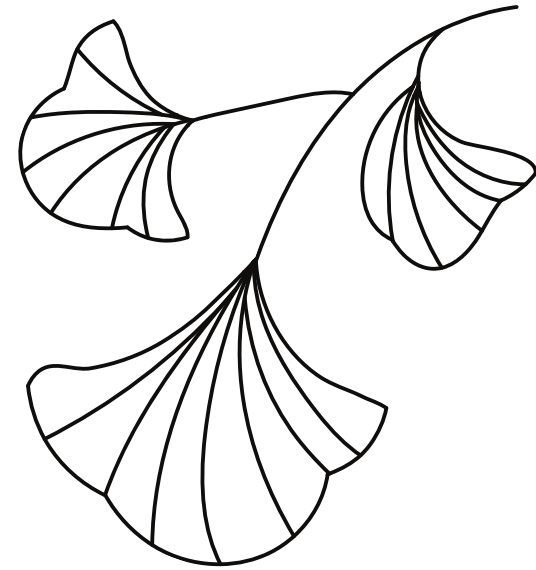


# SKIN CARING



The Adaptable Guide to Building your Perfect Skincare Routine



# SKIN CARING

The Adaptable Step-by-step Guide  
to Building Your Perfect Skincare  
Routine

Cover and Design: Jazmin Sauca

Content of this guide: Jazmin Sauca

Photography: Jazmin Sauca



# *Welcome*

Hey there! Thank you so much for joining me in the world of skincare!

This short course is entitled 'Skin caring' because it will provide you with the knowledge you need to properly care for your skin in order to get healthy, balanced skin.

In this guide, I will be walking you through creating your very own tailor-made skincare routine, while giving essential tips and breaking down the skincare jargon.





I'll also be recommending some key skincare ingredients, because I'd like to help you reach your skin goals!

I'm so happy you've joined me in developing your perfect routine. Everybody's skin is different and requires different care, and I want to guide you to finding what's just right for **YOU**.

So, let's get started. Keep reading to find out my best skincare secrets and unlock the key to happy and healthy skin!

*Jazmin*

# Contents

This short course will follow the structure of a skincare routine. I decided to structure it this way so you can easily return to this guide to check the order in which your skin care products are best applied!

As I present each key step of, I'll be breaking down what the purpose of it is, as well as giving examples of different product types, and helping you identify which will be perfect for your particular skin needs and goals.



