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Instructions for Performing a Standard Skincare Routine

Looking to improve your skin, or maintain your skin from all those breakouts, and don't know what to do? A simple and consistent skincare routine will go a long way, by understanding what healthy ingredients that you are applying on your skin to protect and brighten it up. Skin care routines can be long and tedious, but it can easily be kept simple and concise to create results.

Materials Needed:

Face Washcloth

Blotting Sheets

Moisturizer/Treatment

Cleanser

Step 1: Figure out what type of skin you have

Knowing what the type of skin you have is a key step (oily, normal, combination, dry) is to understand what products you need for your skincare routine. Use blotting sheets and press it around your face. The amount of oil present on the blotting sheet will determine what type of skin you have.



Step 2: Apply a Cleanser

Cleansers are important in clearing out all the dirt and sebum from your face. This is typically the first product that is applied to the face, since they are the lightest products. Wet your face with warm water to open the pores, then rub the cleanser over your face for about 30 seconds – 1 minute. Rinse off with cold water.



Step 3: Use a Treatment

Treatment usually varies depending on what type of skin you have, but ingredients that are usually healthy for all skin types include retinol and niacinamide, which are both very good brightening agents for the skin.



Step 4: Apply a Moisturizer

Applying a moisturizer

will help maintain the level of moisture on your face, so it won't get too oily or too dry. When your skin reaches one of the two extremes, this can lead to breakouts, so we would like to prevent that.

Step 5: Use Sunscreen

A common step people overlook is using sunscreen. Sunscreen doesn't have to be only applied when you go out on a sunny day or to the beach. It is the most important part of keeping your skin protected after applying your treatment ingredients, which make your skin more susceptible to the sun.



Conclusion

You should now understand the steps to a basic skincare routine. There is a lot of flexibility in terms of the types of products that you should use, but it involves a lot of experimenting. One product might work well for one type of skin, but not another. Most importantly, you need to be patient. Results can take weeks to months, so you must stay consistent with your routine.