



## Learn How to Build a Skin Care Routine: The Perfect 9-Step Skincare Regimen

### Description

Having good skincare products isn't enough: You must also apply your items in the precise order to be effective.

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Your regimen will be determined by your skin type, product components and formulations, and time of day. However, a good rule of thumb is to apply in the order of texture, from thinnest to thickest, because thin products will not penetrate thicker ones.

#### The Ideal Nine-Step Skincare Routine

Whether you have a three-step or nine-step routine, there is one thing that everyone can do to improve their skincare: apply products in the correct order. Whatever your skin concerns, start with a clean, toned base, apply concentrated, active products, and end by sealing in moisture—and, of course, SPF in the afternoon. The following are the steps to a healthy skincare routine:

Take a shower. Rinse your face with water and rub a tiny amount of gentle cleanser between clean palms every morning and night. Gently massage the face wash all over your face. Rinse your hands and massage your face with water until the cleanser and filth have been removed. Using a soft towel, gently pat your face dry. If you use makeup at night, you may need to cleanse twice. First, use a cleansing oil or micellar water to remove your makeup. To avoid rubbing your eyes, try keeping dedicated eye-makeup removers for a few minutes to allow the makeup to come off more readily. After that, gently cleanse your entire face.

Toner should be used. If you use toner, apply it after cleaning your face and applying any other products. Using your palms or a cotton pad, apply a few drops of toner to your face. Apply it only at night if your toner exfoliates (removes dead skin cells with chemicals such as glycolic acid). Hydrating formulations are safe to use twice a day. Exfoliating toner with retinoids or other exfoliants should not be used simultaneously.

Apply the serum. Morning is a fantastic time to use an antioxidant serum, such as a brightening vitamin C serum because it protects your skin from free radicals that you'll meet throughout the day. Use a hydrating serum with hyaluronic acid at night to keep your skin from drying out, especially if you're taking anti-aging or acne treatments that can irritate and dry up the skin. Exfoliants such as alpha-hydroxy acids (AHA) or lactic acid can also be found in serums. Whatever method you choose, keep the following in mind: Water-based serums should be applied before moisturizer, whereas oil-based serums should be applied after.

Put on some eye cream. You can apply conventional moisturizer to your under-eye area. If you want to use a specialized eye cream, layer it underneath moisturizer because eye creams are thinner than face moisturizers. To reduce puffiness in the morning, use an eye cream with a metal roller-ball applicator and keep it in the freezer. Using a moisturizing eye lotion at night can result in fluid retention, making your eyes puffy in the morning.

Apply spot therapy. It's best to apply acne spot treatments at night when your body is resting and repairing itself. Layering acne-fighting chemicals like benzoyl peroxide or salicylic acid with retinol might cause discomfort. Instead, make sure you're doing everything you can to keep your skin calm and hydrated.

Moisturize. Moisturizer moisturizes the skin while also locking in all of the other layers of product you've applied. Look for a lightweight lotion with an SPF of 30 or higher for the morning. In the evening, heavier night cream can be used. Those with dry skin should apply a lotion in the morning and at night.

Retinol should be used. Retinoids (vitamin A derivatives such as retinol) help diminish dark spots, breakouts, and fine wrinkles by accelerating skin-cell turnover, but they can also irritate sensitive skin. If you use retinoids, keep in mind that they degrade in the sun and should only be used at night. They also make your skin more vulnerable to the sun, so wearing sunscreen is essential.

Apply some face oil. If you use face oil, apply it after your other skincare products because nothing else will penetrate the oil.

Use sunscreen. Although it is the final step, practically every dermatologist will tell you that sun protection is the most crucial aspect of any skincare plan. Skin cancer and indications of aging can be avoided by protecting your skin from UV radiation. Even if your moisturizer does not contain SPF, you

should still wear sunscreen. To get the most out of chemical sunscreens, wait 20 minutes before stepping outside. Look for broad-spectrum SPF, which means your sunscreen will protect you from both UVA and UVB rays.

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