CHAPTER  
ONE

*cleanser*

CHAPTER  
TWO

*toner*

CHAPTER  
THREE

*essence*

CHAPTER  
FOUR

*serum*

CHAPTER  
FIVE

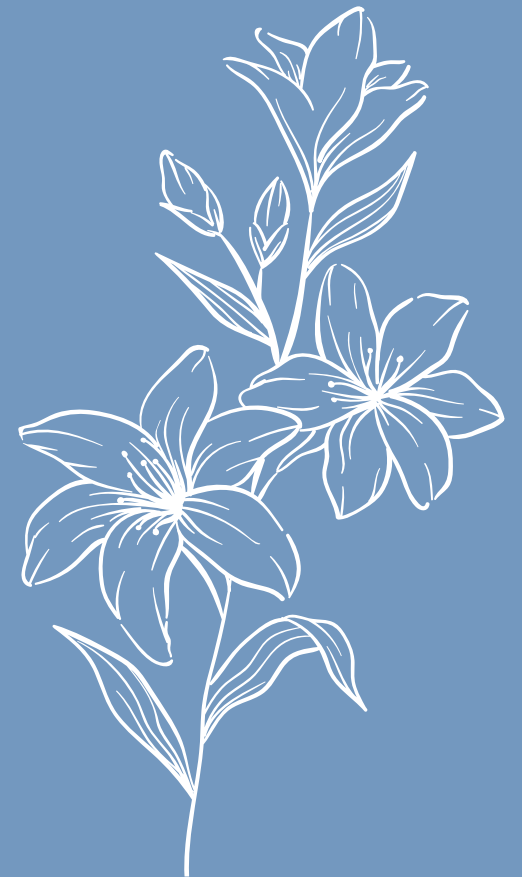
*moisturiser*

CHAPTER  
SIX

*sunscreen*

# INTRODUCTION

*Skin caring: Building a  
skincare routine*



## INTRODUCTION

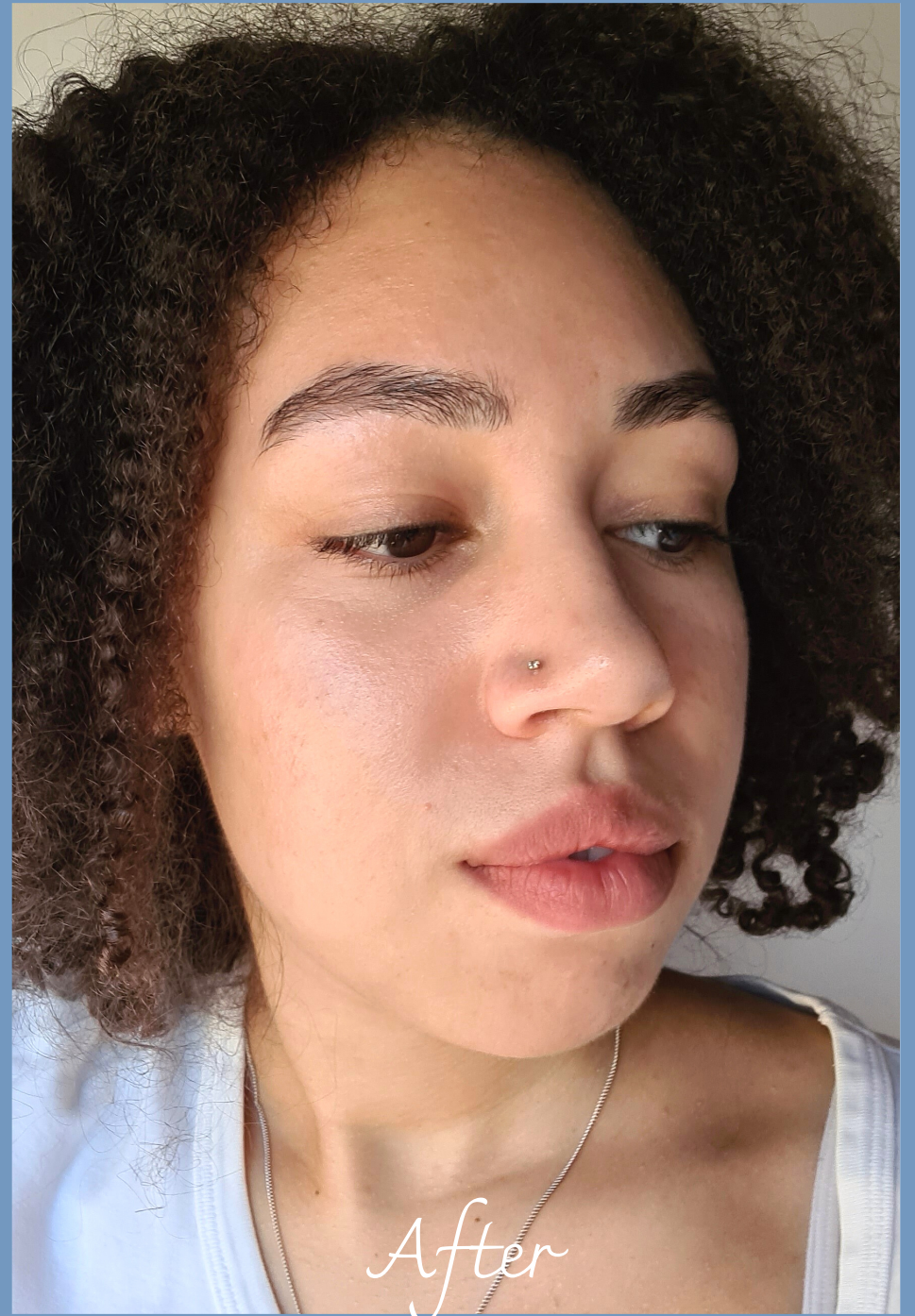
In this document, I want to guide you through creating your own unique skincare routine. If you're not familiar with what a skincare routine is, it's essentially the process of caring for your skin by using different treatments and tools.

Although there are so many different skincare products out there, skincare doesn't have to be complicated. That's why I wanted to create this guide. I was just like you; I had an interest in skincare but I didn't know where to start.

Here's a little bit about my own skincare journey!



Before



After

When I was a teenager, my skin started getting oilier and oilier. I began getting pimples and texture, and although this is perfectly normal for teenagers, I was unhappy with my skin.

The spots turned into scars, and my skin began looking very unclear. Also, despite my skin being oily, it was dehydrated and flaky, and was very rough.

I discovered skincare when I went to university and very quickly saw improvements in my skin. Now, my face is glowy, healthy and a lot clearer.

Although I still get some pimples (because of hormones) they're smaller than ever! Even better, I no longer get post-acne scarring because I've figured out the best techniques to avoid this!

*The 'before' photos on the left (above and below) are from before I worked out the skincare that works for me. You can see a lot of acne and acne scarring, and my skin looks dull. The after photos are completely unedited and unfiltered, and I am totally makeup free here.*



*Before*



*After*

I now run an Instagram account which is dedicated to skincare (Instagram.com/**A\_Beautyfull\_World**).

It's taken years of experimentation and research but I've transformed my skin, and now I want to help you transform yours!

*So what will I be sharing with you in this guide?*

In this guide, I'll be breaking down the skincare jargon by explaining important skincare terms, all to teach you how to create a routine that really works. I'll also be sharing the BEST skincare ingredients and skincare facts that have totally transformed my skin! Keep an eye out for this icon!



And here's a special opportunity that I haven't shared with anyone before...

### *Special Opportunity*

I want to help you to reach your skin goals and to get clearer, healthier skin. To prove this, I'm inviting you message me directly on Instagram at **@A\_Beautyfull\_World** to receive one-to-one advice- FOR FREE! Quote me the words '**Glow Up**' when reaching out to me to show that you purchased this guide!

This isn't something I usually do and it's only reserved for you, the readers of this guide. I look forward to hearing from you soon!

## DAY OR NIGHT?

Before we get started analysing the key steps of your new skincare routine, I want to explain a little bit about the difference between day-time and night-time routines.

Don't panic! You don't need 2 hugely different routines. You can totally use the same routine for the day-time and the night-time, but there are just a few things to consider:

### **1- Sun protection**

I know most of us are good at applying sun screen on sunny days, but did you know you should be wearing SPF every day? Yes, even on those grey, rainy days!

