover, which starts to slow in your 20s.

To treat acne, dermatologists prescribe one of these retinoids – adapalene, tazarotene, tretinoin, or trifarotene. You'll also find adapalene in an acne-fighting product available without a prescription.

When spread on acne-prone skin, a retinoid can unclog pores. This can give you clearer skin and allow other acne gels and creams to work better.

When to apply a retinoid: Dr. Baxt recommends applying a retinoid before bed. After washing your face, wait 20 to 30 minutes and then apply it.

If you find the retinoid too drying, apply a moisturizer immediately after

washing your face, using a moisturizer that won't clog your pores. Then apply the retinoid 20 to 30 minutes later.

3. **Make your skin care routine Adjustable, Consistent, and Tailored (ACT).** To help her patients remember this point, Dr. Katta tells them to build ACT into their skin care. Here's why.

“For a skin care routine to meet your needs, it must be adjustable. For example, you may need a moisturizer during the winter when the air tends to be dry. You'll also need to adjust your skin care with the passing years. If a product you chose irritates your skin, you'll want to stop using it right away.

When it comes to creating a skin care routine, consistency is also key. Unless a skin care product is irritating your skin, you need to keep using it. It takes at least 30 days to know whether it's working.

What is a skincare routine and why do I need one?

Step 1: Cleanse [morning and evening]

The first essential step of every skincare routine is to cleanse.

Cleansers remove dirt, excess sebum and makeup. When your face is clean, it allows the other products you use to work even better.

How to choose a cleanser

If your skin is normal to dry, choose a cleanser with a rich creamy or lotion texture to gently cleanse and nourish skin without drying it out even further. If your skin is oily to combination, opt for a gel or light lotion texture.

Step 2: Exfoliate [morning and/or evening]

A gentle leave-on AHA or BHA exfoliant removes built-up layers of dead skin cells that cause dullness and clogged pores. They are effective for treating sun damage, wrinkles, blackheads, clogged pores and breakouts. When used as the second step in your routine, an exfoliant will leave your skin smooth, radiant, and younger-looking. Exfoliants also help other products absorb better into the skin. After application, you don't have to rinse it off and you can immediately follow with the rest of your routine.

How to choose an exfoliant

Choosing an AHA or BHA exfoliant depends on your skin type and concerns. AHA's exfoliate the surface of skin and are most effective for dry, sun-damaged skin. BHA's exfoliate the surface of skin and inside the pores and are best for oily to combination skin with breakouts and blackheads. Due to its anti-inflammatory properties, BHA's are also great for calming redness and sensitivity. Our exfoliants are suitable for all skin types.

Step 3: Moisturise + spf [morning]

The final and most critical step of your daytime routine is application of a moisturiser with SPF 30 or higher. SPF moisturisers keep your skin shielded from sun damage which is the No. 1 cause of wrinkles, brown spots, and other signs of ageing. Use as the last step of your morning routine.

How to choose a day moisturiser

When looking for a new moisturiser, the texture of the product should match your skin type. For normal to dry skin, look for creamy, lotion textures for extra hydration and nourishment. For oily to combination skin, go for light-weight, liquid textures that don't clog your pores or make you break out.

Step 3: Moisturise [evening]

A night cream should provide more than simple hydration. Packed with antioxidants, cell-communicating and skin-repairing ingredients that all help skin function better and look healthier, our moisturisers come in cream, lotion, gel, and liquid textures to suit every skin type. You can (and should) use them around the eye area. Use as the last step in your evening skincare routine for smoother, younger-looking skin.

How do I know which products are right for me?

Your skin type determines which product textures are best suited for you. To discover your skin type, you can monitor

how your skin responds after washing with a cleanser and leaving it bare. If your skin feels tight and uncomfortable, you have dry skin. If your skin immediately becomes shiny after, then it's likely that you have oily skin. If you experience oiliness in some areas and feel tightness on other parts, then you have combination skin. If your skin feels fine after and doesn't look shiny, then you have normal skin.

As a general rule of thumb: normal to dry skin needs creamy and lotion textures that nourish and hydrate, oily skin needs more light-weight textures like liquids to prevent pores from clogging. For combination skin, you may need light-weight textures for the oily parts of your skin and lotion textures for the drier parts of your skin.

Find the perfect routine for your skin type and concerns in just a few clicks with our new Routine Finder.

FIND YOUR ROUTINE

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How do I know if I am using the right routine?

You'll notice a significant difference if you're using the right products for you. Your skin will be smoother, brighter and

healthier. It can take a while before you notice results on more stubborn skin concerns (after all, they didn't appear overnight!). When trying new products, and especially a new routine, you should allow at least 2 weeks to see if your skin improves. Use our routine finder to discover what your skin needs.

Do I need to adapt my routine to the seasons?

If you have found the right routine for your skin, you shouldn't have to adapt it for different seasons. The basic needs of your skin remain the same, winter or summer, rain or shine. Keep in mind that this doesn't count for everyone, no skin is the same. What may change is the need to add extra products, like extra layers of sunscreen in the summer to oily, acne-prone or combination skin, or when heating and air-conditioning is taking a toll on your already dry skin.

OVERVIEW

Starting a men's skincare routine from scratch can often feel intimidating—especially if you've never dedicated much time to taking care of your skin before. To keep things simple, a straightforward skincare routine is generally recommended, with slight variations for some of men's skincare concerns—including [dryness](#), [anti-aging](#), dark spots, and [acne](#). Choosing the right products for your skin type and maintaining the skin's protective barrier are the first steps towards building a gentle, yet effective skincare regimen for men. If you're not sure what type of skin you have, check out our helpful [skin type guide](#).

OUR MEN'S SKINCARE TIPS

If you're just beginning a men's skincare routine, here are some useful tips to help get you started:

- Stick to a few easy-to-follow steps and remain consistent with your routine for at least a few weeks. Always consult with a dermatologist if skin concerns persist or you notice new symptoms.
- Every morning and evening, we recommend using a non-comedogenic foaming gel cleanser that is designed to hydrate, help soothe the skin, and contains essential ceramides to help maintain the skin's natural barrier.
- Adding sunscreen to your routine can help protect skin from the sun's harmful UVA and UVB rays.
- Include a retinol product in your regimen to help minimize the appearance of pores and improve the look of fine lines, wrinkles, and rough texture in men's skin.

Our Recommended Men's Facial Skincare Routine for All Types

Men commonly face skin concerns such as [rough and bumpy skin](#), increased oil (sebum) production, and irritated skin post-shaving. Nonetheless, the core skincare essentials still remain the same in order to build an effective routine. Using this foundational set of steps both in the morning and at night helps thoroughly cleanse, hydrate, and refresh your skin—without stripping away essential moisture.

Here are CeraVe’s essential skincare steps to follow in a men’s facial skincare routine:

Morning Routine

Step 1. Remove Dirt and Excess Oil With a Gentle Foaming Cleanser

Choosing the right facial cleanser for men’s skin is the first important step in this routine. Every morning and evening, cleanse with a foaming gel cleanser that contains essential ceramides to help maintain your skin’s natural barrier, such as [CeraVe Foaming Facial Cleanser](#). This gel-based foaming cleanser is an ideal way to cleanse and care for normal to oily skin.

For rough and bumpy skin: For rough and bumpy skin concerns, we recommend [CeraVe Renewing SA Cleanser](#), a fragrance-free and non-comedogenic salicylic acid cleanser. Salicylic acid is a gentle, yet effective exfoliating acid that helps sweep away dead skin cells. This cleanser effectively removes dirt, oil, and sweat without leaving skin feeling stripped. Best of all, it’s suitable for both face and [body](#), making it an easy way to simplify any men’s skincare regimen. To apply it, simply wet your face or body with lukewarm water and massage into your skin in a gentle, circular motion.

Step 2. Use a Targeted Serum

Every men’s skincare routine should include a targeted serum that offers simple, multifunctional benefits. [CeraVe Skin Renewing Vitamin C Serum](#) offers antioxidant benefits, and helps to visibly brighten your complexion and promote a more even skin tone.

For sensitive skin: For a hydrating alternative for sensitive skin, you can apply the [CeraVe Hydrating Hyaluronic Acid Serum](#) with MVE Delivery Technology at this point in your routine for a refreshing, gel-cream option with vitamin B5 to help soothe skin.

Step 3. Apply a Moisturizer With Sunscreen

“Sunscreen is a vital part of protecting the skin against the sun,” according to board-certified dermatologist Dr. Sejal Shah. Therefore, a hydrating moisturizer with SPF is an important next step in this routine. “When choosing a sunscreen product, it’s important to choose a product that is broad-spectrum with an SPF of at least 30,” says Dr. Sejal Shah, adding that, “broad-spectrum indicates that the sunscreen protects against both UVA and UVB, both of which are harmful to the skin.”

However, when choosing a moisturizer with sunscreen, it’s important to note that men’s skin produces more sebum, according to research—meaning that the chances for excess

oiliness may also be higher.² For this reason, we recommend using [CeraVe Ultra-Light Facial Moisturizing Lotion](#), a lightweight, oil-free daytime moisturizer with SPF 30. Formulated with [hyaluronic acid](#), [niacinamide](#), and [ceramides](#), it provides a non-greasy matte finish, and won't clog pores. This product offers sun protection, while also helping to leave men's skin feeling soft and smooth.

For dry skin: Apply [CeraVe AM Facial Moisturizing Lotion with Sunscreen](#) to dry skin for a hydrating face lotion option that also contains SPF 30 and makes a great morning skincare multitasker for men's skin.

Evening Routine

Step 1. Cleanse Again

After a long day, dirt, oil, and sweat can accumulate on your skin—that's why it's important to thoroughly cleanse your skin again before sleep. Use a cleanser formulated for your skin type again at night to effectively wash away any remaining build-up on your skin.

For acne-prone skin: If oily skin or acne breakouts are among your top skin concerns, you can also try using [CeraVe Acne Control Cleanser](#) as the first step in your routine. This cleanser is formulated to effectively remove dirt and excess oil, and gently exfoliate skin. It penetrates pores to help reduce the number of blackheads, whiteheads, and acne blemishes with 2% salicylic acid and oil-absorbing technology to minimize visible shine.

Step 2. Minimize the Look of Pores With a Retinol Serum

Research shows that since men's skin produces more sebum, they have also been reported to have larger pores.¹ A resurfacing retinol serum with soothing niacinamide and skin barrier-supporting ceramides—like [CeraVe Resurfacing Retinol Serum](#)—can help by minimizing the look of pores, reducing the appearance of post-acne marks, and improving the skin's surface. This lightweight and fast-absorbing serum helps smooth skin texture when applied daily as part of your nighttime routine, without compromising the skin's natural barrier.

For anti-aging: CeraVe [Skin Renewing Retinol Serum](#) can be swapped in during this step in your men's skincare routine if anti-aging is your primary concern. This gentle daily retinol serum provides a variety of anti-aging benefits, such as improving the appearance of fine lines and wrinkles.

Step 3. Apply a Nighttime Moisturizer

Applying a P.M. moisturizer is the final step in this routine for men. CeraVe recommends choosing a soothing night cream that is rich, yet lightweight, and suitable for most skin types.

For normal skin: Look for a ceramide-infused moisturizer, such as CeraVe [PM Facial Moisturizing Lotion](#), to help hydrate and soothe your skin while you sleep. This

moisturizing lotion is non-comedogenic, so it won't clog pores or cause acne flare-ups, and contains beneficial ingredients—like hyaluronic acid and niacinamide—to deliver long-lasting moisture benefits throughout the night.

OVERVIEW

There's more to facial cleansing than lathering up and rinsing off, and an effective face cleanser for men (or anyone for that matter) should meet certain criteria. First and foremost, it needs to be gentle on the skin. This means skipping the “soap” and opting for mild cleansing ingredients that don't leave the skin feeling stripped. It's also smart to select a face cleanser that is formulated to meet the needs of your specific skin type—and a product that contains [ceramides](#) can help ensure effective skin cleansing without disrupting the skin barrier.

HOW TO CLEANSE CORRECTLY¹

- Use a gentle cleanser that does not contain alcohol
- Wet your face with lukewarm water and use your fingers to massage for approximately 30 seconds²
- Rinse with lukewarm water and pat skin dry with a soft towel
- Limit washing to morning, evening and after sweating



When choosing a face cleanser for men, the first step is determining your skin type. The best choice may depend on whether your skin is oily, dry, combination or sensitive (and if you experience [acne](#) or ingrown hairs). Once you've narrowed this down, you're one step closer to healthier-looking skin!

Oily Skin

Oily skin can be due to hormones, genetics, humidity and even stress. In most cases, the best [face wash for men with oily skin](#) is a [gel-based](#) or [foaming](#) formula. Yet many men

mistakenly believe that oily skin requires a harsh cleanser that leaves the skin feeling tight (and using it often). In fact, a mild, gentle formula (used in the morning, evening and after working out) is actually a better face cleanser for men since harsh products can actually prompt the skin to produce more oil.² A few beneficial ingredients to look for in a face wash for men with oily skin are [hyaluronic acid](#) for hydration without clogging pores, niacinamide for calming benefits and [salicylic acid](#) for gentle exfoliation.

Dry or sensitive skin

[Dry skin](#) results when the skin loses too much oil or water, and [sensitive skin](#) reacts to external irritants—but these two skin types can actually have one thing in common: a compromised skin barrier. The [ideal face cleanser for men with either of these skin types](#) should feature a mild, gentle formula that includes ceramides to help ensure effective cleansing without disrupting the skin barrier. Dry and sensitive skin types can also benefit from additional ingredients such as hydrating hyaluronic acid and calming [niacinamide](#). The best face wash for men with these skin types is one that will be used every day, which is why it's important to choose the right texture based on preference. Among the options is our lightweight, lotion-like [Hydrating Facial Cleanser](#).

Combination skin

If some areas of your face are dry or normal while others (such as your nose, forehead and chin) are oily, odds are you have combination skin. Combination skin often experiences enlarged pores, blackheads and shine as well,³ but the good news is that the [proper face wash for men with this skin type](#) can address all of your concerns. A ceramide-infused formula that removes excess oil from the T-zone without leaving the skin feeling stripped can go a long way for balancing combination skin and keeping it looking healthy.

