

Back to the Basics: Developing a Skincare Routine

The skin is the largest organ and your body's first line of defense against many elements. Adding a few steps to your daily routine can help protect and prolong your skin health for your face.

The skincare section at the store may feel overwhelming. You are bombarded with photos of models with perfect skin and bright packaging with bold claims like "anti-aging". How are you supposed to choose what is right for your skin? Let's go back to the basics and learn the simple steps to developing a safe and effective skincare routine.

Skincare is not a one-size-fits-all approach. We all have different skincare needs – some have oily skin, dry skin, dark spots, or acne. Our skin types and conditions can also be impacted by weather, seasonal changes, or life stressors. If you are interested in learning more about how to treat a specific skin condition, you can speak with an aesthetician and/or dermatologist. However, there are two steps that **everyone** should be doing for all skin types: cleansing the skin and applying a moisturizing sunscreen.

Step 1: Wash your face.

Your skin secretes oil that can grab bacteria from your hands and cell phone, pollutants from the air, and sweat, all of which can block pores. Washing your face when you get up and before you go to bed is an important part of a basic hygiene routine. If you exert yourself and sweat a lot, during exercise or work, then add an additional cleanse afterward.

Avoid using body wash or bars of soap to clean your face regardless of your skin type, as these products are too harsh for our face. For dry skin types, choose a mild cleansing agent that highlights dry or sensitive skin types on the label. For oily skin, choose a face wash specifically made for oily or acne prone skin. Determine what price range works best for you and research to see what products are best for your skin care needs. When you wash your face, gently massage onto your face and neck and remove well with water. Now, you are on your way to healthier skin!

Step 2: Apply sunscreen.

Everyone should be using sunscreen on their face during the day! Sunscreen not only helps prevent skin cancer, but it also reduces the aging effects the sun has on your skin. Look for a moisturizing sunscreen to apply after washing your face during the day. Choose a broad-spectrum sunscreen with a SPF of 30 or higher. If you are active outside, reapply after sweating or swimming. Follow your sunscreen's instructions and reapply based on the hours of exposure. Before you go to bed, wash your face, and apply a simple moisturizer (without SPF) to hydrate the skin.

It is best to be a hydrated "grape" versus a wrinkled, dry "raisin". With just two simple steps, you have created an inexpensive and effective skincare routine!



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