But before you call me crazy, hear me out...

The sun's UVA and UVB rays are not just damaging on hot days. They are present every day, and if you don't wear sun protection on a daily basis, they will gradually damage your skin.

This is why SPF is the single most important step in your day-time routine!

There's more on why SPF is important, and how to find the right SPF for your skin in chapter 6!

## **2- Acids**

Most Alpha Hydroxy Acids (AHAs) and Beta Hydroxy Acids (BHAs) are fine for use during the day, but there are some which are best used at night.

Check out chapter 2 to find out what AHAs and BHAs are, and head to chapter 4 to see which ones you shouldn't use during the day.

## **3- Moisturiser**

The type of moisturiser you reach for might differ during the day and during the night. This is because many people prefer to use thinner, lotion-type moisturisers during the day-time to avoid feeling sticky or oily, and opt for thicker, more occlusive moisturisers in the evening which moisturise the skin intensely overnight.

To find out more about what moisturisers to use and when, head to chapter 5!

Ok, let's get started and discover the first step of your new routine...

# CHAPTER ONE

## *Cleanser*



## CLEANSER

Let's start right at the beginning with **cleanser**.

A cleanser does exactly what it sounds like it does; it cleanses your skin and allows your other skin care products to work more effectively.

You can cleanse once or twice a day; but cleansing in the morning is not strictly necessary! Dry skin types might benefit from just refreshing the face with some water in the morning, instead of using a cleanser.

As I mentioned above, I have combination skin, which can be extremely oily or dry depending on the season. When my skin is feeling very dry, I skip the cleanser in the morning, and just pat my face with some water!

I recommend always using cleanser at night, as there are so many things that can cling to your skin and clog your pores during the day, such as: pollution, dust, sunscreen, makeup and even your natural oils. This also the reason why I recommend **DOUBLE CLEANSING** at night!

## *Double cleansing*

Double cleansing doesn't just mean washing your face twice, it means using a special type of cleanser that is going to break down the oils, makeup and sun protection sitting on your face, before going in with a second cleanser to actually cleanse your skin.

Double cleansing is **NOT** necessary in the morning, but it's a fantastic way to get rid of your makeup at night (especially your eye makeup!). It is far gentler and more effective than using makeup wipes- and in the long run, it's better for the planet as it produces less waste!



The best cleansers for double cleansing are oil cleansers and balm cleansers. These are specially formulated cleansers and cannot be replaced with oils found at home (such as olive oil or coconut oil). Just search for oil or balm cleanser online to find lots of different types! My favourite balm cleanser is **Banila Co's Clean it Zero Balm**; it's the most effective one I've tried so far!

If you've got oily skin, don't panic! Oil and balm cleansers do NOT make your skin oily, as these are special types of oils which rinse off completely with water. I say these are special cleansers as they truly perform skincare magic, as you will learn in a second.

Here's how to use them:

**1-** To use them, massage the oil or balm into your face on **DRY** skin. You can also gently focus on the areas where you have makeup on. These cleansers are safe to use on the eyes, and they're great for removing mascara (yes, even waterproof mascara!). Your makeup will be smudged all over your face at this point but trust me here!

**2-** Then, once all the makeup has been broken down, add some water and continue massaging your face for a moment. Watch how the oil or balm immediately turns milky!



This means the oil has **emulsified** with water, so it can be rinsed off properly.

**3-** Rinse the cleanser off your skin.

**4-** Follow up your cleansing routine with a second cleanser.

Read on to find the best second cleanser for your skin!

## DIFFERENT TYPES OF SECOND CLEANSER

Second cleansers are the water-based cleansers that are used after a cleansing balm or cleansing oil.

These cleansers don't have to come after a cleansing balm or oil, they can be used alone. In fact, in the morning, this is what you should do as it's unnecessary to double cleanse in the AM!

There are loads of different types of second cleansers but they generally fall into the following categories: **foaming cleansers, gel cleansers, bar cleansers or cream cleansers.**

For all skin types, I recommend gel cleansers the most as they are the most gentle and least stripping of the skin.

An example of a great gel cleanser is **Cetaphil's Gentle Skin Cleanser.**

If you are interested in bar cleansers as they're often plastic-free, make sure you get one that is designed for use on the face. If not, it could be really drying and damaging to your skin's barrier! My favourite plastic-free cleansing bar is **Carbon Theory's Facial Cleansing Bar.**

### *Oily or acne-prone skin types*

People with pimples or acne-prone skin might enjoy cleansers with **salicylic acid**. Salicylic acid is a Beta Hydroxy Acid which is great for pore clearing. So daily use of this acid can really help to reduce the number of pimples you get!

### *Normal skin types*

If you have normal skin, you can choose any type of cleanser, but watch out for foaming cleansers as some can be overly stripping.



### *Dry skin types*

If you've got dry skin, you might want to avoid foaming cleansers, and try skipping the cleanser in the morning to see if it helps you have more balanced skin!

All in all, the perfect cleanser for you will depend not only on your skin type, but on the type of product you like to use!

My main takeaways for choosing a cleanser are that double cleansing is the best way to remove your makeup, and that the safest type of cleanser for any skin type are gel cleansers.

Keep reading to find out what the next step in your new routine could be!