Acne

Acne isn't just a teenage problem, and an acne treatment for men who experience breakouts can help keep your skin calm and clear. The proper cleanser is an important part of any [anti-acne regimen](#), and it's possible to achieve visible improvement without being harsh on the skin. The ideal face wash for men with acne needs to be both gentle and effective. Our [Acne Foaming Cream Cleanser](#) features a 4% concentration of [benzoyl peroxide](#) along with hyaluronic acid, niacinamide and ceramides to help improve the skin's appearance without leaving it feeling dry or looking flaky.

Ingrown hairs

Shaving is a fact of life for most men, but it can also lead to ingrown hairs. One of the simplest ways to help prevent or improve them is by using a [cleanser with salicylic acid](#). This gentle exfoliating acid helps eliminate the uppermost layer of dead surface skin cells that “traps” hairs beneath the skin's surface and in turn leads to irritation and blemish-like bumps. For additional skin-smoothing opt for a cleanser that also contains ingredients like soothing niacinamide and barrier-replenishing ceramides.

CeraVe Solutions: A Body Care Routine for Dry Skin

Whether it's on your hands, feet, elbows, or anywhere else on your body, [dry skin](#) is a common skin concern—especially during the dry, cold winter months. Fortunately, with a gentle, moisturizing skincare routine, it's possible to both soothe and hydrate your dry skin. Read on to discover CeraVe's simple, yet effective body care routine for helping to restore comfortable, healthy-looking skin on your body.

OVERVIEW

Dryness on the body is a common concern that occurs when your skin loses too much water, which can happen for a variety of different reasons—such as a deficiency in [ceramides](#), environmental influences, harsh skincare products, certain medications, and aging. Keep reading to discover CeraVe's easy-to-follow daily body care routine to help deliver moisture and support your skin's protective barrier.

DRY SKIN TIPS FOR YOUR BODY CARE ROUTINE

- Help minimize the drying effects of bathing by taking warm (not hot) baths or showers, and limiting bathing time to 5-10 minutes.¹
- Harsh soaps and cleansers may deplete moisture levels. Look for hydrating body cleansers and soaps that are gentle, fragrance-free, developed with dermatologists, and non-drying.
- Apply moisturizer immediately after bathing or washing your hands to help seal in much-needed moisture.
- Look for deeply hydrating body moisturizers and healing ointments that are formulated with ingredients like hyaluronic acid, as well as ceramides to help restore and maintain your skin's protective barrier.
- Opt for comfortable clothing made from soft materials and choose a hypoallergenic detergent to help avoid potential skin irritation

What Are the Common Causes of Dry Skin?

Dry skin can affect the skin on both your [face](#) and body and, although it's typically worse during the winter months, dry skin can appear seasonally or year-round. Your skin is constantly exposed to environmental irritants and allergens, [UV rays](#), cold temperatures, various household chemicals (such as cleaning supplies), indoor heating, and more. All of these factors—along with genetics, certain medications, or medical conditions—can play a role in causing dry skin. Although it is often temporary (such as seasonal dryness), dry skin on different areas of the body can be uncomfortable.

Some common signs of [dry skin](#) include skin that appears dull, rough, flaky, or even scaly. It may also be tight-feeling, itchy, irritated, red, more prone to cracking, and less elastic. Dry skin can vary from person to person and may appear on different areas of the body—including the face, inner elbows, hands, and neck. When in doubt, schedule an appointment with your [dermatologist](#) for the best personalized assessment of your skin.

The Difference Between Dry and Dehydrated Skin

Dry skin lacks sufficient oils (sebum) to keep the skin moisturized, whereas dehydrated skin is a temporary state where the skin loses more water than it is taking in. More often than not, dehydrated skin comes and goes, depending on the environmental influences (such as the changing seasons), whereas dry skin is considered a [skin type](#). In either case, the right skincare routine and habits can help you support your skin's protective barrier and restore healthy-looking skin.

To learn more about these differences, check out CeraVe's [Dry Skin Tips: Is My Skin Dry or Dehydrated](#).

An Easy Body Care Routine for Dry Skin

To help effectively moisturize dry skin and achieve improved levels of hydration, it will require a consistent [routine](#) both in the morning and at night. CeraVe's easy-to-follow body care routine focuses on ceramide-formulated products that are gentle, fragrance-free, and developed by dermatologists. Here are five steps to incorporate into your body care routine for dry skin.

Step 1. Begin With a Hydrating Body Cleanser

The path to restoring hydrated, healthy-looking skin should ideally start in the shower. Although it can be tempting to skip this step if your skin is uncomfortably dry, it's important to thoroughly remove dirt, oil, and other debris—and begin your routine with fresh, clean skin. This is why the first step in your body care routine should include a hydrating [body cleanser](#) that gently cleanses and comforts your skin, while helping it attract and retain moisture.

CeraVe [Hydrating Body Wash](#) is a gentle foaming formula that helps cleanse and refresh the skin, while also helping to restore the skin's natural protective barrier. To use this non-comedogenic formula, simply wet your skin with lukewarm water and massage it into your skin in a gentle, circular motion. Remember to limit shower time and try to keep temperatures warm, rather than hot, to help minimize the drying effects of bathing.

Step 2. Apply a Moisturizing Body Cream

Once your skin is cleansed, gently pat yourself dry and immediately follow-up with a moisturizing body cream, such as [CeraVe Moisturizing Cream](#). This cream's unique formula, with hyaluronic acid and three essential ceramides, effectively hydrates the skin and helps restore its natural barrier. Restoring barrier function is particularly important, since dry skin is the result of a compromised skin barrier. When applying your moisturizing cream, the trick is to apply your moisturizer as soon as possible after bathing or washing your hands—ideally no more than a few minutes afterwards—to help trap existing moisture in the skin.

For extremely dry skin, we suggest a deeply hydrating ointment, such as CeraVe [Healing Ointment](#). This lightweight yet intensely hydrating ointment can be applied as needed to protect and help relieve extremely chafed, chapped, or cracked skin.

Step 3. Use a Broad-Spectrum Sunscreen (In the Morning)

Daily sun protection is an essential part of any skincare regimen, and this is equally true for anyone struggling with dry skin. As the next step in your body care routine, apply CeraVe [Hydrating Mineral Sunscreen SPF 50 Body Lotion](#). This 100% mineral sunscreen includes broad-spectrum SPF 50 to help protect your skin from the damaging effects of UVA and UVB rays. It's formulated with ceramides, [titanium dioxide](#), and [zinc oxide](#) to help form a protective barrier over your skin.

Apply this product liberally 15 minutes before sun exposure, and reapply at least every 2 hours (or as needed when swimming or spending extended periods of time outdoors). To learn more about CeraVe's mineral sunscreens, visit our article on [the differences between mineral vs chemical sunscreens](#).

Step 4. Apply Extra Moisture To Targeted Areas (At Night)

For areas in need of extra care, add an additional layer of moisture in the evening. You can do this by applying another body [moisturizer](#) to the driest areas of your skin at nighttime. If frequent hand-washing, cleaning, and other common daily activities are taking a toll on your hands, you can also apply a [therapeutic hand cream](#) at this step in your routine. CeraVe Therapeutic Hand Cream helps prevent and temporarily protect chafed, chapped, or cracked skin, alleviate dryness, and help restore your protective skin barrier.

Step 5. Take Care of Itchy Patches

Dry skin tends to become [itchy](#), which is why the final step in this body care routine is to target itchy patches with an anti-itch treatment—like CeraVe [Hydrocortisone Anti-Itch](#)

[Cream](#). This fragrance-free anti-itch cream helps temporarily soothe itchiness. It contains 1% hydrocortisone (the maximum strength available without a prescription), as well as essential ceramides and other hydrating and soothing ingredients. To use this anti-itch cream, apply it to the affected area no more than three to four times per day, and consult with your doctor if itching persists for more than seven days.

No matter which products you choose to include in your body care routine, CeraVe products are always rooted in the science of dermatology and formulated with fatty acids, three essential ceramides, and other lipids to hydrate, lock in moisture, and help maintain the skin's natural barrier. Remember to seek the help of a dermatologist if dry skin is consistently uncomfortable or if symptoms persist.

Skincare Routine for Oily Skin

Keeping [oily skin](#) looking and feeling healthy requires a daily [skincare regimen](#). CeraVe has created a gentle, yet effective skincare routine for oily skin using a [non-comedogenic](#) cleanser, eye cream, serum, and moisturizers. Plus, every product is formulated with [ingredients](#) like [ceramides](#) that help maintain and restore the skin's barrier and help your skin hold on to hydration.



play pause button

Key Ingredients in This Routine

This gentle skincare routine for oily skin features lightweight, fragrance-free products that are [developed with dermatologists](#). Our [products for oily skin](#) are formulated with beneficial ingredients that, when used consistently, can help promote a fresh, healthy-looking complexion. Here are some of the key ingredients to look out for when creating your oily skin routine.

- [Hyaluronic acid](#) helps retain the skin's natural moisture.
- [Niacinamide](#) helps calm the skin.
- [Ceramides](#) are key components of your skin's natural moisture barrier.

- [Retinol](#) helps refine and resurface skin while improving the appearance of fine lines, wrinkles, rough texture, and radiance.

The Oily Skin Type, Explained

According to the [American Academy of Dermatology](#) (AAD), oily skin is one of the five main [skin types](#) (with the others being [dry](#), [combination](#), [sensitive](#), and [normal](#) skin).¹ This skin type produces an excess of sebum (oil) that can leave skin looking greasy and shiny. Oily skin types may also be more prone to experiencing comedonal [acne](#) (blackheads and whiteheads) and other [types of acne blemishes](#). On the other hand, because the increased oils can help keep skin properly lubricated, this skin type may have fewer visible [fine lines and wrinkles](#).

Do You Have Oily Skin?

You can usually identify whether or not you have oily skin through simple observation. The oily skin type will generally have a slick, shiny appearance—especially around the T-zone (forehead, nose, and chin). Oily skin can sometimes be mistaken for [combination skin](#), which tends to be oily in some areas and [dry](#) in others (such as the cheeks).

To help [find your skin type](#), you can try observing how your skin behaves approximately 30 minutes after cleansing. If your skin looks and feels oily all over, you likely have oily skin. When in doubt, a board-certified [dermatologist](#) can also assess your skin and help you accurately identify your skin type.

What Does CeraVe Recommend for Oily Skin?

Although everyone's skin is unique, there are a number of general guidelines that can help when caring for oily skin. The ideal routine for oily skin is one that helps support hydrated, comfortable, and balanced skin that's neither [too oily](#) nor [too dry](#). It should help hydrate your skin and minimize unwanted shine, without clogging your pores or disrupting your skin's protective barrier. Here are a few core steps that we recommend including in your skincare routine for oily skin.

Cleanse

[Cleansing](#) is the first step in any good oily skin routine. Look for gentle, non-drying cleansers that are formulated specifically for oily skin. [Foaming cleansers](#) are often the preferred choice for oily skin, since these formulas can thoroughly remove excess oil from the skin's surface. One great option to consider for oily skin is [CeraVe Foaming Facial Cleanser](#). Featuring niacinamide, hyaluronic acid, and three essential [ceramides](#), this gel-based cleanser is formulated to deeply cleanse and remove oil without disrupting the skin's protective barrier (which can leave skin feeling tight or dry).

Individuals with oily skin should cleanse twice daily (morning and night), as well as after sweating (unless directed otherwise by a dermatologist). Oily skin can also benefit from

using an alcohol-free toner (like [CeraVe Hydrating Toner](#)) post-cleanse to help remove any leftover residue on the skin.

Target Concerns

Targeted skincare treatments can help minimize common oily [skin concerns](#), such as visible pores, [acne blemishes](#), or post-acne marks. For this step, oily skin can incorporate a lightweight, oil-free [facial serum](#) with ingredients such as [retinol](#). For oily, acne-prone skin, [acne treatments](#) with [benzoyl peroxide](#) or [salicylic acid](#) can help keep breakouts under control. An [eye cream](#) can also be applied as an optional step after serum or [treatment gels](#) to help reduce the appearance of dark circles or puffiness under the eyes.

Moisturize

After cleansing, toning, and applying targeted treatments, we recommend applying a non-comedogenic, oil-free [moisturizer](#). The term “[non-comedogenic](#)” means that the moisturizer is formulated not to clog your pores, which is especially important for oily skin. And contrary to popular belief, people with oily skin should not skip this important skincare step. Oily skin requires plenty of hydration. In fact, over-drying your skin may cause it to produce even more oil in response. Ideal options for oily skin can include lightweight, [non-greasy face moisturizers](#) with helpful ingredients like ceramides, [niacinamide](#), and [hyaluronic acid](#).

Help Protect From UV Rays

The last step in an effective skincare routine for oily skin is [sun protection](#). All skin types should wear [sunscreen](#) every morning, even when it’s cloudy or when staying indoors. [Research](#) shows that sun exposure can dry out your skin, which may cause it to produce more sebum.² The [U.S. Food & Drug Administration](#) (FDA) recommends using a sunscreen with [broad-spectrum SPF 15](#) or higher daily.

Sunscreen should be applied liberally 15 minutes before sun exposure and reapplied at least every two hours. It’s also essential to use additional sun protection measures, such as limiting time in the sun (especially between 10 a.m. and 2 p.m.) and wearing long-sleeved shirts, long pants, hats, and sunglasses. For oily skin, we recommend looking for oil-free, non-comedogenic, and [non-greasy sunscreens](#) or [moisturizers](#) with sunscreen that are developed with dermatologists and suitable for oily skin.

Foaming Facial Cleanser

FOR NORMAL TO OILY SKIN

A foaming gel face wash is ideal for removing excess oil, dirt, and makeup. When choosing a [facial cleanser](#) for normal to oily skin, it’s important to look for a formula that’s gentle, won’t disrupt your skin’s natural protective barrier (which can leave skin feeling dry or tight), and contains ingredients that help maintain its moisture balance.

[CeraVe Foaming Facial Cleanser](#) features [ceramides](#), [hyaluronic acid](#), and [niacinamide](#), and is formulated to lock in moisture and help avoid skin barrier disruption. Developed with dermatologists, this non-drying face wash for normal to oily skin deeply cleanses, removes excess oil, and refreshes your skin without disrupting the skin barrier. This gel-based facial cleanser is an effective, yet gentle way to cleanse and care for your normal to oily skin.

Tip: After cleansing, oily skin can also benefit from applying a gentle, non-drying toner—such as [CeraVe Hydrating Toner](#)—to help calm the skin and remove any leftover residue.

