

YOUR WEEKLY ROUTINE



name: _____

address: _____

by **surface**

normal

oily

dry

nation

sitive

WEEKLY ROUTINE for you!

skin type: Combination

goal: Create balance between oily & dry

AM routine

- step 1:** use a gentle foaming or gel cleanser to remove dirt & excess oil
- step 2:** use Vitamin C + Niacinamide to help your skin obtain better balance between oiliness & dryness
- step 3:** apply a lightweight moisturiser to prevent dryness and excessive oiliness
- step 4:** Lastly, use a lightweight sunscreen that has high protection (SPF 50) to prevent UV damage and dryness

PM routine

- step 1:** use a gentle cleanser to remove dirt & excess oil
- step 2:** use a lightweight moisturiser, best if it has Niacinamide and Hyaluronic Acid to prevent clogged pores
- step 3:** OPTIONAL: apply a targeted treatment with Green Tea Extract and Niacinamide to help control oil and improve texture

quick tip!

focus on balance!
use lightweight products & avoid over cleansing

normal

oily

d

combination

sensitive