# CHAPTER TWO

## *Toner*



## TONER

Toner is a thin liquid which is applied after you've cleansed the skin. It can either be patted into the skin with your hands, or swiped gently on the face using a cotton round. This is a step which you can easily make more sustainable, by opting for reusable cotton or bamboo rounds instead of single-use cotton pads.

It is not necessary to use a toner if you don't want to! However, they do have a wide range of benefits.



Toner can be: **exfoliating**, **hydrating**, **pH balancing** and can help the **absorption** of your other skin care products.

Wow, right?! But with so many different types of toner out there, it can be really difficult to know which is going to be right for you! Let me break down the types of toner for you a little bit more...

## DIFFERENT TYPES OF TONER

### *Exfoliating toners*

Exfoliating toners work using Alpha Hydroxy Acids (AHAs) and Beta Hydroxy Acids (BHAs). AHAs and BHAs are examples of '**active**' skincare ingredients.

'Active' ingredients have this name because they have been lab tested and **proven** to change the skin in some way (but this doesn't mean that ingredients that aren't active won't benefit the skin!).

The most common AHAs are **malic acid**, **glycolic acid** and **lactic acid**.

When used on the skin, they improve collagen production, increase the absorbency of other products and exfoliate your skin by removing dead skin cells. This exfoliation gives you brighter and softer skin and helps to control acne!

This means you can use an exfoliating toner daily, every other day, or a couple of times a week to exfoliate your skin, instead of using a physical exfoliant like a sugar scrub. These physical scrubs can be really harsh, because they have sharp, abrasive edges which can cause micro tears in the skin.

This can lead to irritated skin, premature ageing, and because they form tiny scratches where bacteria can get stuck, it can also trigger more acne!

My personal favourite AHA is **glycolic acid**- I use The Ordinary's 7% Glycolic Acid Toning Solution as part of my night-time routine every other night.

When you see BHAs in your skin care products, it usually refers to **salicylic acid**. This little gem helps to keep your pores clear. BHAs also have a mild exfoliating effect, so they're a great ingredient to have in a toner if you're looking for skin clearing and skin softening.

Don't be scared by the word 'acid'; these are **safe** to use on the skin! Despite this though, you should only use 1-2 acids in a row in your routine, and you should always patch test 24 hours before using a new one.

When introducing acids into your routine, first use them every few days before building up to everyday if you want to use them daily, to avoid irritation or damaging your skin barrier.

### *Hydrating toners*

Using a hydrating toner is a really easy way to add a boost of hydration to the skin. Hydrating ingredients commonly found in toners are:



**glycerin, rose water, lecithin, hyaluronic acid** and **snail mucin**. Yes... snail slime. This snail by-product is incredibly hydrating! As this is an animal by-product, it is not vegan however.

The two most common hydrators are glycerin and hyaluronic acid, and these work by attracting water from the air to your skin to keep it hydrated. In fact, hyaluronic acid, an active skincare ingredient, can hold up to 1000x its weight of water! This is why I'm a **huge** fan of hyaluronic acid in my skincare!

### *pH Balancing*

Your skin likes being at a pH level of around **5.5**, but some cleansers can change the skin's pH to make it more alkaline (higher pH level). Using a toner which has a skin-safe pH level can help rebalance your skin after cleansing!

### *Absorption*

All toners help with the absorption of the products that you use afterwards, by keeping your skin moist so that your other skincare can penetrate better.

## HOW TO IDENTIFY A GOOD TONER FOR YOUR SKIN TYPE

### *Oily or acne-prone skin types*

Those of you with oily skin might really enjoy an **astrigent** toner to help your skin produce less oils. A great natural astringent is witch hazel, which will also help to decrease inflammation.

However, avoid toners which use alcohol to reduce oils as these are overly drying to your skin, which can cause your skin to overcompensate and produce more oils than before!

If you've got acne-prone skin, I would also recommend **exfoliating** toners with AHAs.

These will help reduce the number and appearance of spots, and fade acne scars faster! Toners with the BHA **salicylic acid** are also great for acne-prone skin because of its pore-busting properties; the acid minimises the bacteria in your pores, making it less likely that pimples will form.

As a cause of acne is unbalanced skin, using a **pH balancing** toner after cleansing your skin can make sure that it's not overly alkaline and not producing more oil to compensate.

### *Normal skin types*

If you've got normal skin, you might also benefit from a pH balancing toner just to keep everything balanced!

Using a **hydrating** toner is also a good idea, to keep your skin plump and supple.

### *Dry skin types*

Those of you with dry skin should definitely avoid astringent or oil controlling toners, and instead opt for **hydrating** toners that are going to add softness and plumpness to your skin.

You can definitely use **exfoliating** toners with dry skin, but watch out for signs of irritation or flakiness. If this happens, try using them less often, such as a couple of times per week.

Now that you've worked out which toner you want to integrate into your routine (or if you want to use a toner at all), it's time to think about **ESSENCE!**

# CHAPTER THREE

## *Essence*



## ESSENCE

Essences are extremely popular in K-beauty, as Korean skin care routines are all about hydrated, soft and supple skin. Essence is another way to add a boost of **hydration** to your skin. It is used after toner (or directly after cleansing if you don't use toner) by patting it into the skin.

Essences are quite similar to hydrating toners, although essences tend to be slightly thicker. If you already use a hydrating toner in your routine, an essence might not be necessary.



