



## **Skin care routine**

### **Morning:**

1. Cleanse
  2. Antioxidant e.g. Vitamin C,E or Ferulic
  3. Specific Treatment e.g. rosacea, pigmentation, acne, eyes or neck
  4. Hydrate/ moisturise e.g. B3, B5, gels or moisturising creams
  5. Sun protection – broad spectrum SPF 30+
  6. Make up (optional)
- Some products combine Anti-oxidant, Moisturiser and SPF all in one.

### **Evening:**

1. Cleanse
2. Resurface/exfoliate (non abrasive) e.g. Alpha Hydroxy Acid (AHA) or Beta Hydroxy Acid (BHA)
3. Specific Treatment e.g. rosacea, pigmentation, acne, eyes or neck
4. Repair e.g. Vitamin A (Retin A)
5. Hydrate/ moisturise: gel or cream (can alter according to skin type, climate etc)