Skincare for Oily Skin: What To Avoid in Your Routine

When building a skincare routine for oily skin, it's important to know what to look for in your skincare products. However, if you want to find skincare products that are suitable for your oily skin, there are also a few things you might want to avoid.

Heavy, oil-based moisturizers

[Moisturizers](#) come in many different types of formulas, and some may be too heavy for oily skin. If your skin is oily, we recommend avoiding oil-based moisturizers that contain ingredients like cocoa butter, lanolin, and corn oil. These ingredients can sometimes be “comedogenic,” which means they have the potential to clog your pores (depending on the concentration of the ingredient and overall formulation).

Fragrance

Fragrance is often added to oily skin products to give them a pleasant scent. But fragrance chemicals can also be irritating and may cause allergic reactions in some people's skin, especially for those with oily [sensitive skin](#). Because of this, many dermatologists recommend using products that are fragrance-free. CeraVe products are formulated without fragrance for this reason.

Alcohol-based toners or astringents

Some skincare ingredients (such as drying alcohols) can have drying or irritating side effects. And, as mentioned above, over-drying your oily skin can trigger an increase in sebum production. This can potentially leave your skin feeling oilier than before. For this reason, we recommend avoiding alcohol-based products or harsh astringents.

WHAT ARE THE FIRST SIGNS OF AGING IN SKIN?

Although the natural aging process is slightly different for everyone, the first signs of aging skin tend to appear in your 30s and 40s. This is when skin begins to lose more and more of

the vital components it needs to maintain its elasticity and moisture levels—leading to visible skin aging. Here are some of the first signs to look out for to help you build the perfect anti-aging skincare routine for your needs:

- **Fine lines and wrinkles:** Wrinkles and fine lines are usually one of the first visible signs of aging noticed by men and women. They tend to be most noticeable on your face (especially around your eyes and mouth), as well as your neck. Wrinkles and fine lines occur with age as your skin becomes more fragile and can be worsened by many factors, such as smoking or UV exposure.
- **Dullness:** Over time, you may notice your complexion showing signs of dullness, splotchiness, or uneven skin tone. This is often the result of photodamage to your skin over time.
- **Dry skin:** Skin eventually starts to produce less of the natural oils (a.k.a. sebum) that are needed to help keep your skin looking hydrated and plump. This typically results in drier skin (especially for those 40 and over) that may feel itchy, tight, or uncomfortable. Fine lines and wrinkles are also usually more pronounced.
- **Age spots:** As skin begins to age, you might notice age spots (also known as sun spots) appearing more frequently. These flat, dark areas on the skin usually appear wherever your skin is most exposed to the sun's rays—including your hands, arms, and face. Age spots are typically harmless but may be a sign that extra sun protection is needed.
- **Rough skin texture:** Skin that feels drier with age may take on a rougher texture and might not look as smooth as it once did. This change in overall skin texture is a natural result of the skin's aging process.
- **Visible pores:** One common complaint among those with mature skin is often larger, more visible pores. Although pore size is largely genetic and varies from person to person, you may notice enlarged pores over time. This occurs when collagen and elastin weaken, allowing for the widening of pores.
- **Sagging skin:** As you age, your skin increasingly loses structural components like elastin and collagen. This can cause your skin to lose firmness and take on a sagging, loose appearance.

Key Anti-Aging Ingredients in This Routine

This simple skincare routine uses gentle yet effective formulas that feature our favorite anti-aging ingredients.

These ingredients can be used to support youthful-looking skin during any decade of life—whether you're in your 20s, 30s, 40s, or beyond.

- [Hyaluronic acid](#) helps retain the skin's natural moisture.
- [Vitamin C](#) is an antioxidant that helps visibly brighten the complexion and promote more even skin tone.
- [Retinol](#) helps refine and resurface skin while improving the appearance of fine lines, wrinkles, rough texture, and radiance.
- [Peptides](#) improve the appearance of tired-looking skin.
- [Ceramides](#) help maintain the skin's natural moisture barrier to help lock in moisture.

- 1. **How to identify your skin type**

- This is a crucial first step in understanding your skin and building a skincare routine. There are a range of [skin types](#) (oily, dry, normal, and combination) each requiring different products and ingredients - use the wrong ones and you could waste your money or even make your skin worse. Whilst the essential steps are the same, the formulation and ingredients can vary greatly, so **identifying your individual skin type is key to managing your skin's needs.**
- As mentioned above, skin types fall into 4 main categories. We are born with a skin type and we cannot change it, it's in our DNA, but what we can do is manage it to help our skin function as close to normal as possible. You can find out which category you fall into by determining which characteristics below best describe you.
- **Oily:** Oily skin has a higher than average production of sebum. This overproduction of oil can make skin appear shiny with large pores, and is prone to blackheads and/or breakouts. Makeup may slip or crease on oily skin.
- **Dry:** Dry skin is characterised by a lack of oil in the skin. It may look or feel tight, and may appear matte, cracked or flakey.
- **Normal:** This refers to skin that is well balanced, neither oily or dry, is less prone to breakouts, texture, flakeyness or sensitivity.
- **Combination:** These skins usually display 2 or more characteristics in different areas of the face, for example oily and dry. This usually presents itself as oily in the t-zone (chin, nose and forehead) and dry on the cheeks.
- ---
- **What about sensitive skin?**
- Sensitive skin can be seen as both a skin condition rather than a skin type. Very few people are born with sensitive skin, those with truly sensitive skin will experience frequent reactions, itchiness, redness and discomfort. If your skin is not regularly reactive your sensitivity may be a temporary skin condition as a result of external factors.

There are a few methods you can use to figure out what skin type you are:

The Bare Face Method

To better understand your skin type, wash your face with a gentle cleanser and pat dry. Don't apply any other products then wait 30 minutes to 1 hour before assessing your skin against the characteristics above.

The Blotting Paper Method

Press a clean sheet of blotting paper on each area of your face, then hold the sheet to a light and see how much oil was absorbed. The more oil on the sheet, the oilier your skin, equally if there is little oil on the sheet your skin is dry. If you find some areas are oily and others are dry you are likely to have combination skin.

2. Understanding skin conditions

Skin conditions are usually triggered by something such as lifestyle, pollution, stress, sun exposure, weather, diet, hormones or products. They are usually temporary and can be treated either through skincare products or [treatments](#).

Common skin conditions include dehydration, pigmentation, rosacea, ageing, and acne. See below for a brief explanation of these:

Dehydration: This is caused by a lack of moisture in the skin. It can look dull, feel tight and may have more visible lines or texture. This is probably the easiest skin condition to overcome.

Pigmentation: An overproduction of melanin causes dark patches to form in various shapes and sizes. This can take the form of freckles, melasma, sun damage, age spots, or PIH (post inflammatory hyperpigmentation).

Rosacea: This condition commonly causes prolonged flushing or redness to the face, which may be accompanied by visible blood vessels, dryness, bumps or thickening of the skin. The skin may also feel hot and/or sensitive. Rosacea is more common in women.

Ageing: Signs of ageing skin include loss of elasticity, thinning of the skin, appearance of fine lines and wrinkles, and some ageing skin also displays pigmentation such as age/liver spots. This skin condition is largely affected by external factors, which means **we have a lot of control over how fast or slow our skin ages.**

Acne: This is caused when the hair follicles in our skin become blocked with oils and dirt causing [blackheads](#) and whiteheads. More severe forms of acne often also involve papules (red, tender bumps), pustules (large pimple filled with pus), nodules (large lumps under the skin) and cystic lesions (painful, pus-filled lumps under the skin). Severe acne can be painful and cause emotional distress.

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If I have more than one skin condition, which should I treat first?

This would really depend on which condition bothers you more, and which would be quicker/easier to treat. Some ingredients can work to target a multitude of skin conditions, so if you choose wisely you could help treat more than one issue at the same time. Bear in mind when selecting your skincare products it should suit both your skin type and skin condition. The exception to this would be if you were sensitive or with rosacea - deal with the sensitivity first so that any further issues can be treated without worsening the sensitivity.

3. How to build a basic skin care routine

For beginners, there are 3 core steps that will build the foundation of your skin care routine - cleanse, moisturise, protect. Whilst you build the habit of doing your routine each morning and evening it's best to keep it simple, and as you get more comfortable you can add in other steps like toners, serums, exfoliators or masks, but for now we'll just discuss the basics.

Step 1: Cleanse

Generally speaking you should cleanse in the morning and in the evening, the exception to this would be for those with dry skin who can simply splash with water in the morning and then cleanse in the evening. **The evening cleanse should never be skipped** as this will free your skin of dirt, oils, makeup, dead skin cells and pollutants that gather on the skin during the day. CLINICCARE cleansing foam is a great cleanser for all skin types that effectively cleanse the skin without stripping it.



CLINICARE Concentrated Cleansing Foam

Step 2: Moisturise

After cleansing you should moisturise the skin to lock in hydration. Look for ingredients such as **hyaluronic acid** or **ceramides** that will plump the skin and strengthen your skin barrier.

You can also find moisturisers that have been combined with other active ingredients to simultaneously target specific concerns.

Step 3: Protect

This is a crucial step in your morning routine. Sun protection is the most important product to protect your skin against sun damage, ageing and serious issues such as skin cancer. Aim for a minimum of SPF 30 every single day - this should always be the last step in your routine, and is not necessary in an evening.

4. Choosing the right cleanser

There are a wide range of cleansers available with different formulations and ingredients - choose your cleanser with your skin type in mind. **A good cleanser should never leave your skin feeling tight or stripped of its natural oils.** Let's have a look at the most popular types of cleansers available:

- **Oil** - Great for your first cleanse (will touch on this more soon) to lift makeup, not drying at all, suitable for all skin types.
- **Balm** - Same principle as the oil cleanser, can be removed with lukewarm water and a cleansing cloth or pad.
- **Cream** - Ideal for dry or sensitive skin types, won't foam or leave skin feeling stripped. We love CLINICCARE Cleansing Lotion.
- **Gel** - Gel consistency, ideal for acne/oily or combination skin.
- **Foaming** - Ideal for acne/oily skin types, very effective at removing excess oil.



CLINICARE Cleansing Lotion

Quick Tip: We advise against using makeup wipes to remove makeup. They tend to be abrasive on the skin with harsh ingredients that can irritate your barrier, and don't do a very good job of actually removing makeup.

Our top tips for cleansing

- Wash your hands first
- Use lukewarm water, hot water may irritate your skin
- Double cleanse in the evening, especially after wearing makeup
- Massage the cleanser in circular motions for 60 seconds before rinsing
- You don't need to be abrasive, allow the cleanser to do the work for you
- You can combine your cleanser with a face cloth or cleansing pad if desired, again nothing abrasive
- Cleanse right up to your hairline and don't forget your neck
- Gently pat dry with a soft towel after rinsing, it's best to have a separate small towel for your face (even better if you can use a fresh one every day)

What is double cleansing?

As the name suggests, double cleansing involves cleansing twice. The purpose of the first cleanse is to remove any makeup, dirt, and impurities on the skin's surface, while the second is to ensure any stubborn impurities are removed and to thoroughly cleanse the skin. You only need to double cleanse in the evening, it is not necessary in your morning routine.

Many opt for an oil or balm for their first cleanse (the oily properties of these products are really effective at breaking down and removing makeup) and a foam, gel or cream cleanser for their second cleanse. However, you don't have to use two separate cleansers, you can absolutely do a double clean with the same cleanser! If you are someone who wears a lot of makeup throughout the day it would be a good idea to consider using an oil or balm for your first cleanse, however those with sensitive skin, rosacea or eczema may want to avoid double cleansing altogether.

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Are facial cleansing tools necessary?

In my opinion no one needs a cleansing tool, but they can be a nice addition to your cleansing routine - it's all down to personal preference. Tools like cleansing brushes can aid with exfoliation and provide a deeper cleanse, however it's easy to over-exfoliate. They can be costly, and can prolong your cleansing routine. You should also be cautious that the tool is kept clean to avoid bacteria from breeding. But with that being said, if your skin benefits from using one then go for it!

5. How to pick the best moisturiser for your skin

A moisturiser is a must-have step in your routine, the kind you go for will vary depending on your skin type and a few other factors. Here's some ingredients to look out for:

- **Emollients** - these are *oil based* substances that will soften and smooth the skin. Examples include Vitamin E, jojoba oil and rosehip oil.
- **Humectant** - these substances will *attract water* to hydrate the skin. Examples include glycerin, hyaluronic acid, panthenol, sorbitol or urea.
- **Occlusive** - these are *oily* substances that create a barrier over the skin to lock in moisture. They are ideal for skins that struggle to maintain hydration. Examples include dimethicone, beeswax, paraffin, cetyl alcohol or lanolin.

Typically oily skin will benefit from a water based gel or lightweight lotion - look for the word *non-comedogenic*, this means it won't block pores or cause further breakouts. Dry skin may benefit from a thicker oil based cream - ceramides are a great ingredient to help protect the skin-barrier.

Do I need a day cream *and* a night cream?

It's perfectly fine to use the same moisturiser morning and evening, however some people will prefer a lighter cream for the day and something richer for night. The other thing to consider is the ingredients in your chosen cream. A **moisturiser containing SPF should only be used in the morning**, and creams containing certain ingredients like retinol should only be used in the evening.

6. What SPF do you need to protect your skin?

SPF is arguably the most important element of your skin care routine. There's a common misunderstanding that sun protection is only needed in the middle of summer when the sun is glaring when really we should be wearing it every single day, rain or shine.

Finding the right SPF is mostly a matter of personal preference. Formulas will vary from chemical to mineral, lightweight to rich, mattifying to hydrating. Chemical SPF's can be irritating to certain skin types, rosacea or acne prone/sensitive skin may prefer a mineral based product (sometimes referred to as physical SPF). Matte gels or powdered SPF would be a great option for oily skin. Darker skin tones may prefer a chemical SPF as mineral SPF's can sometimes leave a white cast, however this isn't true for all - you really do just have to try a few options until you find one you love!

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Whatever type of SPF you decide to use there are a few non-negotiable's:

- Always use at least SPF30 or above
- Ensure it is broad spectrum and will protect against both UVA & UVB rays (check for a star rating on the packaging of UK products, the higher the better)

- Apply 2-3 finger lengths of product for your face and neck
- Ideally it should be reapplied every 2-3 hours (sprays or powdered SPF are perfect for this). Reapplying is not always possible but should be a priority when in direct sun or after you've been in water

Why is SPF so important?