Like toners, essences can also have exfoliating ingredients (AHAs and BHAs), and they can have soothing or calming benefits.

Because essence is hydrating, it'll make your skin more absorbent, which allows your other products to **penetrate** deeper.

I think that essence is not an essential step in a routine, but they're definitely nice to use, and can add a luxurious vibe to your routine.

If you like a simpler routine, you can definitely pass on essence!

## HOW TO IDENTIFY A GOOD ESSENCE FOR YOUR SKIN TYPE

### *Oily and acne-prone skin types*

I would recommend using essence if your skin is dehydrated (more of this in Chapter 5). You could also go for one with **exfoliating** or **calming** benefits, to help with the appearance of acne.

### *Normal skin types*

Normal skin types can use any type of essence!

You can use this extra step to get a boost of hydration or you can choose to get your exfoliation done in this step.

### *Dry skin types*

I would recommend essences the most to people with dry, **dehydrated** skin, as they're an easy way to add more hydration to the skin.

The next chapter is my favourite step of any routine: **SERUMS!**

# CHAPTER FOUR

## *Serum*



## SERUM

Serums are clear or translucent liquid solutions that often come in small bottles with a dropper or pump, to help you apply just the right amount of product. They have many different functions but usually target a **specific** skin concern, and play a very specific role in your routine.

### DIFFERENT TYPES OF SERUMS

#### *Exfoliating serums*

Serums, just like toners and essence, can contain AHAs and BHAs. For example, you can get glycolic acid and salicylic acid in serum form.

It is even possible to find rinse-off exfoliating serum treatments, which work more intensely than daily-use serums. These work by using a stronger concentration of AHAs (around 20-30% AHA), which are left on your skin for a short amount of time before being washed off. These are done once or twice a week, making them a good option for people who don't want to have many steps in their daily routines, as they are not applied every day.

This is different from the strong facial peels that can only be done by aestheticians or doctors!

It's important to note that if you are using exfoliating ingredients in your other products (toners, essence or moisturisers), you should not use exfoliating serums. Only use **ONE** exfoliating product a day, as you do not want to irritate your skin.



#### *Pore care*

I want to tell you a **KEY** skincare secret: pores and blackheads are **NOT** the same thing! The small black dots on our nose are not blackheads; these are actually **sebaceous filaments**, or pores. These are tiny oil glands where our skin's sebum (natural oils) is produced. When pores become filled with sebum, they can be visible on the nose as small dots.

These are completely normal, and are mostly a sign of healthy skin.

Blackheads on the other hand, are **open comedones**. These are caused when sebum and skin cells become trapped in a hair follicle, forming a small and hard bump. Blackheads might appear as a black dot on the skin, but these differ from sebaceous filaments as they are harder and often bigger. Plus, they're less common than sebaceous filaments, whereas almost **everyone** has visible pores in their noses!

If you have very enlarged or visible pores, you might have oily skin. I can understand if you'd like to make your pores smaller, however...

Here is an important skincare fact which brands are **LYING** to you about: You can't make your pores smaller, and your pores can't open and close! I know you might think I'm crazy right now, but dermatologists have been in agreement about this for a long time.

You can't technically make them smaller, but you can definitely improve their appearance, making them *look* smaller.

Pores can be treated effectively with serums. Check out the section on oily skin below to find out more!



### *Acne Care*

Serums can also help with acne! Ingredients to look out for to reduce spots are **AHAs**, **BHAs**, **Niacinamide** and **Retinoids**. Read the section on oily and acne-prone skin types below to learn how these work.

### *Hydrating serums*

Like with toners and essences, serums can be incorporated into your routine as a way to give the skin a boost of hydration. Serums with **hyaluronic acid**, **snail mucin**, **lecithin** or **glycerin** will soften, hydrate and plump the skin.

### *Brightening and skin evening serums*

Many of us have hyperpigmentation on our skin. I do! Hyperpigmentation refers to small brown marks, or scars on the skin caused by a build-up of melanin in one particular area. It is extremely common in those with acne, and it is worsened when pimples are picked. Try your best to not touch your pimples at all, as this will help with scarring.

However, even if you don't pick your acne, you can be left with hyperpigmentation. I personally know how frustrating this is, so I recommend some powerful dark spot busting ingredients under the section for acne-prone skin!

## USING MULTIPLE SERUMS

You can totally layer serums if you'd like to! Just make sure that you're not using too much of the same ingredient. For example, you don't want to use two exfoliating serums in a row, as you're doubling your dose of pretty strong ingredients.

Also, take note of ingredients that are incompatible with others. When you mix certain ingredients, they can cause irritation. An example of two ingredients that shouldn't be used at the same time are retinoids and vitamin C!

I would recommend researching every new ingredient you incorporate into your routine, to make sure they're compatible with others you're using.

If you're interested in using multiple serums, why not use some in the day time and others at night?

**Skincare tip alert!** Vitamin C, Niacinamide and Salicylic acid are fine to use in the **AM**, whereas AHAs and retinoids are better used at **night** to avoid skin sensitivity.



## HOW TO IDENTIFY A GOOD SERUM FOR YOUR SKIN TYPE

Finding a good serum mostly depends on what you are looking to achieve with your skin care routine. However, your skin type matters too! If you're not sure about what your skin concerns are, here is how to choose the serums which are going to be most appropriate for your skin type!

