

Skin Care

To really notice a difference in your skin I recommend 7 steps/products to put into your daily skin care routine! I know it seems daunting at first but start with small changes and you'll really notice a difference in your skin! The process is actually pretty quick and you can start with the basics (Cleanser/Toner/Moisturizers) for now and add the others into your routine when you get accustomed to it.

Here are the steps and products I recommend:

- Eye Makeup Remover
- Cream Cleanser/Oil cleanser
- Alcohol-free Toner
- Day Moisturizer
- Night Cream/Moisturizer
- Eye Cream (AM/PM)
- Lemon Yogurt Mask

As far as the brands of products - it's more personal preference so feel free to explore the options out there but I do give some suggestions on what I use!

Eye Makeup Remover

I like a creamy feeling eye makeup remover because it feels soft and gentle on my eyes! It's really important to remove all eye makeup even the stubborn mascara because eyes tend to age first and leaving makeup on them can be damaging over time. Also make sure you are **SUPER** gentle around the eye area - The skin around the eye is 7x thinner than the rest of your skin on your body so be sure to not pull or rub hard in this area - over time it will cause a loss of elasticity that you can't get back so be very gentle to your eyes!

I use an oil/water eye makeup remover followed by bioderma. I also like the creamy Makeup Forever eye makeup remover.

Cream/Oil Cleanser & Alcohol-Free Toner

I alternate between a cream cleanser and an oil cleanser (or sometimes use both!) Depending on how much you want to spend you can also find drugstore versions of cream cleansers - I really like the Target brand No.7 line and for more mid-higher end I really love Glossier Milky Jelly Cleanser or Clarins Alpine Milk. I've also been using cleansing oils as well - sometimes I'll use this to get off all my makeup and then will use a cream cleanser after or I'll use it alone, it picks up everything and doesn't leave your skin feeling greasy, it just feels soft! The No.7 line from Target also makes a

pretty good oil cleanser. I know it sounds odd to put oil on your face, especially those who have oily skin, but the oil doesn't penetrate the skin and oils can help break down oil. The problem with foaming cleansers is that it contains many sulfates, which is like a harsh detergent and will strip much needed moisture from your skin, leaving it feeling tight, dry, irritated, and unbalanced. The cream and/or oil cleansers will breakdown more oil, dirt, and makeup without stripping or irritating the skin.

I would also follow that with an **alcohol-free toner** (alcohol dries out skin) to follow up your cream cleanser - even better if it's from the same brand since they are created to use together! This will help balance the PH of your skin and remove any dead skin cells or leftover residue from the cleanser. I prefer bioderma or a micellar water.

DIRECTIONS:

You'll want to massage the cream cleanser (or oil cleanser) on **dry skin**, the key is it being dry as water will start to break it down before it has a chance to cleanse the skin. Cleanse with it twice a day! This is a good time to give yourself a nice little facial massage as well! I take a little more time at night to really massage the cleanser into the skin and massage the facial muscles. Facial massage is a relaxing way to elongate the tense and tightened facial muscles, stimulate circulation in the skin giving you glowing skin and will help with lymphatic drainage as well! You can rinse off the cream cleanser with water or if water isn't available you can use cotton pads to remove it. Then follow with your alcohol-free toner or bioderma to remove any leftover cleanser, dirt, or makeup. Of course after, I suggest following up with a moisturizer (day or night depending on time of day!) to lock in and replenish the moisture in your skin!

Exfoliation

Do not use scrubs! It's super harsh on your skin and can do damage by tearing and enlarging pores or leaving skin irritation bumps (often mistaken as acne). If there are any blemishes the scrub will open it up and spread the bacteria into other pores and areas of your face. Be gentle and kind to your skin, it doesn't need to be scrubbed harshly to get clean!

Instead you'll want to use an AHA/BHA type of mask that will exfoliate your dead skin cells like a light peel. The one I use and absolutely love is Herbivore's Blue Tansy mask. Warning, the mask will tingle a bit, but it's working! Or you can also do the Lemon Yogurt Mask mentioned later on in this PDF.

Day Moisturizers & Night Creams

For moisturizers, you'll need a day one **and** a night one! It's important to have both because they both accomplish different things. A day moisturizer will help keep the moisture in the skin by creating a kind of barrier between your skin and the environment, pollutants, makeup, the sun, and all of the other elements that can cause you to lose moisture in your skin throughout the day. A night moisturizer will replenish the moisture by penetrating the skin, whereas, the day moisturizer kind of sits on top of

the skin to protect it. Again, it's more personal preference on what specific one to choose, some are lighter feeling like a gel and some are creamier and thicker feeling, whatever feels best on your skin as long as it's the right type. For day moisturizer, I've used many different brands and depends on if you prefer a lighter or richer feel or if you prefer to use a day one with SPF. In the past I've also used Kiehl's Ultra Facial Moisturizer (which I find a bit lighter) or Embryolisse Lait Crème (now available at Target!), and recently I'm loving Glossier's rich moisturizer for daytime under makeup. For night moisture, again I try new things all the time, but lately I've been using a night mask or Janssen Night Repair and in the past I've loved using the Clarins skin brightening night cream (I have some scars/dark marks so feel free to explore other options).

Eye Creams

This should last you quite a while, you only need the tiniest bit! Again the skin around the eyes is much thinner so you only need a little bit! If you use too much your skin will push it back to the surface and that's how you can end up with those little milia bumps. I currently use the eye contour cream from Janssen Cosmetics.

DIRECTIONS:

Put a tiny bit on your ring fingers and rub together to warm the product slightly, then tap the product lightly from under the eye around to above the eyebrows in a circular motion. Do not put directly on your eyelid, the product will travel down and moisturize that area (lots of warmth and rapid eye movement in that area).

Lemon Yogurt Mask

And lastly, one of my favorite tricks, the homemade lemon yogurt mask! It's an amazing and super gentle AHA (Alpha Hydroxy Acid) which is a great way to exfoliate and brighten your skin without the harsh scrubs! The lemon in the yogurt is a natural AHA that will dissolve dead skin cells and the acidophilus in the yogurt is a natural dissolver of bacteria! You can buy plain yogurt and squeeze a little fresh lemon juice into it or I just buy one organic lemon yogurt from Trader Joe's that lasts me the whole month for around \$2! :)

DIRECTIONS:

Apply the yogurt mask to clean skin and let it sit for about 10-15 mins then rinse. The mask can dry thick so I usually try to do it before my shower so it's easy to get off! The mask is gentle enough to use everyday or as little as once a week. I try to get mine in at least a couple times a week.

I hope this helps guide you in the right direction - Let me know if you have any other questions! I would love to hear about any improvements you see in your skin – Can't wait to hear how amazing your skin feels!!