UVA & UVB rays are always present, even when the sun isn't actually visible, but these rays can be harmful to our skin. Overexposure can lead to skin cancer, sunburn, premature ageing, lines, wrinkles, sun damage and loss of skin elasticity. Age spots or sun damage that appears in your 50s and 60s is the result of overexposure in your teens, it can take years to show the damage so it's best to start protecting your skin early. We recommend CLINNICARE Sun Shield SPF30+ to protect against harmful UV rays for all skin types.



CLINICARE Sun Shield Cream SPF30+

Do darker skin tones need SPF?

Darker skin tones do have a built-in SPF level or around 13 which makes them less vulnerable than fairer skins, however the risk of skin cancer is less but not zero. Melanomas (aggressive form of skin cancer) are less common in darker complexions, however black

melanoma patients may have a lower rate of survival due to late diagnosis. SPF 30 should be a minimum for everyone, regardless of skin colour.

I have SPF in my other skincare products and makeup, is that enough?

No, you should always use a separate SPF. The protection in these products is likely not enough, and in order to gain an adequate level of protection you'd have to use way more product than needed which just wouldn't work! SPF isn't expensive, and it's totally worth it to protect your skin

7. How to level up your basic skin routine

Once you've got your basic routine sorted, you can start to look at introducing other things to take your routine to the next level and begin to target your skin concerns...

Exfoliation

When looking to level up your basic routine this is the best place to start. **You should exfoliate once or twice a week**, depending on your skin's needs. Physical or chemical exfoliants will slough off dead skin cells, clear debris from within the pores and help you achieve brighter, healthier skin. Physical exfoliants can be harsh so go easy on these, and if you're sensitive or have acne it's best to avoid altogether and opt for a chemical exfoliant.

Serums

The next addition to your routine would be a serum targeted for your specific skin concern. Serums are unlike moisturisers and creams, they are typically **lightweight and have a higher concentration of active ingredients**. You can have a few on rotation should you wish - some serums are ideal for your morning routine, and others better suited for the evening. Generally speaking this would be added in before your moisturiser, both AM & PM. Serums can target

a whole range of issues, including pigmentation, ageing, hydration, clogged pores, dullness and more. I'll discuss active ingredients later in the blog.

Face Oils

Face oils are a fantastic way to **lock in moisture, nourish the skin and achieve a healthy glow**, especially during the winter months when the cold weather can be harsh on our skin. They are best when used as the last step of your evening routine after your moisturiser. Oils that contain antioxidants or fatty acids such as jojoba, rosehip, squalane or Vitamin E are all great options.

Face Masks

An optional add-on is a face mask no more than once a week which can be added after cleansing. They can be used to treat a range of concerns, from hydration to brightening, clogged pores and more. Clay or charcoal masks are a nice addition for those with oily skin, sleep masks can deliver intense hydration to dehydrated skin and sheet masks can contain a wide range of ingredients to suit any skin type - we love the CLINICCARE Time Reverse Mask for potent anti-ageing and skin plumping effects.

CLINICARE®

**PREMIUM
TIME REVERSE FACE MAS**
HYDROGEL FACE MASK



Cosmeceutical formula
based on leading skin science technology

e 25ml / 0.85 fl. oz.

Treatments

Introducing a professional skin treatment every 4-6 weeks is a fantastic way to maximise your results. There are a wide range of skin treatments available; [microneedling](#) and [chemical peels](#) are a great way to target skin concerns such as ageing, pigmentation and texture, facial massage can be beneficial to help relieve muscle tension and increase circulation, and [dermaplaning](#) or microdermabrasion can provide deep exfoliation to improve the appearance of your skin.

Quick Tip: When layering your skin care products, a good rule of thumb is to **layer in order of texture**. You should start with the lightest product and finish with the thickest or oiliest product on top.

8. The best skincare ingredients to look out for

Once you start taking an interest in skincare you'll likely be more conscious about how the products you use are formulated, and what ingredients they contain. Knowing what active ingredients do and how they can help your skin is important to ensure you're **using the right products to meet your skin goals**. There are a huge range of ingredients out there so we'll just look at some of the most commonly used:

- **Hyaluronic Acid** - will attract and retain water, and prevent water loss to achieve plump hydrated skin. Can be found in almost any skin care product, can easily be combined with other ingredients and is suitable for all skin types but will particularly benefit dehydrated skin.
- **Vitamin C** - will address signs of ageing and pigmentation, has antioxidant properties, can brighten the skin and stimulate collagen production. Is mostly found in

creams and serums but shouldn't be layered with certain active's such as retinol. Is generally suitable for all skin types.

- **Retinol** - popular anti-aging active that can also target pigmentation, texture, collagen production, congestion or dullness - it's a real multitasker! Suitable for most skin types, but to avoid dryness, irritation or sensitivity, retinol should be introduced slowly.
- **Salicylic Acid** - this BHA (beta hydroxy acid) is great for oily and acne-prone skin as it can help clear pores, exfoliating the skin and fighting breakouts. It's mostly safe for daily use and can be used with other mild exfoliants or active's such as Vitamin C.
- **Niacinamide** - another multitasker that has a range of benefits making it suitable for almost all skin types/concerns. It has antioxidant properties, can regulate oil production, strengthen the skin barrier, address pigmentation and improve skin firmness.
- **Ceramides** - these strengthen the skin barrier to maintain hydration, fight ageing and strengthen defences against environmental damage. Often found in moisturisers, they are well tolerated by most skins, are safe for daily use and are easily combined with other ingredients.
- **Glycolic Acid** - this AHA (alpha hydroxy acid) has antioxidant properties and exfoliates the skin to achieve smoother, brighter skin. It's often found in serums or toners and can be suitable for most skin types however dry or sensitive skin may find it slightly drying.
- **Lactic Acid** - another AHA chemical exfoliant. This can fight hyperpigmentation and texture, it also has moisturising properties making it a great gentle option for dry or sensitive skin.

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9. How lifestyle factors can affect your skin

The health of our skin is not only impacted by the products we use, but also the lifestyle we lead and the environment in which we live. A healthy lifestyle can help to achieve radiant, glowing skin. Similarly an unhealthy lifestyle can result in dull, damaged skin with premature signs of ageing. Let's explore some of the ways your lifestyle can impact your skin health:

Smoking

We know the effects smoking has on our lung health, but it also has a negative effect on our skin health too. Smoking introduces harmful chemicals into our body that damage our collagen and elastin production. It can also harm our bodies' wound healing processes, and shrink blood vessels resulting in reduced supply of oxygen and nutrients to our cells.

Smoking is closely linked with premature signs of ageing, and the physical act of smoking can result in smokers lines which are deep set vertical wrinkles around the mouth.

Sun Exposure

Excessive sun exposure can lead to both short term consequences such as sun burn and long term damage in the form of wrinkles, sagging skin, pigmentation and skin cancer. These **harmful UV rays are always present, even on a cloudy day** - this is why it's so important to wear your SPF every day and act responsibly when sun tanning by avoiding strong midday sun.

Poor Diet

There isn't necessarily a set diet that will result in healthy, glowing skin but there are specific nutrients which are linked to skin health. **Vitamins A, B, C, and E, omega 3 and selenium are key nutrients to look out for** - generally speaking a varied diet full of colourful fruits, vegetables, grains, nuts and seeds will fulfil your body's needs. It's also important to drink plenty of water. You should avoid excessive amounts of sugar and alcohol as these can have

detrimental effects on your skin health. You should pay attention to how your skin responds to certain foods, for example some people find that dairy products trigger breakouts. Get to know your skin and its triggers so you can avoid them.

Sleep

Lack of sleep can have a detrimental effect on our skin. In the short term **sleep deprivation can lead to dark circles, puffiness, poor skin barrier function, inadequate cell repair and dehydration**. In the long term, studies have shown poor sleepers experience premature signs of ageing and an overall lack of satisfaction with their appearance.

Stress

High stress levels can lead to hormone imbalances such as an overproduction of cortisol and inflammation in the body, which can negatively affect skin health. Cortisol can make our skin overproduce oil leading to acne and breakouts, it can also increase blood flow resulting in redness and a breakdown in elastin and collagen. Stress can also trigger conditions such as psoriasis, eczema, and other skin conditions.

Exercise

Aside from the obvious health benefits, exercise can help with skin cell turnover, regeneration and repair. Increased heart rate and breathing can help the body to deliver oxygen and nutrients to our cells more efficiently. It also helps us to manage our stress levels and improve quality of sleep, two things which we already know can help improve our skin health. **A lack of exercise leads to poor cardiovascular health and obesity which both contribute to poor skin health.**

Fact: About 20% of how we age is based on our genetics, the other 80% comes down to environmental factors, health and lifestyle.

10. The takeaways

Achieving healthy, glowing skin is not a one-size-fits-all endeavour, but rather a personalised and evolving process. Let's recap the fundamental lessons we've explored: understanding your skin type, identifying concerns, building a tailored routine, and incorporating the right ingredients. From the importance of sun protection to the rejuvenating benefits of a good night's sleep, every step contributes to the health and vibrancy of your skin.

As you venture forward in your skincare journey, remember that perfection is not the goal; progress is. Embrace your skin's unique quirks, be patient, be kind to your skin, and relish in the ritual of caring for yourself. How to treat skin problems?

There are ways to tackle skin problems without damaging your skin. Just remember the number one rule of skin care: Don't pick! Picking at acne, blackheads, scabs, or other skin problems can cause open wounds or darker skin spots known as hyperpigmentation. Open wounds can lead to infections, more acne, or scars. The deeper the wound, the more likely your skin will scar.

Here are some scientifically backed ways to treat problem areas.

Acne

Acne treatment depends on how deep or serious your acne is. Overall skin care is the most important step in treating acne, but for mild acne you can use nonprescription products from your local drugstore such as:

- ☐ salicylic acid (Stridex maximum strength acne pads)
- ☐ benzoyl peroxide (Clean & Clear Persa-Gel 10 acne medication)
- ☐ alpha hydroxy acids
- ☐ adapalene
- ☐ tea tree oil

Always apply sunscreen after using these products in the morning, since they can cause extra skin sensitivity.

For immediate, inflamed, and individual pimples, you can also try acne patches or stickers. These are clear, thick patches that work as spot treatments to help promote blemish healing

and prevent infections. Like blister bandages, acne patches pull out the fluid, sometimes overnight. It's best to use these before you sleep as makeup can't cover them.

Sebaceous filaments

Sebaceous filaments are tiny, cylinder-like tubes in your pores that are whitish yellow. These are often confused with blackheads, but blackheads are actually a type of acne that's oxidized. Sebaceous filaments can make your pores look bigger, and you may be tempted to remove them by pinching your skin or using pore strips. But these methods may have more side effects than benefits for your skin, especially if you don't do them properly.

Overtime, you can also cause:

- ☐ irritation
- ☐ open pores and infection
- ☐ dryness
- ☐ redness
- ☐ peeling

Topical preparations containing retinol or retinoids can help keep pores clear and clean. You may also find benefits from massaging your face with mineral or castor oil for one minute.

Another way of removing sebaceous filaments is with an extraction tool. This is a small metal instrument with a tiny circle at the end.

The safest method is to have an esthetician or dermatologist remove them for you, but you can also do this at home:

- ☐ Start with a clean face and instrument.
- ☐ Gently press the circle around the bump to see if the filament comes out. Be careful as excessive pressure can cause bruising and scarring.
- ☐ Treat the area with toner and moisturizer after.
- ☐ Always sanitize your instrument with rubbing alcohol before and after use to prevent infections.

You may also see extra benefits by applying benzoyl peroxide after washing before extraction.

Blemishes, scars, and hyperpigmentation

Blemishes, scars, and dark spots can take anywhere from a few weeks to six months to heal

and fade. Immediate treatment for scars and blemishes include using makeup and sunscreen to avoid further sun damage and hyperpigmentation.

Other ingredients known to help fade scars include:

- ❑ **Silicone:** Studies show that topical silicone can improve scar thickness, color, and texture. You can apply silicone gel for eight to 24 hours per day. Look for products with silicone dioxide listed as an ingredient.

- ❑ **Honey:** Preliminary studies show that honey can heal wounds and scars. You may want to use honey if you're looking for home treatment.

- ❑ **Vitamin C:** Look for this ingredient when shopping for creams and moisturizers. Vitamin C works better when combined with other lightening ingredients like soy and licorice.

- ❑ **Niacinamide:** Studies show [Trusted Source](#) that niacinamide can help reduce blemishes and dark spots, especially from acne. Topical two percent to five percent niacinamide is effective for people with lighter skin tones. An affordable option is The Ordinary's Niacinamide 10% + Zinc 1% serum, which costs \$5.90.

- ❑ **Retinoic acid:** One study [Trusted Source](#) found that acne scars improved in 91.4 percent of people who applied a combination of retinoic acid and glycolic acid. The Ordinary also has a product that's two percent retinoid for \$9.80. Use products with this ingredient only at night.

Look for products with these ingredients and add them to your routine after washing your face. Don't forget to always wear sunscreen after application to avoid sun damage and hyperpigmentation.

V. How to Choose the Skincare Products Best Suited for Your Skin, According to Dermatologists

An individualized approach is crucial to finding the right skincare products with the right ingredients for your skin. This takes a little extra time, and yes, it involves reading the ingredients list, but it's worth it.

Luckily for you, we talked to dermatologists to make the whole process a little less

intimidating. With some of this information in your back pocket, you can be a more confident consumer, and hopefully avoid reactive skin disasters when trying out new products in the future.

1. Know your skin type

According to cosmetic dermatologist Michele Green, MD, skin type is the most important factor in determining what skincare products will work best for you. “There are no bad products necessarily, but sometimes people with different skin types use the wrong product for their type of skin,” Dr. Green says.

You might have guessed it already, but those with acne-prone and sensitive skin need to be the most cautious with different ingredients in their skincare products. To all the oily skin types out there, you’re actually the winners here: Oily skin can handle a wider range of ingredients that can sometimes trigger breakouts or irritation to other skin types.

These are the ingredients Dr. Green suggests for different skin types:

For oily skin: Look for products containing alpha hydroxy acids (glycolic acid or salicylic acid),

benzoyl peroxide, and hyaluronic acid. “These ingredients are effective at controlling excess sebum production while hyaluronic acid will produce hydration only in areas needed,” Dr. Green says.

For dry skin: Look for products containing shea butter and lactic acid. “These ingredients provide hydration and mild exfoliation to keep dry skin looking radiant,” Dr. Green says.