### *Oily or acne-prone skin types*

If you would like to minimise the appearance of your pores, there are plenty of serums that can help.

As you have already learnt, **AHAs** slough off dead skin cells, so they're great at exfoliating the tops of pores to make them look smaller.

The BHA **Salicylic acid** can also make pores appear less visible by keeping them clear.

**Niacinamide**, an active skincare ingredient, also helps pores appear smaller by controlling oil production. The water soluble vitamin helps your pores produce less sebum, so that they will be less full and so less visible!



A further vitamin which is great for reducing the appearance of pores (and that is also an active ingredient) is **Vitamin C**. Vitamin C is a skincare hero; I could write you a short course just on vitamin C! I'll stick to the pore minimising benefits here for now. Vitamin C works by increasing collagen production of the skin, which makes pores look less visible. Neat, right?

**Retinoids**, active ingredients derived from Vitamin A, also helps to minimise the appearance of pores in the same way as Vitamin C.

If you have oily skin and you want to make it less oily, there are plenty of serums which are right for you. My favourite oil-reducing serum is Niacinamide.

For those who want to control acne, I would recommend serums that exfoliate and cleanse pores (AHAs and BHAs), as these reduce acne by removing build-up on the skin and in the pores, which could block them and cause pimples! Niacinamide is also useful for reducing acne because less oil production generally means less pimples!

Retinoids have many benefits for the skin, but one of the areas they're most used for is acne care. They work by increasing cell turnover rate, so that when new skin cells are produced, they push the dead cells and excess oil out of blocked pores. This makes spot formation much less likely!

**You may have noticed a trend by now...** Ingredients that are good for reducing pores are also good for reducing acne because they usually work by targeting oil production or cleansing pores! This is something to keep in mind, as it can help you find products that will work for you.

If you have hyperpigmentation left behind by pimples, I would recommend serums that target acne scarring, such as:

**Hydroquinone**, an active ingredient, lightens hyperpigmentation effectively, and can target anything from age spots and freckles to acne scarring.

My personal favourite for lightening dark spots is **Alpha Arbutin**. This active ingredient gradually and gently fades scars to get more even skin. Don't worry- this won't bleach your skin or make you lighter, it only targets areas of *hyperpigmentation*.



**Vitamin C** is loved by many for its ability to not only fade dark spots, but to give the skin an overall brightening effect. I can vouch for this; when I am using vitamin C serums consistently in my routines, my skin always looks a lot brighter.

I would also recommend AHAs (again), as they slough off your dead skin cells, which increases the speed at which your new, clear skin comes through!

#### *Normal skin types*

If you find that your skin is dehydrated, you could use hydrating serums.

Or, if your skin looks a little bit dull, or rough, you could incorporate a brightening serum and an exfoliating serum into your routine!

#### *Dry skin types*

Dry skin can also suffer from dullness and hyperpigmentation. If you have hyperpigmentation, check out some of the dark spot busting ingredients mentioned above. For dullness, try some of the brightening serums outlined before. Dry skin will particularly benefit from a hydrating serum, and this could even be layered on top of any of the other serums mentioned in this chapter.

And there you have it! You now know how to find the right serum for you.

Now that you've chosen your serums, the next step is to moisturise.

# CHAPTER FIVE

## *Moisturiser*



## MOISTURISER

For the last step, it's essential to apply moisturiser to lock in the rest of your ingredients and moisturise your skin throughout the day or overnight. Moisturiser keeps your skin plump and soft, and prevents it from getting dry and dehydrated.

Transepidermal water loss (**TEWL**) refers to the fact that our body's water slowly evaporates from our skin all the time, especially at night.

Now, I have to tell you a huge skincare misconception here! I want you to have as many skincare tools under your belt to help you achieve **happy and healthy skin**, so let me break down something really important for you...

Although many brands use the words 'dry' and 'dehydrated' interchangeably, there is actually a huge difference between dry and dehydrated skin. *Dehydrated* skin is skin which has experienced water loss. A good way to think of this is **Hydration = H<sub>2</sub>O** (water).



When your skin is dehydrated, you want to use hydrating ingredients such as hyaluronic acid. But it's important to use moisturiser to keep these hydrating elements in your skin! Moisturiser can't actually hydrate the skin, but it can help your skin STAY hydrated because of its 'occlusive' function (it blocks the water from leaving).

Dry skin on the other hand is characterised by flaky, rough looking skin.



While dehydrated skin is caused by a lack of **water**, dry skin is caused by a lack of **oil**. The treatment for dry skin is moisturiser, or moisturising facial oils, as they will help to soothe and replenish your dried-out skin.

If this still isn't clear to you, you have the opportunity to contact at [Instagram.com/A\\_Beautyfull\\_World](https://www.instagram.com/A_Beautyfull_World) for one-on-one skincare advice!

## TYPES OF MOISTURISER

Moisturisers can come in the form of facial oils or creams, which are either thick and creamy or thin and watery.

Facial oils, such as **rosehip seed oil**, **marula oil**, **jojoba oil** and **squalane oil** count as moisturisers because they're occlusive, meaning they prevent transepidermal water loss (TEWL) and keep your skin soft and smooth.

Thin creams are often called 'lotions' and these are less moisturising than thick creams because of the fact that they have more water and less of the moisturising ingredients.

