



An Everyday Skincare Routine



1. Oil Cleanser

Removes makeup and other impurities, also the first cleanser in the “double cleanse” process. Can come in a balm that melts into an oil when used.

2. Water-Based/Foaming Cleanser

The second cleanser in the “double cleanse” process. Removes any impurities or residue still left on skin after oil cleansing.

3. Exfoliation

Improves the texture of skin and keeps it smooth and soft.

Use 3x a week max.

4. Toner

Not to be confused with the astringent, drying toners of your childhood, Asian toners refresh the skin and prep it to better absorb the rest of the products in your routine.

5. Essence

The first “treatment” step; essences can do any number of things such as increase cell turnover (for anti-aging) or reduce sebum production (aka, oil control).

6. Serums/Ampoules

The second “treatment” step; serums and ampoules are used to address many issues such as acne, hyperpigmentation, dullness, etc.

7. Sheet Masks

The most spa-like step in a skincare routine; the serums in a sheet mask are able to penetrate much deeper than traditional serums. This is the best time to take selfies. Can be used daily depending on skin type.

8. Eye Cream

Usually consisting of a hydrating cream to avoid fine lines and wrinkles. Always tap in eye cream with the ring fingers.

9. Emulsions/Moisturizers

The final moisturizing step, an emulsion or moisturizer seals in products from the previous steps.

10. SPF

The single most effective way to prevent signs of aging, add a sunscreen every day, even on cloudy days.

