

SKINCARE GUIDE

The beginner's guide to good skincare habits and a simple daily routine

THE BASIC STEPS

1. Wash with a gentle cleanser
2. Hydrate with a light lotion
3. Protect skin from sun damage

THINGS YOU SHOULD DO

- Use an alcohol-free cleanser to wash your face.
- Wash once in the morning and once before bed. Wash after heavy sweating too.
- Use your fingertips to gently wash your face.
- After washing, gently pat skin dry with a soft towel.
- Use a lightweight lotion to hydrate skin.
- Apply sunscreen before going outdoors or wear a hat to shield your face from direct sun.

THINGS YOU SHOULD **NOT** DO

- Don't use hot water to wash your face.
- Don't scrub your face or use a washcloth, mesh sponge or anything that can be abrasive.
- Don't over wash your skin.
- Don't dry out your skin.
- Don't pull or rub the delicate skin around your eyes.
- Don't get lotions or cleansers in your eyes.