If you don't like feeling oily or greasy, you might prefer lotions during the day. However, it's important to use thicker moisturisers at night to prevent TEWL! This'll have you waking up to soft, glowy skin every morning!

## HOW TO IDENTIFY A GOOD MOISTURISER FOR YOUR SKIN TYPE

### *Oily or acne-prone skin types*

If you have oily skin, I definitely don't recommend using a thick, extremely occlusive moisturiser during the day. You might enjoy using a lotion or one of the lighter facial oils (such as squalane oil) as these will be less heavy and oily on the skin. I would recommend looking into K-beauty moisturisers if this applies to you, as they make fantastic lightweight lotions.

At night, I would still recommend using thicker moisturisers. Yes, **even** if you have oily skin!

Did you know that a cause of oily skin is actually **under**-moisturised skin? This is because when your skin isn't getting enough moisture, it produces lots of oils to try and keep the skin moist. When the skin overcompensates and the oil production is **excessive**, you're left with oily skin!

Don't be afraid to experiment and try out different types of moisturiser to see what's right for your skin. But generally, the rule is that if your skin is still very sticky or greasy in the morning; it's too moisturising for you. If this is the case, you might enjoy using a lotion at night.

## *Normal skin types*

Depending on how moist you like your skin to feel during the day, normal skin can be happy with more or less moisture in the AM. This means you can use thicker moisturising creams and oils or thinner lotions.

In hot weather, or in hot and sticky climates, I would definitely recommend that those of you with normal skin try lotions, as creams can be too heavy for that kind of weather.

I also recommend using a thicker moisturiser at the end of your PM skincare routine to **lock in** all your hydrating ingredients and to keep your skin moisturised overnight.



### *Dry skin types*

Those of you with dry skin will enjoy thicker moisturisers in the day and especially at night. In cold, dry weather, I would recommend you to try layering your moisturisers to stop your skin getting dry or dehydrated.

During the day, you can also get an extra boost of moisture from your **sun screen** (check out the next chapter for a breakdown on SPF).

If you find that no matter how much moisturiser you apply, your skin is still dry, I would recommend two of my biggest skincare hacks:

### **Ceramides and sleeping masks.**

Ceramides are dry skin's heroes. These are naturally found in the skin, and using a moisturiser with ceramides helps to heal the skin and strengthen the skin's barrier, to prevent the water leaving your skin (**TEWL**). If my skin is ever irritated or extremely dry, I apply a thick layer of ceramide-rich cream at night, and within a couple of days it has righted itself.

Sleeping masks are extremely moisturising creams which are applied on top of your usual night-time moisturiser. They're not to be used every day, but think of them as skin **treatments** for when your skin is particularly dry.

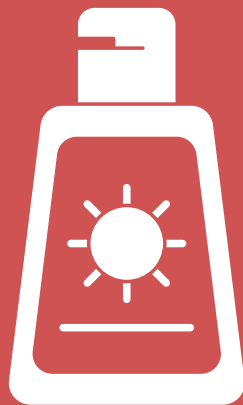


They intensely moisturise the skin and help keep it soft and smooth.

Now you've learnt all about moisturisers and chosen the perfect one for your climate and skin type, it's time for **sun protection!**

# CHAPTER SIX

## *Sunscreen*



## SUNSCREEN

Sun protection is the one skincare product that you should never skip in your day-time routine. If you want a simple routine, the products I would make sure to include would be: 1) Cleanser, 2) Moisturiser and 3) SPF (during the day). That's all you need to keep the skin protected and healthy.

### **Now, let me explain why...**

I know most of us apply sunscreen during sunny weather, but SPF should actually be worn every day. Yes, **even** when it's cold and rainy! The sun's harmful rays, UVA and UVB, are damaging regardless of the weather.

If you don't wear sun protection on a daily basis, these will harm your skin over time in 2 ways: **deep** and **superficial** tissue damage. Deep tissue damage is the most serious type as it can lead to **skin cancer**. Prolonged exposure to UV rays over the years is the main cause of skin cancer, which is why daily sun protection is not a skincare step to be missed, especially if you live in a bright, sunny area. Skincare is also about the health of the skin, not just the appearance!

Superficial skin damage appears on the skin as ageing. This happens as the sun leads to a deterioration of **collagen** and **elastin**, which are two proteins that help to keep the skin bouncy, resilient and rigid. That's why SPF is the biggest anti-ageing treatment out there. It's recommended to wear at least SPF 30 on a daily basis, and reapply every 2-3 hours, per the instructions of the sunscreen. It's also important to not neglect your neck as the skin there is thinner and so more prone to the first signs of ageing!

If you are a daily concealer, foundation and powder wearer, you still have to reapply SPF. I know you're probably wondering how this is possible, but it's possible to find **SPF mists** or setting sprays with SPF! These are designed to work as SPF top-ups to be applied throughout the day, on top of makeup (or not!). An example of an SPF setting spray is **Kate Somerville's UncomplIKated Makeup Setting Spray SPF 50 Sunscreen**.

*Use with active ingredients*

With most active ingredients, you **HAVE** to wear daily SPF, as these thin out your epidermis by sloughing off the outer layer of skin, making your skin more vulnerable to sun damage.

**Vitamin C, Alpha Arbutin, Retinoids, AHAs** and **BHAs** are all ingredients that require you to wear daily SPF (and reapply it throughout the day). Sun protection and healthy-looking skin go hand in hand, so there is no reason not to use it!

