

A few steps can revitalize your skin

A skincare routine anyone can use



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www.ScienceBeautyGal.com

Background

Several quick steps every day can go a long way to helping maintain healthy, glowing skin. See below of my super easy skincare routine.

Step 1: moisturize and protect

Step 2: touch up as needed

Step 3: Cleanse and moisturize

24-hour breakdown

Morning

In the daytime, a light cleansing facial wipe or a facial mist can help you feel refreshed without taking off your sunscreen.

Night

In the morning, go for a quick cleanse in the shower, followed by a light moisturizer. Whatever you do, don't forget the facial sunscreen, even on a cloudy day! This will go a long way to preserving your skin health.

Daytime

At night, use an oil-based cleanse to remove the sunscreen, then a foam-based cleanse to finish cleaning off the dirt from the day. Follow with a nighttime moisturizer, face mask or sleep pack.



Short on time?

The three most important steps are sunscreen (morning) and cleanse and moisturize (evening).



Beware the seasons

A change in humidity and temperature can require adjustments in your routine.



Experiment!

Skincare routines are highly personal. This is a starting suggestion to explore what works for you.

Learn more about skincare and science at
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