

Building Your Skincare Routine

LET'S START WITH THE FUNDAMENTALS! HERE ARE FOUR ESSENTIAL STEPS TO INCLUDE IN YOUR SKINCARE REGIMEN.

01

cleanser.



Always start by removing all of the dirt, oil, dead skin cells, sweat, SPF, makeup, etc. that you've accumulated on your face throughout the day. Generally, if you run oily, try a gel or foaming cleanser. If you have dry skin, try a balm or oil cleanser. If you wear makeup, be sure to "double cleanse". This means using a product targeted towards makeup removal (micellar water, a makeup wipe, cleansing oil or balm, etc.) then using your regular cleanser immediately after.

02

treatment.



For those with specific skin concerns like acne, dark spots, redness, aging, dullness, etc., consider adding an over-the-counter or prescription strength targeted treatment. Some of my favorite active ingredients include vitamin a, glycolic acid, vitamin c, niacinamide, azelaic acid, hyaluronic acid, benzoyl peroxide, and salicylic acid. You can find these ingredients in serums, toners, gels, creams, masks, and much more. Regardless of what you choose, keep things simple by selecting one AM & one PM treatment. Most importantly, stick with the treatment(s) for at least 8 weeks to really see an improvement in your skin.

03

moisturizer.



Everyone, regardless of your skin type, needs a moisturizer. Moisturizers provide restorative hydration and balance our skin but they aren't all created equally. If you struggle with dry skin, choose something thicker like a cream or ointment. For oily skin, you'll want to stick with light lotions or gels as they contain fewer emollients and oils than creamy moisturizers. I also recommended picking a lighter product for the daytime and something richer for nighttime.

04

sunscreen.



Sun protection is, without a doubt, the most important step in your routine. UV-rays are the most pervasive cause of skin cancer, skin damage, premature aging, hyperpigmentation, and more. I recommend SPF 30+ for everyday use and suggest reapplying every 2-3 hours (every 60-90 mins if you are in water). There are various sunscreen types and some are better than others but honestly, as a derm PA, I care more about you wearing your SPF every single day. Whatever you like, just wear it daily!