## DIFFERENT TYPES OF SPF

There is more than one type of SPF, and not all types give a blue-grey cast. This is great news for those of us with medium to dark skin tones who always end up with a blueish hue after putting on sunscreen!

### *Mineral*

Mineral sunscreens are the ones to blame here, but this doesn't mean they're bad! In fact, mineral sunscreens offer fantastic sun protection, as the minerals sit on top of the skin and **reflect** the sun's rays. This blocks them from entering the skin, protecting you from sun damage.

### *Chemical*

Chemical sunscreens work quite differently because they're absorbed by the skin! They protect you by **absorbing** the sun's UV rays, instead of reflecting them. These are my preferred choice of sunscreen because of the fact that they leave no blue or grey cast on the skin!



### ***How you apply SPF is important...***



1- Chemical sunscreens should be applied **BEFORE** moisturiser, so they're fully absorbed by the skin. Mineral sunscreens should be applied **AFTER** moisturiser on the other hand, to ensure that they remain as an outer protective layer to the skin.

2- Another important tip which many people do not know is that you shouldn't mix your SPF into other products! I saw a skincare 'hack' the other day of someone mixing their sunscreen into their moisturiser.



This is an issue as it is essentially **DILUTING** the skin-protecting ingredients.

You will not be properly shielding your skin if you're not applying enough SPF!

Now you might be thinking, 'Yeah, but loads of brands sell moisturisers with SPF in them!' And you're totally right! Brands produce carefully formulated facial creams with the right amount of mineral or chemical agents to make sure that you're getting enough of the skin-protecting ingredients in an application of sunscreen. So **don't dilute** your SPF, and make sure you are applying it liberally to really keep you safe!

If you can't tell already, I really want to share my little-known skincare secrets with you, to give you visible results in the short term **AND** in the long term!

## HOW TO CHOOSE THE RIGHT SUN PROTECTION FOR YOUR SKIN TYPE

Although skin type is an important factor when choosing the best formulation of sun screen for you, skin tone matters a lot. If you have medium to dark skin, mineral sunscreen can leave a blue-grey cast on your skin. But if you wear foundation on a daily basis, this might not be an issue for you, as you can just cover up the discolouration with makeup!

### *Oily and acne-prone skin types*

Those with oily skin will definitely enjoy an SPF **gel** or watery **lotion**. These are quite lightweight and don't add much heaviness or oiliness to the face. Typically, these use chemical agents, but check the packaging as it will tell you. Knowing this, you can be sure on whether you should use it before or after moisturiser.

I find that the best lightweight sunscreens are made by Korean beauty brands, so this is a good place to start looking if you're interested in a thinner formulation!

My current favourite is **Etude House's Factor 50 Sunrise Sun lotion**, but the **Bioré Factor 50 Watery Essence** is a great one too!

Make sure to still apply moisturiser!

### *Normal skin types*

Normal skin types might enjoy mineral or chemical sun screens, either with creamier textures, or thinner gel or lotion-like textures. Typically, SPF is worn in conjunction with moisturiser, so if you don't want the skin to feel oily or sticky, you might prefer using a thinner sun screen alongside your moisturiser.

### *Dry skin types*

If you have dry skin, I would recommend a **cream** SPF. Your sun screen can act as an additional layer of moisturiser during the day, to help keep your skin balanced and moisturised!

Dry skin types should definitely also apply moisturiser alongside SPF, to give you all the moisture you need.

THANK YOU

*Let's keep in  
touch...*



## THANK YOU

You've officially completed every chapter of this short course. I would really like to thank you for joining me here; I hope you have enjoyed it!



It's up to you now to take all the knowledge, skincare tips and little-known skincare secrets I shared with you here, to create your very own customised skincare routine.



With this guide, you will be able to choose the right cleanser, toner, essence, serum, moisturiser and sunscreen for you- but that doesn't mean you **NEED** to have all those steps in your routine! As mentioned before, if you want an extremely simple routine but you still want healthy, glowing skin, the only **essential** skincare steps are 1) cleanser, 2) moisturiser and 3) SPF.

But if you have some skin concerns you'd like to address, you can have more steps in your routine in order to incorporate products that are going to target those specific issues.

So, if you've got dry or dehydrated skin, or even acne, follow the guidance in this short course to achieve your skin goals!

I really hope that this guide will have broken down all the confusing skincare jargon and weird ingredient names for you, so you know how to pick the best products for you. But if you feel like you still need more information, I'd like to remind you of the special opportunity I'm giving you here!

# LET'S KEEP IN TOUCH...

Because you bought this short course, I'd like to invite you to contact me via Instagram DMs for **personalised** skincare advice! I will break down what different skincare ingredients are and what they can do, explain whether or not a product is worth your money, and even help you figure out your particular skin concerns!

You can find me there at [Instagram.com/A\\_Beautyfull\\_World](https://www.instagram.com/A_Beautyfull_World), and quote the words '**Glow Up**' when messaging me so I know you've come from this guide!

I hope to meet you soon!

Aside from my Instagram, you can find me on Twitter, at [Twitter.com/J\\_M\\_Sauca](https://twitter.com/J_M_Sauca).

I wish that you all achieve the skin goals you desire. Here's to healthy skin!

Love,

Jazmin 

