

DR.  ANITA RATTAN

SKINCARE CHEAT SHEETS

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HOW TO LAYER YOUR SKINCARE AM & PM ROUTINE

AM ROUTINE

1. Micellar Gel Wash
2. Toner (optional)
3. Moisturiser
4. Petroleum jelly for lips
5. SPF50

PM ROUTINE

1. Oil Melting Cleanser
(part 1 double cleanse)
2. Micellar Gel Wash
(part 2 double cleanse)
3. Toner
4. Chemical Exfoliator
(1-2 Times a week)
5. Treatment serums
6. Moisturiser
7. Barrier oil + humidifier
(If very dry skin)

HOW DO YOU GROUP INGREDIENT LISTS?

Exfoliating acids

Glycolic acid (I prefer <5% for skin of colour) Lactic acid, mandelic acid, salicylic acid)

Humectants

Sodium Hyaluronate, glycerine, algae extract

Anti inflammatory ingredients

panthenol, aloe, allantoin, centella asiatica

Anti aging ingredients

Vitamin A (retinaldehyde, retinol, retinyl palmitate), co enzyme Q10, Vitamin C (Tetrahexyldecyl ascorbate, ascorbic acid), Peptides, Skin barrier repair: Niacinamide, ceramides

Acne ingredients

Niacinamide, Benzoyl peroxide, salicylic acid

Anti oxidants

Vitamin A, C, E, Green tea extract, ferulic acid, Resveratrol

Brightening/ Anti Hyperpigmentation

Alpha arbutin, azelaic acid (azeloglycine), Kojic acid, Liquorice root extract, Niacinamide, Vitamin C, Vitamin A

Preservatives

Parabens, phenoxyethanol, Benzyl alcohol

Emollients

Shea butter, silicones, paraffinium

Fragrances/ essential oils to AVOID

limonene, linalool, geraniol, citronellol, eugenol, Bergamot oil, Eucalyptus oil, hexyl cinnamal, menthol, Ylang ylang, rose flower, spearmint oil, jasmine oil, rosemary oil, lavandin oil, lavender extract/ oil, sandalwood oil

Note: The Ingredients (INCI) lists are in descending order. The 1st 5 ingredients make up the majority of the product. Unfortunately companies can write an ingredient in the marketing headline but only use a fraction of a percent, this is why you must know how to read the ingredients list. I go into more detail in Skin Revolution.

MISTAKES YOU MIGHT BE MAKING WITH YOUR MOISTURISER

Ingredients that SHOULD be in your moisturiser:

1. Ceramides
2. Anti Oxidants (non irritating options)
3. Humectants
4. Anti Inflammatories
5. Emollients e.g. Fatty Alcohol
6. Peptides
7. Niacinamide

Ingredients that SHOULD NOT be in your moisturiser:

1. Denatured alcohol (highly volatile and dries skin)
2. Essential Oils (sensitize skin)
3. Fragrance (number 1 cause of contact dermatitis)
4. Retinol (Prefer to use at night as can be irritating)
5. Exfoliating acids (use at night if skin is exposed to UV rays)

Note: If you have oily acne prone skin, opt for a light gel based moisturiser. I go through Dr V Approved recommended products in Skin Revolution.

LAYERING OPTIONS AND CLASSIC MISTAKES

Good Combos

- Vitamin A + C + E (at night)
- Niacinamide + Vitamin E + Ceramides (strengthen skin barrier)
- Niacinamide + Retinol
- Peptides + Ceramides + Humectants
- Retinol + Ceramides + Anti inflammatory
- Silicones + Vit C + Ubiquinone
- Mandelic acid + Lactic acid + Centella asiatica + Glycerin
- Niacinamide + Anti inflammatory + Humectants
- Retinaldehyde + Tetrahexyldecyl ascorbate + Niacinamide
- Retinaldehyde + Ascorbic acid

Bad Combos

- Exfoliating acid + Azelaic acid
- Exfoliating acid + Ascorbic acid
- Exfoliating acid + Retinol
- Retinol + Ascorbic acid (high concentrations)
- Physical scrub + Cleaning brushes
- Enzyme peel + Physical scrub
- Enzyme peel + Chemical peel

Note: If you have oily acne prone skin, opt for a light gel based moisturiser. I go through Dr V Approved recommended products in Skin Revolution.

CHEMICAL EXFOLIATION

AHA



WATER SOLUBLE ACIDS

Dissolves bonds between dead skin cells on surface

Softens skin

Improves penetration of actives

Brightens the skin

Glycolic acid
(use <5%),

Lactic acid
(5-10%),

Mandelic acid
(5-10%)

BHA



OIL SOLUBLE ACIDS

Penetrates pores to unclog

Use for acne, oily skin or black heads

Salicylic acid
(2%)

PHA



WATER SOLUBLE ACIDS

Works on surface of skin

Non-irritating exfoliation

Best for sensitive skin

Gluconolactone
(up to 10%)

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