ONE PAGE SUMMARY

Lifestyle & Hobbies › Skincare › Skincare Basics

Beginner lessons for Skincare Basics

Unlock Radiant Skin with Skincare Basics!

DEFINITION

> Skincare basics involve understanding how to care for your skin effectively. It includes knowing your skin type and using the right products.

KEY CONCEPTS

Skin Types

There are five main skin types: normal, oily, dry, combination, and sensitive. Identifying your skin type helps in selecting suitable products.

Cleansing

Cleansing removes dirt, oil, and impurities from the skin. It's essential to do this twice daily for healthy skin.

Moisturizing

Moisturizers hydrate the skin and prevent dryness. Choose a moisturizer based on your skin type for best results.

Sun Protection

Using sunscreen protects your skin from harmful UV rays. Apply it daily, even on cloudy days.

Exfoliation

Exfoliating removes dead skin cells, promoting a smoother complexion. Do this 1-2 times a week depending on your skin type.

EXAMPLES

→ Use a gentle cleanser for oily skin.

→ Apply sunscreen every morning before makeup.

→ Exfoliate with a scrub once a week.

MEMORY TIPS

★ Remember 'C-M-S-E' for Cleansing, Moisturizing, Sun protection, Exfoliation.

★ Think of 'Sunscreen Saves Skin' to emphasize daily use.

★ Use the acronym 'GLOW' for Good skin, Light moisturizer, Oil-free products, and Weekly exfoliation.

COMMON MISTAKES

✗ Not knowing your skin type before buying products.

✗ Skipping sunscreen on cloudy days.

✗ Over-exfoliating, which can irritate the skin.

QUICK RECAP

Understanding your skin type is crucial for effective skincare. Always cleanse, moisturize, and protect your skin from the sun. Regular exfoliation enhances skin texture and appearance.