YOUR WEEKLY ROUTINE!

normal

oily

dry

nation

sitive

name: _____

address: _____

_____

by surface

WEEKLY ROUTINE for you!

normal
oily
dry
ination
nsitive

skin type: Normal

goal: maintain healthy balance

AM routine

step 1:	use a gentle cleanser to remove dirt & excess oil
step 2:	use a vitamin c serum to brighten & protect the skin from envoronmental toxins.
step 3:	apply a lightweight moisturiser with hydrating ingredients like Hyaluronic Acid + Ceramides
step 4:	Lastly, use a sunscreen that has high protection (SPF 50) to prevent UV damage and premature aging

PM routine

step 1:	use a gentle cleanser to remove dirt & excess oil
step 2:	use a niacinamide serum to balance oil production and to repair the skin barrier overnight
step 3:	apply a lightweight moisturiser with hydrating ingredients like Hyaluronic Acid + Ceramides

quick tip!

avoid over cleansing!
it can cause your skin to produce too much oil