For sensitive skin: Look for products containing aloe vera, oatmeal, and shea butter. “They’re good moisturizers and they usually don’t break anyone out,” Dr. Green says.

If you’re not 100 percent sure what skin type you have, it’s worth a trip to the dermatologist to confirm. Once you understand your skin type, you can start selecting your products with a little more precision.

2. Don’t buy into the hype

“Packaging and popularity are sometimes easy traps that we fall into and shouldn’t hold too much weight or value into what we select for what’s good for our skin,” Dr. David says. If you’re going to buy a product based off a friend or influencer’s recommendation, you shouldn’t just pay attention to how good their skin looks now, but instead what type of skin they were dealing with to start out. That will give you a more reliable indicator for how well

the product will work for you.

In the past few years, cult-favorites like the St. Ives Apricot Scrub and multiple Mario Badescu creams have faced lawsuits from consumers who experienced some pretty serious adverse reactions. No need to panic if some of these products are sitting in your cosmetics drawer at home—this doesn't mean they're bad for everyone. But the backlash around some of these popular skincare brands and products can serve as a reminder that just because something gets the popularity vote doesn't mean that it's popular for the right reasons, or that it's the right product for you.

Checking the ingredients list is still the best way to go, no matter how many positive reviews or stars the product has online.

3. Natural doesn't always mean better

Familiar words in the ingredients list can be comforting to see, but it doesn't always indicate the safest route to take. For example, Dr. David explains that poison ivy is a natural oil, but it's not one that you would want to rub all over your skin. "I have patients come in pretty frequently with reactions to natural essential oils, so again, it's one of those things where everyone is unique and you need to do what's best for yourself uniquely," Dr. David says. She also warns that seeing the terms natural and organic on a product label is sometimes more of a marketing trick than anything else. Because those terms aren't regulated and there aren't specific industry standards for them, they can offer empty promises.

Additionally, sometimes a product will be labeled as natural in reference to only one or two of the ingredients on the list.

4. Pay attention to the order of ingredients

Once you know what primary ingredients you're looking to avoid or go after, you'll want to pay attention to where they fall on the ingredients list. As a good rule of thumb, Dr. David recommends looking at the first five ingredients, since that will often account for about 80 percent of the product's makeup.

Ingredients will be listed in order of highest to lowest concentration, so if there's a problematic or potentially irritating ingredient among the first five listed, you'll want to steer clear of that product. Similarly, if you're seeking out a product for specific ingredients, but those ingredients are listed at the end, then that product isn't worth your money. With such

a small percentage in the overall product, you won't experience the benefits of the ingredients at the end of the list.

5. Don't fear the long ingredients list

When it comes to the food we put in our body, we're often taught to look for a shorter, more familiar ingredients list. While a more abbreviated list can be easier to decipher, it won't always cut it in terms of what you're looking to get out of your skincare products. When you're looking for anti-aging properties or investing in medical-grade skincare products, the ingredients list will naturally get a bit longer. And Dr. David says that shouldn't deter you. Instead, call in for a little bit of backup—either from a dermatologist or technology—to help determine if the product is a good choice for you.

6. Use your resources

You don't have to be a walking dictionary in order to pick out skincare products with the right ingredients. Make things a little easier on yourself by taking advantage of online resources. Dr. David suggests two online databases for ingredient and product research: EWG's Skin Deep database and CosDNA.

The EWG Skin Deep database is just one sector of their online services. The Environmental Working Group is a nonprofit organization geared toward research and education surrounding environmental and human health issues. In the Skin Deep database, skincare products are rated and scored by a number of factors, from manufacturing practices to potential health hazards.

CosDNA is more of a no-frills database, but it dives even deeper into the ingredients in a product, detailing their individual functions and safety score.

7. Always do a patch test

A patch test is smart practice in your process of product elimination. (Plus, it's a great excuse to make a trip to Ulta or Sephora without spending a bunch of money.) Time to take advantage of those tester products.

A patch test can help determine if certain products or ingredients will cause allergic reactions, irritate your skin, or clog your pores. "I think the take-home message is: If it's making your skin worse or irritating your skin in any way, stop using it, it's not the right

product for you,” Dr. Green says

Testing all your ingredients before committing to them takes a little more time at first, but it can save you a whole lot of money and grief in the end.⁸

8. Ingredients to avoid

Fragrance/parfum

Added fragrances have a high prevalence of causing skin allergies and irritation, and it’s especially important to avoid them if you have sensitive skin.

Sulfates

Sulfates are cleansing agents often found in body washes and shampoo. They strip the hair and skin of its natural oil and can, in turn, cause irritation.

Parabens

Parabens are commonly placed in products as a chemical preservative to prevent bacterial growth. They’re known to be what Dr. David and other industry experts call estrogen mimickers and they can have a harmful effect over time by throwing off hormonal balance. Dr. David and Dr. Green both caution that this can be especially problematic for young children and those at risk of breast cancer.

Formaldehyde and formaldehyde releasers

It’s rare to see formaldehyde in an ingredient list anymore since it’s classified as a known carcinogen. But Dr. David explains that it’s often replaced with differently named chemicals (quaternium-15, DMDM hydantoin, diazolidine urea, imidazolidine urea) that release formaldehyde over time to act as preservatives. Dr. David says it’s not confirmed whether or not these ingredients are harmful in this capacity, but it’s worth looking out for them as potential allergens.

9. Ingredients to seek out

Glycerin

Dr. David calls this ingredient the backbone of moisturizing products.

Ceramides and hyaluronic acid

Both ingredients are important moisturizing agents that are naturally found in the skin. Dr. David says she prefers hyaluronic acid in the serum form, while she looks for glycerins and ceramides in lotions and creams.

L-Ascorbic acid (Vitamin C)

Vitamin C, specifically the l-ascorbic acid form, is an antioxidant that works to reverse damage from UV radiation and stimulate collagen production.

Tocopherol (Vitamin E)

Vitamin E offers similar properties as Vitamin C and works best when the two are combined as a skincare power duo.

Retinol

Retinol is a key ingredient to seek out in products for your nighttime routine. It works to turnover skin cells and stimulate collagen.

Niacinamide (Vitamin B3)

This ingredient is great for controlling oil while also hydrating the skin and evening out skin tone.

VI. What Are the Essential Skin Care Products?

Beauty stems from healthy and naturally glowing skin. Well-nourished skin always attracts attention and makes you carry off any style with confidence. However, women are often in a dilemma when it comes to choosing the right products for their skin-care routine.

Since the market is flooded with a variety of cosmetics, you need to be aware of the ones that are essential for great-looking skin. You should not just pick up anything that fits your budget or is being advertised heavily.

Most renowned skin clinics in Melbourne suggest keeping the skin hydrated and using the essential skincare products that lend radiance to your persona. You must include them in your daily beauty regimen to look your best always. Let us have a look at these quintessential products.

1. Cleanser

The first step towards achieving beautiful skin is to keep it clean and devoid of dirt and pollutants. Also, you must remove all the layers of makeup to let the skin breathe and unclog the pores at the end of the day.

This is the reason why cleansers need to be a vital part of your toiletries kit. It helps in

removing the night creams in the morning and the impurities hiding on your face after you come back from outside.

There are a variety of cleansers available in the market. You should choose the one that fits the needs of your skin type. People with dry skin should opt for the creamy or milky lotions that do not cause excessive dryness.

If you have oily or normal skin, then you can go for the foaming face cleansers. For those of you who wear makeup for long hours and use waterproof eyeliners and mascaras, using an oil-based cleanser will be helpful in removing every bit of the cosmetics. You should not use cleansing wipes too frequently as they can lead to skin troubles.

2. Toner

Toning is as critical as cleansing. It helps in balancing the pH level of the skin, which keeps acne and breakouts at bay by reducing oiliness.

Toning is effective in creating smoothness and prepares the skin for moisturising, which follows toning in the three-step cleansing, toning and moisturising procedure. It is also beneficial in removing any leftover makeup and tightening of the skin.

People whose skin is prone to breakouts or those who have oily skin should buy the toners which consist of hyaluronic. If you have normal skin, then you can opt for a toner with green tea extracts while those of you with dry skin should buy the toners which have essential oils.

3. Moisturiser

Moisturising is necessary for all skin types and keeps it hydrated. Dry skin can lead to flakiness and even lead to early wrinkles. You must get a moisturiser that does not let the skin dry up in the prevailing weather conditions.

For those who have oily skin must opt for a non-comedogenic formula so that it does not cause acne. For those who have dry skin which becomes flaky during winters, you must try the lotion-based moisturisers that will hydrate your skin adequately.

4. Sunscreen

Melbournians need to apply sunscreen as it aids in UV protection and safeguards you from skin cancer. Since melanoma is common in the state, it is essential to apply sunscreen of SPF 30 or more. The strong UVA and UVB radiations can also lead to wrinkles, skin discolouration, dark spots, dryness, and sunburns.

If you love to spend the summertime on the beach or outdoors, then make sure that you have applied a liberal amount of sunscreen and keep reapplying it after every few hours. You can apply after moisturising your skin and do it at least 30 minutes before going out.

5. Exfoliator

Exfoliation is vital to remove the impurities and dead skin cells. It unclogs the pores that get filled with dirt and grime and cause blackheads and breakouts. However, it should not be done everyday as it can make the skin dry and strip it off the essential oils. You must exfoliate once a week to remove the pollutants and keep it healthy and radiant.

6. Serum

Women who are aiming to look younger and reduce the appearance of fine lines should add a serum to their skincare routine. They are helpful in avoiding pigmentation and enlargement of pores.

They are also advantageous in brightening and rejuvenating ageing skin. You should apply the serum at night after cleansing to make it work wonders on your skin while you sleep.

7. Eye Cream

The skin around the eyes is sensitive and is susceptible to fine lines and wrinkles because it is thinner. Thus, you need to pay special attention to this area. Also, it has a lower number of oil glands which makes it even more significant to keep it hydrated. Eye creams filled with antioxidants are helpful in avoiding the appearance of wrinkles.

If you already have crow's feet around the eyes, then look for an eye cream that has retinol and hyaluronic acid. If you are suffering from puffy eyes, then find a product which has caffeine and those who are fed up with dark circles need to buy a cream with brighteners.

VII. How Maintaining a Skin-Care Routine Is Good for Your Mental Health?

What you need right now in the COVID-19 era is a pandemic skin-care self-care plan. Simply put, it's committing to and following a routine that will benefit the health of your body's largest organ (that's your skin, notes Berkeley Wellness) and deliver the bonus of providing the structure and pampering that benefits your psychological well-being.

"Caring for my skin is one of the first steps in my self-care routine," says Erum Ilyas, MD, a board-certified dermatologist with Montgomery Dermatology in King of Prussia,

Pennsylvania.

For Oily Skin

Look for products containing alpha hydroxy acids (glycolic acid or salicylic acid), benzoyl peroxide, and hyaluronic acid. "These ingredients are effective at controlling excess sebum production while hyaluronic acid will produce hydration only in areas needed," Dr. Green says.¹ An affordable face wash for oily skin containing salicylic and hyaluronic acids is CeraVe Renewing SA Cleanser.

For Dry Skin

Look for products containing shea butter and lactic acid. "These ingredients provide hydration and mild exfoliation to keep dry skin looking radiant," Dr. Green says.²³ As for cleanser, choose a gentle, hydrating formula (look for words "milky" or "cream" on the bottle) that contains ceramides, glycerin, and/or squalane

For Sensitive Skin

Look for products containing aloe vera, oatmeal, and shea butter.⁴ "They're good moisturizers and usually don't break anyone out," Dr. Green says.⁵³ La Roche-Posay's Lipikar Wash AP+ is an excellent drugstore body wash with shea butter for those with dry, sensitive skin who want extra hydration.

If you're not 100 percent sure what skin type you have, take a few online skincare quizzes to help guide you, then make a trip to the dermatologist to confirm. Once you understand your skin type, you can start selecting products with more precision.

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If you already have crow's feet around the eyes, then look for an eye cream that has retinol and hyaluronic acid. If you are suffering from puffy eyes, then find a product which has caffeine and those who are fed up with dark circles need to buy a cream with brighteners.

Most people fall into five skin types — oily, combination, dry skin, sensitive and normal — explains Melanie Grant, a skin expert with more than 20 years' experience whose clients include Lara Worthington, Jessica Mauboy and Zoe Foster Blake.

Oily skin type is often shiny, has large pores and is prone to blackheads, milia and breakouts. The upside: oily skin usually ages better as the sebum helps to keep the skin supple and lubricated.

Combination skin type is oily on the T-zone (forehead, nose and chin) and dry or normal across the cheeks. Combination skin can also change from oily to dry or normal depending on the season and climate.

Dry skin can feel tight, rough or flaky, with visible fine lines around the eyes and forehead, even after applying moisturiser.

Sensitive skin flushes easily and can often react to skincare with a stinging or burning sensation, bumps, pustules and erythema.

Normal skin is not oily, dry and rarely breaks out. It usually tolerates most skincare products and has a smooth, even texture.

Many of us fall into a couple of skin types. It can keep things interesting.

Check out our handy day-and-night routine for each skin type.

A simple, effective skincare routine

Although ads and beauty gurus suggest otherwise, you don't need to fork out hundreds of dollars (or much time) to have an effective skincare routine. In fact, "less is more".

"Simple routines are the most successful routines," Ms Grant says. "Skincare really doesn't need to be complicated."

Both Ms Grant and Saxon Smith, a dermatologist and clinical associate professor, say skincare is all about protecting your skin.

"Australia has one of the harshest climates in the world, so I'm a firm believer that everyone can benefit from protecting their skin — from the harsh effects of our sun, as well as pollution and other environmental aggressors," Ms Grant says.

"We have just one face, so let's take care of it."

Women of colour need more than Rihanna's make-up

Photo shows Rihanna's face as she walks on the red carpet, representing Fenty: her beauty products that are inclusive of people of colour. Rihanna's face as she walks on the red carpet, representing Fenty: her beauty products that are inclusive of people of colour.

It's easy to argue that make-up is frivolous, but lack of shade variety means many women are denied the opportunity, and the beauty industry needs to step up, writes Santilla Chingaipe.

This means skincare goes beyond cleansers and moisturisers. It's also about using regular sun protection like sunscreen and hats.

"It's important to support our skin as it goes through various ageing processes, and because the impact of UV light over our lifetime changes the quality of our skin. This increases our risk as a community of skin cancer," Dr Smith says.

