YOUR WEEKLY ROUTINE!

normal

oily

dry

nation

sitive

name: _____

address: _____

_____

by surface

WEEKLY ROUTINE for you!

normal | oily | d combinati | sensitive

skin type: Sensitive

goal: Achieve healthier & brighter skin

AM routine

step 1:	use a gentle cleanser to remove dirt & excess oil
step 2:	use Niacinamide & Hyaluronic Acid to promote hydration and to calm to the skin from any irritation
step 3:	apply a fragrance free moisturiser to lock in moisture, best if it contains Glycerin or Ceramides
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 barrier reparing moisturiser with Ceramides + Hyaluronic Acid to lock in moisture
step 3:	OPTIONAL: apply an overnight soothing treatment that contains Aloe Vera or Oat Extract to calm & hydrate the skin

quick tip!

avoid fragrant products!
the fragrance can easily irritate sensitive skin