

TOP 5 TIPS

that save you money when buying
skin and **hair** products

Are you persistently looking for the right skin or hair concerns solution and feeling frustrated for not **finding the right solution?**

With so much money already spent on products that did not work for you, this free pdf is just the right thing for you to read now.

Skin concerns like oily skin, dryness, acne, pigmentation, premature ageing, and hair concerns like hair fall, dandruff, damaged hair, premature greying can get difficult to manage. Not only are they difficult to deal with physically but can be emotionally draining too. With the anxiety to get your hands on the right product, you know you were not lucky enough in the first go yet hopped onto the next one and to the next one on the way. You got yourself into this vicious cycle -



“My skin is so sensitive. Nothing works for me.”

You give up and then start again. You finally end up searching online and to look for recommendations of “experts” to find that perfect one. While, the half truth is that there isn’t one.

Till now you have been making some common mistakes while choosing your skin and hair products. (Not to forget all the money that went into the bin too). If you avoid these trivial yet apparent mistakes, you will have the skin or hair that you have been longing for.

Here are the top 5 tips that will help you save money and select the right skin and hair products that works best for you:

- 01 **Knowing your skin type**
- 02 **Ingredients list**
- 03 **Safety**
- 04 **False claims**
- 05 **Patience**

1. Knowing your skin type

Products that don't work for you, often end up giving some allergies, redness, inflammation or blemishes. This leads to you concluding your skin type to be sensitive which may not be the case. The best approach here is to go back to the days before the problem arose and recall what skin type you had - normal, oily, dry or a combination type. It is possible that the use of certain products or treatments changed or affected your skin type. For example, some acne treatments can turn your skin from oily to dry and give it a scaly appearance. Hence, selecting products according to your skin type is the first step. Products that have 'For All Skin Types' mentioned on their packaging are a safe bet too.



2. Ingredients list

Some products do not mention the complete ingredients list. Beware of what they are hiding. It is essential to look at the label and avoid products that mention only the key ingredients or look for words that say base q.s. Would you deny that good looking skin and hair makes you look good? If not, then knowing a little more about the ingredients used in these beauty products will always help. Comedogenic (that block skin pores) ingredients in products can cause more harm than good. You may end up with breakouts, whiteheads or blackheads. Sulphates and Parabens should be watched out for too.

3. Safety

A simple way to ascertain if a product is suitable for your skin or not is to do a small patch test. A patch test can be done on the intersection of your upper and lower arm or on your wrist. Products with certifications such as Dermatologically Tested or Hypoallergenic should be preferred. These certifications ensure that products have been tested by accredited laboratories for their safety against skin allergies.

4. Claims

One of the biggest mistakes you have made is by falling for products that make quick fix claims. Skin and hair concerns need time to be resolved. Claims are generally mentioned on the front side of the label or in the directions of use section to attract you. Avoid picking up products that claim overnight results. Skin or hair concerns often need a complete regime to be followed and a single product is often not enough to treat all of your problems. Avoid products that claim to be an 'all-in-one' solution. A typical example could be: This cream treats acne, spots, pigmentation, provides sun protection, removes wrinkles, makes your fairer, etc. Right products are minimalistic formulations that solve a single primary concern.



5. Patience

Lastly, give it the time it needs. Once all above 4 points are ticked, stay with the products. Your skin or hair takes time to adapt to any new product. The active ingredients present in the products are designed to work in a timely manner. For example, a product that helps you manage androgenic hair loss or the one that works in your post inflammatory hyperpigmentation needs probably 4-6 months to show visible results. Keep patience because if you lose it now, you are surely going to end up saying - "My skin is sensitive. Nothing works for me."

SHOP NOW

P.S.

At Re'equil, we make sure all our products adhere to the highest safety standards of ingredients and manufacturing. Each product is dermatologically tested and free from sulphates and parabens. They set the expectation right by informing you about a realistic outcome just as it would be. More than anything else, they give you the skin, hair and of course the confidence you want to firstly accept and then cure your concerns in the right way. Not to forget, they help you save a lot of money.

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