So, what does a simple, preventative skincare routine look like? Three products: cleanser, moisturiser and sunscreen. That's it.

As someone who's struggled with acne (and tried countless products that did more damage than good by stripping my skin), my best advice is to pare down your skincare routine. And be kind to your face.

Here's a guide on each step.

Cleanser

When shopping for a face cleanser, look for keywords such as "pH balanced", "sulphate-free" and "soap-free" as these indicate a cleanser is gentle and non-stripping.

Does milk cause acne?

Photo shows Milk carton and milk bottle characters with pimples to depict whether drinking milk can cause acne. Milk carton and milk bottle characters with pimples to depict whether drinking milk can cause acne.

A bunch of things that can play a role in whether you have acne, but does what you eat affect the way your skin behaves?

Dr Smith also recommends opting for non-foaming cleansers, as those that lather often contain stripping surfactants like sodium laurel sulphate (SLS) and sodium laureth sulphate (SLES).

"Soap is a detergent and emulsifies oils from the skin, so it's naturally more drying," he says.

As for how often we should cleanse our face, twice a day is the norm, particularly if you're removing makeup or have oily skin. For dry or sensitive skin, washing your face with water in the morning and cleansing in the evening may be sufficient and help avoid irritation, Dr Smith explains.

Moisturiser

Man with glasses wearing winter clothes showing the necessity of moisturiser and sunscreen in this simple skincare routine.

Skin can become drier in winter, so don't forget moisturiser — and sunscreen. (Unsplash: Clem Onojeghuo)

The best moisturiser is one that suits your skin type.

Do you really need to moisturise?

Sun exposure, hot showers and dry soaps can dry out our skin. But does moisturiser really help? And are expensive options really any better than basic supermarket brands?

The drier your skin, the thicker or more hydrating the moisturiser you need, Dr Smith explains. Look for keywords like "nourishing", "hydrating" and "creme/cream".

If you have oily skin look for moisturisers with keywords like "light/lightweight", "non-greasy"

and "oil-free".

"A water-based moisturiser will help to maintain even tone of the skin and stop your skin from feeling too greasy," Dr Smith says.

With sensitive skin, Ms Grant recommends opting for moisturisers that are free from alcohol and fragrances.

Sunscreen

When choosing a sunscreen, always select a broad-spectrum UVA/UVB with SPF 30 or higher, and apply to your face, neck and décolletage.

Your guide to sunscreen

Photo shows A woman sunbaking in the sun on a beach. A woman sunbaking in the sun on a beach.

Too many of us are not getting our slip, slop, slap basics right. So let's go over them.

"Wear sunscreen every single day of the year, no matter the weather," Ms Grant says.

"Remember that the SPF in your foundation does not offer sufficient protection."

If you use SPF-containing makeup, adding it on top means you'll get the additive benefits of the SPF component.

Even if you're using the fanciest of serums to combat premature ageing, if you don't use sunscreen daily then "you're fighting a losing battle", Dr Smith says.

Five simple skincare routines

A mud mask on the face of a person staring straight at a camera

Looking after your skin doesn't need to be complicated... or messy. (Unsplash: Isabell Winter)

Here's a handy skincare guide for each skin type, with optional product and ingredient suggestions if you want to take your skincare routine to the next level.

It's important to remember that actives (such as AHAs and BHAs) can cause more harm than good if they're overused or not suited to your skin type or concern.

Avoiding dry, ashy skin

Photo shows Man with orange headband holding a skincare product bottle in front of his face to depict keeping your skin hydrated in winter. Man with orange headband holding a skincare product bottle in front of his face to depict keeping your skin hydrated in winter.

Dry skin can affect everyone, but the more melanin you have the more obvious the problem is, Santilla Chingaipe writes. Follow these steps to keep your skin hydrated all year round.

"If you want to include more targeted products, such as serums, oils or masks, I'd recommend seeking professional advice from your pharmacy or local skincare salon, or doing some research online before choosing active skincare products so you avoid causing any unwanted reactions, sensitivity or wasting your money," Ms Grant says.

Skincare routine for oily skin

AM: Gentle cleanser or gel cleanser, lightweight moisturiser and oil-free sunscreen.

PM: Gentle cleanser or gel cleanser and lightweight moisturiser.

Extras: AHA cleanser, BHA serum, exfoliating scrub. Look for serums/products with ingredients such as salicylic acid or glycolic acid.

Skincare routine for combination skin

AM: Gentle cleanser, balancing water-based moisturiser and lightweight oil-free sunscreen.

PM: Gentle cleanser and balancing water-based moisturiser.

Extras: Lightweight hydrating serum. Look for serums/products with ingredients such as hyaluronic acid, lactic acid or vitamin B.

The best way to treat your dry, cracked lips

Photo shows Close up of woman applying lip balm for a story about how to treat dry, cracked lips in winter. Close up of woman applying lip balm for a story about how to treat dry, cracked lips in winter.

Windy and cold days with low humidity cause serious water loss from our lips — and nobody wants to smooch a pair of chapped chops.

Skincare routine for dry skin

AM: Gentle cleanser or oil cleanser, nourishing moisturiser and sunscreen.

PM: Gentle cleanser or oil cleanser, nourishing face oil and rich night cream.

Extras: Look for ingredients serums/products with ingredients such as shea butter, squalene, moringa or rosehip oil.

Skincare routine for sensitive skin

AM: Gentle cleanser (oil or milk cleanser), soothing moisturiser and sunscreen (physical zinc formulas may be best). All products should be free from alcohol, fragrance and actives such as glycolic acid or high-potency vitamin A.

PM: Gentle cleanser (oil or milk cleanser) and soothing moisturiser.

Extras: Calming serum. Look for serums/products with skin strengthening ingredients such as vitamin K, niacinamide, shea butter or squalene.

Skincare routine for normal skin

AM: Gentle cleanser, lightweight moisturiser and sunscreen.

PM: Gentle cleanser and nourishing night cream.

Extras: Look for ingredients serums/products with ingredients such as vitamin C, AHA's, hyaluronic acid or niacinamide.

Question:

What is the most basic skincare routine I should follow?

Answer:

A foundational skincare routine doesn't need to be complicated or expensive. The most effective basic routine consists of three essential steps that form the foundation for healthy skin: Cleanse, Moisturize, and Protect.

Cleanse: This is the first step, done both morning and night. Cleansing removes dirt, excess oil, makeup, sunscreen, and pollutants from your skin. This prevents clogged pores and breakouts, and it prepares your skin to better absorb the products that follow.

Moisturize: This step, also done morning and night, is crucial for all skin types (even oily skin). A good moisturizer hydrates the skin, helps repair and maintain its natural barrier, and locks in moisture. A healthy skin barrier is essential for protecting your skin from irritants and preventing water loss.

Protect (Sunscreen): This is the most critical step for your morning routine. Daily application of a broad-spectrum sunscreen with an SPF of 30 or higher protects your skin from harmful UV rays. This is the single best thing you can do to prevent premature aging (like wrinkles and dark spots) and reduce your risk of skin cancer.

Example of a Basic Skincare Routine:

Here is what this simple, three-step routine looks like in practice for a day.

Morning (AM) Routine:

Step 1: Cleanse

Gently wash your face with a mild cleanser and lukewarm water. Pat your skin dry with a clean towel.

Example Product: A simple, pH-balanced cleanser like the Cetaphil Gentle Skin Cleanser.

Step 2: Moisturize

While your skin is still slightly damp, apply a layer of moisturizer to your face and neck to hydrate your skin for the day.

Example Product: A lightweight moisturizer like The Ordinary Natural Moisturizing Factors + HA.

Step 3: Protect

Apply a generous amount of broad-spectrum sunscreen with SPF 30 or higher as the final step. Make sure to cover your face, neck, and any other exposed skin.

Example Product: A popular choice is the La Roche-Posay Anthelios Melt-in Milk Sunscreen SPF 60.

Evening (PM) Routine:

Step 1: Cleanse

Wash your face with your cleanser. It's especially important at night to remove all traces of sunscreen, makeup, and pollution from the day.

Step 2: Moisturize

Apply your moisturizer to help your skin repair and rehydrate itself overnight. You can use the same moisturizer from the morning or opt for a slightly richer cream for nighttime.

This simple routine is the perfect starting point. Once you are comfortable and consistent, you can add targeted treatments like serums (e.g., Vitamin C, niacinamide, or retinol) to address specific concerns.

Of course. Here are the answers to your questions, provided line by line with examples.

****Please note:**** For any questions regarding health conditions (like eczema) or use during pregnancy and breastfeeding, it is crucial to consult with a healthcare professional or dermatologist for personalized advice.

A basic skincare routine for both men and women focuses on cleansing, moisturizing, and protecting the skin.¹ While men's skin can differ slightly (e.g., often larger pores, more oil production), the fundamental steps remain the same. The key is consistency and choosing products suitable for your specific skin type (oily, dry, sensitive, combination, normal, or acne-prone).

Here's a breakdown of a basic skincare routine:

Core Steps for Morning & Evening:

1. **Cleanse:**

- **Purpose:** Removes dirt, oil, sweat, makeup, and impurities that accumulate on the skin throughout the day and overnight. This preps your skin to better absorb other products.²
- **How to:** Use a gentle facial cleanser designed for your skin type. Apply a small amount to wet skin, massage in gentle circular motions, and rinse thoroughly with lukewarm water. Pat your face dry with a clean towel.
- **Frequency:** Twice daily (morning and evening).
- **Tips:**
 - Avoid harsh bar soaps, which can strip the skin's natural oils.³
 - If you wear makeup or heavy sunscreen, consider "double cleansing" in the evening: start with an oil-based cleanser or micellar water to break down makeup, then follow with your regular water-based cleanser.

2. **Moisturize:**

- **Purpose:** Hydrates the skin, locks in moisture, and helps maintain the skin's protective barrier.⁴ This can reduce the appearance of fine lines and keep skin feeling supple.⁵

- **How to:** Apply a dime-sized amount of moisturizer to your face and neck after cleansing (and any optional serums/treatments).
- **Frequency:** Twice daily (morning and evening).
- **Tips:**
 - Choose a moisturizer suitable for your skin type (e.g., a lighter, oil-free formula for oily skin, a richer cream for dry skin).⁶
 - Apply moisturizer while your skin is still slightly damp to help trap moisture.⁷
 - Consider a separate, richer night cream for evening use, as your skin repairs itself while you sleep.

3. **Sun Protection (Morning Only):**

- **Purpose:** Protects your skin from harmful UVA and UVB rays, which cause premature aging (wrinkles, age spots) and increase the risk of skin cancer.
- **How to:** Apply a broad-spectrum sunscreen with an SPF of 30 or higher to all exposed skin, including your face, neck, and ears, as the last step in your morning routine.
- **Frequency:** Every morning, even on cloudy days, and reapply every two hours when outdoors or after swimming/sweating.
- **Tips:**
 - Many moisturizers now include SPF, but a dedicated sunscreen often offers better protection.
 - For men, apply to scalp if balding or hair is thin.

Optional (but highly recommended) Steps:

1. **Exfoliate:**

- **Purpose:** Removes dead skin cells, unclogs pores, improves skin texture, and brightens dull skin. Can also help men reduce ingrown hairs.
- **How to:** Use a chemical exfoliant (like AHAs or BHAs) or a gentle physical scrub. Follow product instructions.
- **Frequency:** 1-3 times a week, depending on your skin type and sensitivity. Over-exfoliation can cause irritation.⁸
- **When:** After cleansing, and before toner/serum.

2. **Toner:**

- **Purpose:** Can remove any lingering impurities after cleansing, balance skin's pH, and prep the skin for better absorption of subsequent products.⁹ Some toners also offer targeted benefits like hydration or oil control.¹⁰
- **How to:** Apply to a cotton pad and gently sweep over your face, or pat directly onto your skin with your fingertips.
- **Frequency:** Morning and/or evening, after cleansing.
- **Tips:** Avoid toners with high alcohol content, especially if you have dry or sensitive skin.¹¹

3. **Serum:**

- **Purpose:** Serums are concentrated formulas that deliver active ingredients to address specific skin concerns (e.g., fine lines, hyperpigmentation, dryness, acne, redness).¹²
- **How to:** Apply a few drops to your face after cleansing and toning (if you use them), and before moisturizing.
- **Frequency:** Once or twice daily, depending on the serum and your needs.
- **Examples:** Vitamin C serum (for brightening and antioxidants), hyaluronic acid serum (for hydration), retinol serum (for anti-aging, typically used at night).¹³

4. **Eye Cream:**

- **Purpose:** Hydrates the delicate skin around the eyes and can help address concerns like fine lines, dark circles, and puffiness.

- **How to:** Gently dab a small amount around your orbital bone (under eyes and on brow bone) with your ring finger.
- **Frequency:** Morning and/or evening.

Key Considerations for Both Men and Women:

- **Know Your Skin Type:** This is crucial for selecting the right products. If you're unsure, consult a dermatologist.
- **Consistency is Key:** Skincare results take time and consistent effort.¹⁴ Stick to your routine daily.
- **Patch Test New Products:** Before applying a new product all over your face, test a small amount on an inconspicuous area (like behind your ear or on your jawline) for 24-48 hours to check for any adverse reactions.¹⁵
- **Listen to Your Skin:** If your skin feels dry, irritated, or breaks out, adjust your products or routine.
- **Don't Overdo It:** Using too many products or harsh ingredients can do more harm than good.¹⁶ A simple, consistent routine is often the most effective.
- **Shaving for Men:** If you shave, incorporating a good pre-shave prep (like wetting skin and using moisturizing shaving cream) and post-shave care (like a soothing aftershave balm) can significantly impact skin health and prevent irritation/ingrown hairs.¹⁷

By following these basic steps and tailoring products to your individual needs, both men and women can achieve healthier, happier skin.

The Detailed & Informative Skincare Routine: A Comprehensive Guide

This guide breaks down the essential steps, providing more context on product choices and techniques for optimal skin health.

I. Morning Routine (Protection & Preparation)

The morning routine focuses on cleansing away overnight accumulation, preparing the skin for the day, and most importantly, protecting it from environmental damage.

