

# SKIN CARE RITUALS

You might be thinking what does skin care ritual mean and why is it so important? Well, it is a skin pampering routine to keep your skin in a perfect condition. You must have seen the IG influencers emphasizing about skin care routine. Sometimes it's difficult to understand which product suits us the best and how to best cleanse the face like a pro. Here's to the right way to wash your skin, it doesn't include any bar soaps or harsh chemical washes.

After having a busy day at work whether you're a student or a business woman it is important to take care of your skin's health. After all it's an organ which battles around all day fighting different harmful bacteria. Therefore, proper cleansing of skin is required to keep it healthy and glowing. Here I'm going to mention some steps to remove the grime on your face and cleanse your skin properly and effectively.

## **Step no.1 CLEANSER**

It's the first step to our skin care ritual which is often been neglected by some of the IG influencers. Cleanser should be used according to the skin type as some of you might have an oily skin or dry one or maybe the combination of both.

### **For Oily Skin Type**

Foaming cleansers are one of the best cleansers for oily skin. It deeply cleanses of the dirt out of the skin without finishing the moisture of your skin. Your skin would feel great and soft after applying the foaming wash. It works perfectly in cleaning the grime out of your pores and affects a better exfoliating process leaving your skin hydrated.

Top 5 Best cleansers for oily skin are listed down below.

- CeraVe Foaming Facial Cleanser
- Neutrogena Oil-Free Acne Wash
- Clean & Clear Acne Triple Clear Facial Cleanser
- Dermalogica Dermal Clay Cleanser
- Aveeno Clear Complexion Foaming Cleanser

### **For Dry Skin Type**

When you've a dry skin the most crucial element is find a suitable cleanser which is gentle, non-comedogenic. A wrong cleanser could affect your skin abruptly in many ways. So, it's important to look for those few ingredients which don't dry out the skin texture.

Following are the ingredients which should be kept in mind while you're purchasing the product.

- hyaluronic acid
- ceramides

- glycerin

### **Cleansers which are best for oily skin**

- CeraVe Hydrating Facial Cleanser for Normal to Dry Skin
- Cetaphil Gentle Skin Cleanser
- Neutrogena Hydro Boost Hydrating Cleansing Gel
- Neutrogena Ultra Gentle Hydrating Cleanser

### **For combination Skin.**

Finding a cleanser for a combo skin type is really a difficult task, as it very tough to maintain the hydration of the skin while concurrently keeping the skin moisturized. When finding a cleanser for combo skin dermatologist often recommends a cleanser which is light foam or gel based with mild exfoliants.

Following are the cleansers for combo skin

- CeraVe Hydrating Cream-to-Foam Cleanser
- Neutrogena Ultra Gentle Daily Cleanser
- Neutrogena Skin Balancing Purifying Gel Cleanser
- Drunk Elephant Beste No. 9 Jelly Cleanser

## **Step 2: Toners**

Second step is to apply a toner on your skin with a help of a cotton pad. Don't rub too hard into the skin as it could lead to irritation and dryness. It goes after the cleansing phase. Toners help to balance the PH level and to reduce the dirt out of your skin, shirking the pores around the T-zone area of the skin.

The experts suggest that for oily skin type the ingredients include hydroxy acids, it could deeply clear the pores and reduces the oil production in skin. Hydroxy acid contains AHA's and BHA's both are exfoliants for the skin which help in unclogging the pores and removing dead skin cells

For those who's having dry skin, ingredients are niacinamide, aloe vera or vitamin C which use to reduce the inflammation and doesn't dry out the skin much.

Following are the best toners listed below

- Pixi Glow Tonic
- Thayers Rose Petal Facial Toner
- Mario Badescu Glycolic Acid Toner

- The Ordinary Glycolic Acid 7% Toning Solution
- Dermalogica Multi-Active Toner

### **Step 3: Serums**

Serums are the best thing to integrate into your skin care routine. The benefits of the serums are in its formula but particularly it helps to reduce the fine lines and discoloration of skin. The texture is tinner than a moisturizer and contains active ingredients like Retinol, glycolic acid vitamin C (ascorbic acid), vitamin E (tocopherol), vitamin B3 (niacinamide), hyaluronic acid etc.

For daily use serums contains Vitamin C, E B3 which are good antioxidants and use to protect against environmental elements such as air pollutants and UV rays.

For itchy and dry skin serums having Hyaluronic acid with B3 and green tea extract, vitamin E which smoothen and protect the skin from UV rays.

Following are the best serums are listed below;

- The Ordinary Niacinamide 10% + Zinc 1%
- L'Oreal Revitalift Derm Intensives 10% Pure Glycolic Acid
- CeraVe Anti Aging Retinol SerumSerum
- Clinique Smart Custom Repair Serum
- Oriflame Even Out serum

### **STEP 4: MOISTURIZER**

It has different forms such as skin cream, lotions and ointments. It is formulated according to the skin types for dry skin creams moisturizers are being used, for oily skin type tinner moistures are suitable. SPF's are used as an additional moisturizer as it protects the skin from UV rays.

Following moisturizers are listed below according to the skin type

#### **For Dry skin :**

Moisturizers for Dry skin:

Neutrogena Hydro Boost

CeraVe Moisturizing Cream

**For Oily skin:**

Origins Clear Improvement Moisturizer

Cetaphil Pro Oil Absorbing Moisturizer

CeraVe PM Facial Moisturizing Lotion

**For combo skin:**

CeraVe Facial Moisturizing Lotion AM SPF 30

Cetaphil Daily Hydrating Lotion with Hyaluronic Acid

Cetaphil Moisturizing Cream

Applying sunscreen after moisturizing your face is an extra flex to your skin care ritual. :D