

Routine Cheat Sheet

CLEANSER

- Cleanse once or twice a day (not too often)
- Avoid hot water
- Rinse off cleanser thoroughly
- Don't overuse cleansing tools
- Skin should not feel tight or itchy after
- Blot face with clean towel (no rubbing)
- Move to next step as quickly as possible

SUNSCREEN

- Apply 15–20 minutes before sun exposure
- Use about 1/4 teaspoon for face
- Use sunscreen over skincare, under make-up
- Don't mix sunscreen with other products
- Don't rub it in too much
- Don't forget around the eyes
- Use blotting papers and powder gently to reduce shine

MOISTURISER

- General rule: apply products from lightest to heaviest, occlusives last
- Use extra emollients for dry skin
- Use extra occlusives and humectants for dehydrated skin
- More occlusive and emollient products are usually thicker
- Can use different products for different regions of skin
- Pat products in without much rubbing to reduce pilling