1. Cleanse (The Foundation)

- **Purpose:** To remove overnight sweat, oil, dead skin cells, and any residue from nighttime products. It creates a clean canvas for your morning treatments.
- **Why it's important:** Starting with clean skin ensures that subsequent products can penetrate effectively and aren't blocked by impurities.
- **Product Types & Selection:**

- **Oily/Acne-Prone Skin:** Look for gel or foaming cleansers that contain ingredients like salicylic acid (BHA) to help with oil control and pore decongestion, or benzoyl peroxide for acne.
- **Dry/Sensitive Skin:** Opt for creamy, hydrating, or milk cleansers that are soap-free and fragrance-free. Ingredients like glycerin, ceramides, and hyaluronic acid are beneficial.
- **Normal/Combination Skin:** A gentle foaming or gel cleanser is usually suitable.
- **Technique:** Splash your face with lukewarm water. Apply a small amount (dime-sized) of cleanser to your palms and work into a lather (if foaming). Gently massage onto your face and neck using circular motions for about 30-60 seconds. Rinse thoroughly with lukewarm water until no residue remains. Pat dry with a *clean* towel.
- **Men's Specifics:** If you shave in the morning, cleansing beforehand helps soften the beard and prevents irritation.

2. Tone (Balancing & Prepping - Optional but Recommended)

- **Purpose:** To remove any last traces of cleanser or tap water minerals, balance the skin's pH, and prepare it to better absorb serums and moisturizers. Some toners also provide an initial layer of hydration or targeted treatment.
- **Why it's important:** While modern cleansers are often pH-balanced, a good toner can still enhance your routine by delivering immediate benefits or boosting absorption.
- **Product Types & Selection:**
 - **Hydrating Toners (Essences/Hydrating Mists):** Ideal for all skin types, especially dry/sensitive. Contain humectants like hyaluronic acid, glycerin, or botanical extracts. These are gentle and beneficial.
 - **Exfoliating Toners:** Contain AHAs (glycolic, lactic acid) or BHAs (salicylic acid) in lower concentrations to provide gentle daily exfoliation. Best for oily, acne-prone, or dull skin. Use cautiously if sensitive.
 - **Astringent Toners:** Often contain alcohol and are designed for very oily skin to minimize pores and remove excess oil. **Use with caution** as they can be drying and irritating for many.
- **Technique:** After cleansing, either pour a small amount onto a cotton pad and gently swipe across your face (avoiding eyes) or, for hydrating toners, dispense into your palms and pat gently onto your face. Allow to absorb for a minute.
- **Men's Specifics:** Toners can help soothe skin after shaving and minimize the appearance of pores.

3. Serum(s) (Targeted Treatment - Highly Recommended)

- **Purpose:** Serums are highly concentrated formulations designed to deliver potent active ingredients deep into the skin to address specific concerns.
- **Why it's important:** They are your "problem solvers" and can significantly improve skin health and appearance over time.
- **Product Types & Selection (Morning Focus):**
 - **Antioxidant Serums (e.g., Vitamin C Serum):** Crucial for morning use. Vitamin C (L-ascorbic acid or derivatives) protects against free radical damage from UV radiation and pollution, brightens skin tone, and boosts collagen production. Essential for anti-aging and overall skin health.
 - **Hydrating Serums (e.g., Hyaluronic Acid Serum):** Pulls moisture from the air into the skin, providing immediate and long-lasting hydration. Great for all skin types, especially dry or dehydrated.

- **Niacinamide (Vitamin B3) Serums:** Versatile. Helps with oil regulation, redness, pore appearance, and strengthening the skin barrier. Good for most skin types.
- **Technique:** Apply 2-4 drops of serum to your face and neck after toner (or directly after cleansing if no toner). Gently pat or press into the skin until absorbed. If using multiple serums, apply from thinnest to thickest consistency.

4. Eye Cream (Delicate Area Care - Optional but Beneficial)

- **Purpose:** The skin around the eyes is thinner and more delicate, making it more prone to dryness, fine lines, dark circles, and puffiness. Eye creams are formulated specifically for this area.
- **Why it's important:** Prevents premature aging signs in this vulnerable area.
- **Product Types & Selection:**
 - **Hydrating:** For general moisture and preventing dryness.
 - **Brightening:** Contains ingredients like Vitamin C, caffeine, or peptides to address dark circles and puffiness.
 - **Anti-aging:** Formulated with retinoids (gentle forms), peptides, or antioxidants for fine lines and wrinkles.
- **Technique:** Take a tiny amount (rice grain size for both eyes) with your ring finger (it applies the least pressure). Gently tap the product around your orbital bone, from the inner corner outwards. Do not rub or pull the skin.

5. Moisturizer (Hydration & Barrier Support)

- **Purpose:** To hydrate the skin, seal in the active ingredients from serums, and strengthen the skin's protective barrier, which prevents moisture loss and protects against environmental aggressors.
- **Why it's important:** Even oily skin needs moisturizer; dehydration can signal your skin to produce *more* oil.
- **Product Types & Selection:**
 - **Oily Skin:** Lightweight, gel, or oil-free lotions. Look for "non-comedogenic" (won't clog pores).
 - **Dry Skin:** Richer creams or balms. Look for ingredients like ceramides, shea butter, squalane, and hyaluronic acid.
 - **Sensitive Skin:** Fragrance-free, dye-free, hypoallergenic formulas with soothing ingredients like allantoin or bisabolol.
- **Technique:** Apply a generous amount (pea to dime-sized) evenly to your face and neck. Gently massage until absorbed.
- **Men's Specifics:** Look for lotions that absorb quickly and don't feel greasy. Many brands offer men's specific moisturizers with lighter textures.

6. Sun Protection (The Non-Negotiable Shield - ESSENTIAL!)

- **Purpose:** To protect your skin from harmful UVA (aging rays) and UVB (burning rays) radiation. This is the single most important step in preventing premature aging, hyperpigmentation, and skin cancer.
- **Why it's important:** UV damage is the primary cause of wrinkles, dark spots, loss of elasticity, and skin cancer. Even on cloudy days or indoors near windows, UV rays can penetrate.
- **Product Types & Selection:**

- **Broad-Spectrum SPF 30+:** This means it protects against both UVA and UVB rays. SPF 30 blocks about 97% of UVB rays.
 - **Mineral Sunscreens (Physical):** Contain zinc oxide and/or titanium dioxide. Sit on top of the skin and physically block UV rays. Often good for sensitive skin.
 - **Chemical Sunscreens:** Absorb UV rays and convert them into heat. Offer a wider range of textures and finishes.
 - **Tinted Sunscreens:** Can offer light coverage while providing protection.
 - **Technique:** Apply generously as the very last step in your morning routine, *before* makeup (if applicable). Use about a nickel-sized amount for your face and neck. Reapply every two hours, or immediately after swimming or sweating.
 - **Men's Specifics:** Look for lightweight, non-greasy formulas that don't leave a white cast, especially for those with facial hair or a tendency for oiliness. Some moisturisers combine SPF, which can simplify the routine. For bald or thinning hair, apply to the scalp as well.
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II. Evening Routine (Repair & Rejuvenation)

The evening routine focuses on thorough cleansing, repairing the day's damage, and aiding the skin's natural regeneration process while you sleep.

1. Double Cleanse (The Deep Dive - Highly Recommended)

- **Purpose:** To thoroughly remove all makeup, sunscreen, pollution, and excess oil, ensuring your skin is completely clean for nighttime treatments.
- **Why it's important:** A single cleanse often isn't enough to remove everything. Leftover impurities can clog pores and prevent your other products from working effectively.
- **First Cleanse (Oil-Based):**
 - **Product Types:** Cleansing balms, cleansing oils, or micellar water (especially for light makeup/sunscreen).
 - **Technique:** Apply to dry skin (for balms/oils) and gently massage for 60 seconds to break down makeup and sunscreen. Add a little water to emulsify, then rinse thoroughly. For micellar water, saturate a cotton pad and gently wipe.
- **Second Cleanse (Water-Based):**
 - **Product Types:** Your regular gentle gel, foam, or cream cleanser (as in the morning).
 - **Technique:** Follow with your usual water-based cleanser on damp skin to remove any remaining residue and deeply cleanse the pores. Rinse and pat dry.
- **Men's Specifics:** While men might not wear makeup, they still accumulate sunscreen, pollution, and sweat. An oil cleanser can be surprisingly effective at breaking down stubborn sunscreen and deep-cleaning pores.

2. Tone (Balancing & Prepping - Optional but Recommended)

- **Purpose:** Same as the morning, but in the evening, you might use a different type of toner, especially if you incorporate exfoliating acids.
- **Product Types & Selection:**
 - **Hydrating Toners:** Excellent for all skin types to add a layer of moisture.
 - **Exfoliating Toners (AHAs/BHAs):** If you're using these for exfoliation (e.g., glycolic acid, salicylic acid), the evening is often preferred, as they can increase sun sensitivity. Use 2-3 times a week, not nightly, especially when starting.
- **Technique:** Apply as in the morning routine.

3. Serum(s) (Targeted Treatment - Highly Recommended)

- **Purpose:** To deliver potent ingredients that support skin repair, regeneration, and targeted concerns while you sleep.
- **Why it's important:** Nighttime is when your skin's repair mechanisms are most active.
- **Product Types & Selection (Evening Focus):**
 - **Retinoids (Retinol, Retinal, Tretinoin):** The gold standard for anti-aging. Boosts cell turnover, stimulates collagen, reduces wrinkles, improves texture, and helps with acne. **Start slowly (1-2 times a week) and gradually increase frequency.** Always use SPF in the morning when using retinoids.
 - **Peptide Serums:** Support collagen production and skin elasticity.
 - **Hydrating Serums (Hyaluronic Acid):** Can be used both morning and night for continuous hydration.
 - **Niacinamide:** Also great for evening use to support barrier function and manage oil/redness.
- **Technique:** Apply 2-4 drops after cleansing and toning. Pat gently until absorbed. If using multiple serums, apply from thinnest to thickest.

4. Eye Cream (Continued Care)

- **Purpose:** Provides targeted hydration and treatment for the delicate eye area overnight.
- **Why it's important:** Supports the skin's repair process around the eyes.
- **Product Types & Selection:** A richer or more targeted eye cream (e.g., with peptides or a gentle retinoid for anti-aging) can be used at night.
- **Technique:** Gently dab a tiny amount around your orbital bone with your ring finger.

5. Moisturizer (Barrier Reinforcement & Hydration)

- **Purpose:** To provide a final layer of hydration, lock in all previous products, and support the skin's barrier function throughout the night.
 - **Why it's important:** Prevents transepidermal water loss (TEWL) during sleep, ensuring you wake up with hydrated skin.
 - **Product Types & Selection:**
 - **Night Creams:** Often richer and more occlusive than day moisturizers. Can contain restorative ingredients.
 - **Sleeping Masks:** A thicker, more intense form of moisturizer designed to be left on overnight for deep hydration.
 - **Technique:** Apply a generous amount to your face and neck.
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III. Weekly/Supplemental Treatments (Enhancement)

These steps enhance your routine and address specific concerns more intensely.

1. Exfoliation (Renew & Refine)

- **Purpose:** To remove dead skin cells that accumulate on the surface, preventing dullness, clogged pores, and uneven texture.
- **Why it's important:** Regular exfoliation promotes cell turnover, revealing fresher, brighter skin and allowing products to penetrate better.
- **Product Types & Selection:**

- **Chemical Exfoliants (Preferred for most):**
 - **AHAs (Alpha Hydroxy Acids - Glycolic, Lactic):** Water-soluble. Good for surface exfoliation, brightening, and improving texture. Ideal for dry, sun-damaged, or dull skin.
 - **BHAs (Beta Hydroxy Acids - Salicylic Acid):** Oil-soluble. Penetrate into pores to dissolve oil and dead skin cells. Excellent for oily, acne-prone, and blackhead-prone skin.
- **Physical Exfoliants (Scrubs):**
 - **Use with extreme caution:** If using, choose very fine-grained scrubs with smooth beads (e.g., jojoba beads) rather than harsh, jagged particles (like nut shells). Over-scrubbing can cause micro-tears and irritation.
 - **Frequency:** 1-3 times per week, depending on your skin type and sensitivity. Less often if you're using a retinoid or an exfoliating toner daily.
 - **Technique:** Apply after cleansing, on dry skin (for chemical exfoliants, follow product instructions). Rinse thoroughly. Follow with hydrating toner/serum and moisturizer.
 - **Men's Specifics:** Exfoliation is excellent for preventing and treating ingrown hairs, especially on the beard area. Chemical exfoliants (like BHA) are generally safer than harsh physical scrubs for this purpose.

2. Face Masks (Targeted Boost)

- **Purpose:** To deliver a concentrated burst of ingredients for specific concerns in a short period.
 - **Why it's important:** A relaxing way to give your skin a targeted boost.
 - **Product Types & Selection:**
 - **Hydrating/Sheet Masks:** For intense hydration. Good for all skin types.
 - **Clay/Charcoal Masks:** For oily/acne-prone skin to absorb excess oil and purify pores.
 - **Brightening Masks:** With Vitamin C or other brightening agents.
 - **Soothing Masks:** For sensitive or irritated skin.
 - **Frequency:** 1-2 times a week.
 - **Technique:** Apply to clean skin (after cleansing/exfoliating). Leave on for the recommended time (10-20 minutes), then rinse or remove according to instructions.
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IV. Crucial Considerations for Everyone:

- **Know Your Skin Type:** This is foundational. Oily, dry, combination, sensitive, normal, acne-prone. Your product choices depend entirely on this.
- **Consistency is Paramount:** Skincare is a marathon, not a sprint. Daily adherence is more impactful than sporadic intensive treatments.
- **Patch Test New Products:** Always apply a small amount of a new product to a discrete area (like behind the ear or on the inner forearm) for 24-48 hours to check for allergic reactions or irritation before applying to your entire face.
- **Listen to Your Skin:** If your skin feels tight, irritated, red, or breaks out more than usual, something in your routine might be too harsh or unsuitable. Scale back or change products.
- **Patience:** It takes time for skin to respond to new products (usually 4-6 weeks to see significant changes, and longer for anti-aging benefits).
- **Lifestyle Factors:** Diet, hydration, sleep, stress management, and avoiding smoking/excessive alcohol consumption significantly impact skin health.
- **Professional Help:** If you have persistent skin concerns (severe acne, rosacea, persistent dryness, suspicious moles), consult a dermatologist. They can provide personalized advice and prescription treatments.

- **Order of Application:** Generally, apply products from thinnest consistency to thickest, allowing each product to absorb for a minute or so before the next. Cleanser -> Toner -> Serum -> Eye Cream -> Moisturizer -> Sunscreen.

