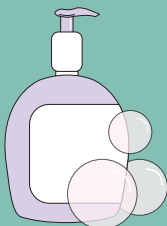


The Right Way to Apply Skincare

Skincare has become mainstream and shares the spotlight with makeup in the beauty world. Some people can get confused looking at all of the options available, even just in a small drugstore. Others know about how the products work, but are unsure how to apply them and in what order. Thankfully, it only takes a few different products to make sure your skin is clean, hydrated, and treated.

1. Cleanser

Removing your makeup, oils, and dirt that accumulate on your face throughout the day is a vital first step in any skincare routine. Some people "double cleanse," in which they use an oil-based cleanser for removing makeup and then a gentler cleanser for removing anything left behind.



2. Toner

Toners and essences are used after cleansing, typically to even skin tone, hydrate, treat acne, and/or chemically exfoliate. Make sure you read the labels to see what toner is right for your skin type, and avoid ones that are alcohol-based that could irritate your skin.



3. Serum

Serums are basically combinations of concentrated ingredients that add a boost to your skin's health. Like toner, serums can have many different ingredients and uses. They can cause irritation to some, so if that's the case try diluting it with a moisturizer or applying it every other day.



4. Eye Cream

Eye creams are typically thinner than regular moisturizers because the skin around the eye area is very thin and sensitive. It is mostly used for hydration. Use your ring fingers to gently tap on the cream and avoid pulling the skin around your eye area.



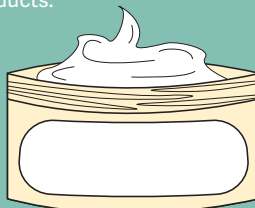
5. Spot Treatments

Spot treatments are used on scars, dark spots, or acne. Instead of applying product all over your face, these are applied directly on the spots themselves.



6. Moisturizer

No matter your skin type, everyone needs to be using a moisturizer. It keeps your skin barrier healthy and hydrated, and manages oil production. Let your moisturizer sink into your skin for at least 5 minutes before applying any other products.



7. Face Oil

Face oils are used to seal in everything that you put on your face prior. Therefore, always apply oils as the last step in your skincare routine.



Extra Steps



SPF: It is imperative to apply sunscreen every day to keep skin protected from UV rays. Use at least SPF 30 and apply in the morning after face oil.



Retinol: Retinols increase cell turnover, which helps with skin texture and wrinkles. Apply these at night, before face oil and start slowly.