By understanding these details and tailoring the routine to your unique skin, you can achieve and maintain healthy, radiant skin for years to come.

Navigating the world of skin care can be overwhelming, with countless products vying for your attention. From cleansers to serums, it's easy to get lost in the sea of options. But fear not! We're here to break down the different types of skin care products and help you determine which ones should earn a spot in your beauty routine.

Different Types of Skin Care Products

Cleansers

Cleansers are the gatekeepers of your skin, removing dirt, oil, and impurities, setting the stage for the rest of your products to work their magic. Whether you prefer a gentle cream cleanser or a foaming face wash, choose one that suits your skin type.

- **Normal to Dry Skin:** Look for hydrating, non-foaming cleansers with ingredients like glycerin, ceramides, or hyaluronic acid to help maintain your skin's moisture balance. Cream cleansers or cleansing balms are excellent options for dry skin.
- **Oily or Acne-Prone Skin:** Opt for gel or foaming cleansers with ingredients like salicylic acid, benzoyl peroxide, or tea tree oil to help unclog pores and control excess oil production. Be cautious not to over-cleanse, as this can strip the skin and lead to increased oil production.
- **Sensitive Skin:** Choose mild, fragrance-free cleansers with soothing ingredients like aloe vera, chamomile, or oatmeal to calm redness and inflammation. Avoid harsh cleansers with sulfates, alcohol, or artificial fragrances.

Always cleanse your face gently using lukewarm water and avoid scrubbing or tugging at the skin. Pat your face dry with a clean, soft towel and follow up with the rest of your skin care routine.

Exfoliators

[Exfoliators](#) are like personal trainers for your skin, helping to buff away dead skin cells and reveal a brighter, smoother complexion. They come in two forms: physical exfoliators (like scrubs) and chemical exfoliators (like alpha-hydroxy acids or AHAs and beta-hydroxy acids or BHAs). Use them sparingly, typically once or twice a week, to avoid over-exfoliation.

- **Physical Exfoliators:** These use granules or beads to manually remove dead skin cells. Be gentle and avoid scrubbing too hard, as this can cause micro-tears

in the skin. Those with sensitive skin should use physical exfoliators sparingly or opt for gentler alternatives.

- **Chemical Exfoliators:** These use acids to dissolve the "glue" that holds dead skin cells together. AHAs, like glycolic acid and lactic acid, work on the skin's surface to brighten and even out skin tone. BHAs, like salicylic acid, can penetrate deeper into the pores to unclog them and control oil production.

Remember, over-exfoliating can compromise your skin's barrier function, leading to dryness, irritation, and increased sensitivity. Always listen to your skin and adjust your exfoliation frequency as needed.

Toners

Toners help balance your skin's pH, remove any lingering traces of dirt or cleanser, and prep your skin for the next steps in your routine. They can also provide an extra layer of hydration and target specific concerns like acne or aging.

- **Dry or Sensitive Skin:** Look for alcohol-free toners with soothing and hydrating ingredients like aloe vera, rose water, chamomile, or hyaluronic acid. Avoid toners with harsh astringents or high alcohol content.
- **Oily or Acne-Prone Skin:** Opt for toners with ingredients like witch hazel, tea tree oil, or salicylic acid to help control excess oil production and keep pores clear. Look for non-comedogenic formulas that won't clog your pores.
- **Mature Skin:** Choose toners with antioxidants like vitamin C, vitamin E, or green tea extract to help protect against environmental stressors and signs of aging. These toners can also contain hydrating and plumping ingredients like hyaluronic acid or glycerin.

Apply toner after cleansing using a cotton pad or your hands, gently sweeping it across your face and neck. Avoid tugging or rubbing the skin, as this can cause irritation.

Serums

[Serums](#) are the workhorses of your skin care arsenal. Packed with potent ingredients like antioxidants, peptides, and vitamins, they target specific skin concerns such as fine lines, uneven skin tone, or dullness. Apply them after toning and before moisturizing for maximum benefits.

- **Vitamin C Serums:** These are great for brightening and protecting against environmental stressors. They work to even out skin tone, reduce the appearance of dark spots, and boost collagen production for firmer, more youthful-looking skin.
- **Hyaluronic Acid Serums:** These are a must-have for all skin types, as they provide a boost of hydration without feeling heavy or greasy. Apply hyaluronic acid serums to damp skin for best results and follow up with a moisturizer to seal in the hydration.

- **Retinol Serums:** These are the gold standard for anti-aging and can also help with acne concerns. Start with a low concentration (0.01%-0.03%) and gradually increase as your skin adjusts to avoid irritation. Always use retinol serums at night and wear sunscreen during the day.
- **Niacinamide Serums:** These are another great option for all skin types, as they help to improve skin texture, reduce the appearance of pores, and even out skin tone. Niacinamide is a form of vitamin B3 that has anti-inflammatory and brightening properties.

When choosing serums, look for formulas that are tailored to your specific skin concerns and layer them from thinnest to thickest consistency. Be patient when incorporating new serums into your routine, as it can take several weeks to see visible results.

Moisturizers

No matter your skin type, [moisturizers](#) are a must. They help keep your skin hydrated, plump, and protected from environmental stressors. For daytime, opt for a lightweight, non-greasy formula with SPF to shield your skin from the sun's harmful rays. At night, reach for a richer, more nourishing moisturizer to repair and regenerate your skin while you sleep.

- **Dry Skin:** Look for moisturizers with emollient ingredients like shea butter, ceramides, and oils to help replenish lost moisture and support the skin's barrier function. These moisturizers work to soften and smooth dry, flaky skin, leaving it feeling comfortable and hydrated.
- **Oily Skin:** Opt for oil-free, gel-based moisturizers that hydrate without feeling heavy or clogging pores. These moisturizers often contain ingredients like aloe vera, cucumber, or green tea to soothe and calm the skin while providing lightweight hydration.
- **Sensitive Skin:** Choose fragrance-free, hypoallergenic formulas with soothing ingredients like colloidal oatmeal, centella asiatica, or chamomile to calm redness and irritation. These moisturizers work to strengthen the skin's barrier function and reduce sensitivity over time.
- **Combination Skin:** You may benefit from using different moisturizers for different areas of the face. Apply a lightweight, oil-free moisturizer to oily areas like the T-zone and a richer, more emollient formula to dry areas like the cheeks.

Eye Creams

The delicate skin around your eyes is thinner and more fragile than the rest of your face, making it more susceptible to signs of aging and environmental stressors. Eye creams are specially formulated to address concerns like dark circles, puffiness, and fine lines while being gentle enough for this sensitive area.

When applying eye cream, use your ring finger to gently tap the product around the orbital bone, avoiding direct contact with the eyes. This tapping motion helps to stimulate blood flow and reduce puffiness without tugging or pulling on the delicate skin.

- **Dark Circles:** Look for eye creams with ingredients like vitamin K, caffeine, or niacinamide to help constrict blood vessels and reduce the appearance of discoloration.
- **Puffiness:** Opt for eye creams with cooling ingredients like cucumber, green tea, or caffeine to help de-puff and soothe the skin. Gently massaging the eye area can also help to promote lymphatic drainage and reduce swelling.
- **Fine Lines and Wrinkles:** Choose eye creams with antioxidants like vitamin C, vitamin E, or coenzyme Q10 to help protect against free radical damage and signs of aging. Retinol and peptides can also help to boost collagen production and improve skin texture and firmness over time.

For a wide selection of [eye makeup products](#) to complement your eye care routine, check out Typsy Beauty. They offer a range of high-quality, cruelty-free products that are designed to enhance and protect the delicate eye area.

Sunscreen

Sunscreen is non-negotiable, rain or shine. It's the ultimate defender against premature aging, dark spots, and skin cancer. Choose a broad-spectrum formula with an SPF of at least 30 and apply it as the last step in your daytime routine. Don't forget to reapply every two hours if you're spending time outdoors.

- **Dry Skin:** Look for sunscreens with hydrating ingredients like hyaluronic acid, glycerin, or aloe vera to help moisturize and protect the skin. These sunscreens often have a creamier texture that can help to soothe and nourish dry, flaky skin without feeling greasy or heavy.
- **Oily Skin:** Opt for lightweight, mattifying sunscreens that won't clog pores or leave a shiny finish. Look for oil-free, non-comedogenic formulas with ingredients like silica or niacinamide to help control excess oil production and keep skin looking matte throughout the day.
- **Sensitive Skin:** Choose mineral sunscreens with zinc oxide or titanium dioxide as the active ingredients. These physical sunscreens sit on top of the skin and reflect UV rays, making them less likely to cause irritation or allergic reactions compared to chemical sunscreens.

Remember, no sunscreen can provide 100% protection against UV rays, so it's important to pair it with other sun protection measures like wearing protective clothing, seeking shade, and avoiding peak sun hours when possible.

Lip Care

Your lips are one of the most delicate and sensitive areas of your face, with a thinner stratum corneum (the outermost layer of the skin) compared to the rest of your body. This makes them more susceptible to dryness, chapping, and environmental damage. Lip care products are designed to nourish, protect, and enhance the appearance of your lips.

- **Daytime:** Choose a lip balm with SPF to protect against sun damage and premature aging. UV rays can cause the delicate skin on the lips to become dry,

cracked, and discolored over time, so it's important to shield them from the sun's harmful rays.

- **Nighttime:** Apply a thicker, more occlusive lip balm or treatment to deeply hydrate and repair the lips while you sleep. Look for products with ingredients like hyaluronic acid, ceramides, or petrolatum to help lock in moisture and prevent transepidermal water loss.
- **Exfoliation:** Use a gentle lip scrub once or twice a week to remove dry, flaky skin and promote a smoother, more even texture.

Typsy Beauty offers a fantastic selection of [lip makeup products](#) to keep your lips looking and feeling their best. From hydrating lip balms to bold, pigmented lipsticks, they have everything you need to create a variety of lip looks while keeping your pout soft, smooth, and kissable.

Face Masks

Face masks are the perfect way to pamper your skin and address specific concerns. Whether you're in the mood for a detoxifying clay mask or a hydrating sheet mask, there's one for every skin type and need. Use them once or twice a week as a special treat for your complexion.

- **Oily or Acne-Prone Skin:** Try a purifying clay mask with ingredients like kaolin, bentonite, or charcoal to help absorb excess oil and unclog pores. These masks work to deep clean the skin, drawing out impurities and reducing the appearance of blackheads and blemishes.
- **Dry Skin:** Opt for cream masks or overnight masks with hyaluronic acid, ceramides, or shea butter to deeply hydrate and plump the skin. These masks work to replenish lost moisture, soften dry patches, and improve skin texture and elasticity.
- **Sensitive Skin:** Look for soothing masks with ingredients like aloe vera, chamomile, centella asiatica, or oatmeal to calm redness and irritation. These masks work to strengthen the skin's barrier function, reduce inflammation, and provide gentle hydration without causing further sensitivity.
- **Mature Skin:** Try a firming or anti-aging mask with ingredients like retinol, vitamin C, or peptides to help boost collagen production, improve skin texture, and minimize the appearance of fine lines and wrinkles. These masks can also contain hydrating ingredients like hyaluronic acid or glycerin to plump and moisturize the skin.

Typsy Beauty has an excellent range of [face makeup products](#) to enhance your skin's natural glow. From illuminating primers to long-wearing foundations, they have everything you need to create a flawless, radiant complexion.

What Type of Skin Care Products Should I Use?

The key to building an effective skin care routine is understanding your skin type and its unique needs. Here's a quick guide:

- **Oily Skin:** Look for oil-free, non-comedogenic products that won't clog your pores. Opt for gel-based or foaming cleansers, lightweight moisturizers, and mattifying sunscreens.
- **Dry Skin:** Reach for creamy, hydrating formulas that will nourish and protect your skin. Choose gentle, sulfate-free cleansers, rich moisturizers, and sunscreens with added hydrating ingredients.
- **Combination Skin:** Balance is key for combination skin. Use a gentle cleanser, a lightweight moisturizer for oily areas, and a richer cream for dry patches. Don't forget to apply sunscreen all over.
- **Sensitive Skin:** Steer clear of products with fragrances, dyes, or harsh chemicals that can irritate your skin. Stick to gentle, hypoallergenic formulas designed specifically for sensitive skin.

Skin Care Products List

Now that you know the different types of skin care products and what to look for based on your skin type, it's time to build your personalized routine. Here's a basic skin care products list to get you started:

1. Cleanser
2. Exfoliator (1-2 times per week)
3. Toner
4. Serum
5. Eye Cream
6. Moisturizer
7. Sunscreen (daytime)
8. Lip Balm
9. Face Mask (1-2 times per week)

Remember, everyone's skin is unique, so what works for your best friend might not work for you. Take the time to understand your skin type and concerns, and don't be afraid to experiment until you find the products that make your skin happy. With a little patience and the right products, you'll be on your way to a glowing, healthy complexion in no time!

For a curated selection of high-quality skin care and makeup products, visit [Typsy Beauty](#). With a wide range of products designed to cater to all skin types and concerns, Typsy Beauty is your one-stop-shop for all your beauty needs. What are the main types of skin care products I should know about?

The main types of skin care products include cleansers, exfoliators, toners, serums, moisturizers, eye creams, sunscreens, lip care products, and face masks. Each product serves a specific purpose in maintaining healthy, radiant skin.

What skin care products are essential for a basic routine?

The three most essential skin care products for a basic routine are cleansers, moisturizers, and sunscreens. These products remove impurities, hydrate and protect your skin, and shield it from harmful UV rays.

How do I choose the right skin care products for my skin type?

Identify your skin type (oily, dry, combination, normal, or sensitive) and look for products specifically formulated for your skin's needs. Opt for ingredients that target your specific skin concerns.

What's the best way to incorporate new skin care products into my routine?

Introduce new products gradually, patch testing on a small area of skin first. Allow your skin to adjust for at least a week before adding another product.

In what order should I apply my skin care products for the best results?

Apply skin care products in the following order: cleanser, toner, serum, eye cream, moisturizer, and sunscreen (during the day). This sequence allows each product to be properly absorbed and penetrate the skin.

What ingredients should I look for in skin care products to address my specific concerns?

Research ingredients known to be effective for your specific skin concerns, such as retinol for anti-aging, hyaluronic acid for hydration, or salicylic acid for acne-prone skin. Consult with a dermatologist if you have any concerns or sensitivities.