DR. ANITA RATTAN

SKINCARE CHEAT SHEETS

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HOW TO LAYER YOUR SKINCARE AM & PM ROUTINE

AM ROUTINE

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

PM **ROUTINE**

- I. Oil Melting Cleanser (part I double cleanse)
- 2. Micellar Gel Wash (part 2 double cleanse)
- 3. Toner
- 4. Chemical Exfoliator (I-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

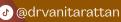
Fragrances/ essential oils to **AVOID**

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:

- I. Ceramides
- 2. Anti Oxidants (non irritating options)
- 3. Humectants
- 4. Anti Inflamamtories
- **5.** Emollients e.g. Fatty Alcohol
- **6.** Peptides
- 7. Niacinamide

Ingredients that SHOULD **NOT** be in your moisturiser:

- I. Denatured alcohol (highly volatile and dries skin)
- 2. Essential Oils (sensitize skin)
- 3. Fragrance (number | 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 inflammatories
- Silicones + Vit C + Ubiquinone
- Mandelic acid + Lactic acid + Centella asiatica + Glycerin
- Niacinamide + Antiinflammatories + Humectants
- Retinaldehyde + Tetrahexyldecyl ascorbate + Niacinamide
- Retinaldehyde + Ascorbic acid

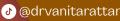
Bad Combos

- 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

BHA

PHA



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%)

OIL **SOLUBLE ACIDS**

Penetrates pores to unclog

Use for acne, oily skin or black heads

Salicylic acid (2%)

WATER SOLUBLE ACIDS

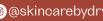
Works on surface of skin

> Non-irritating exfoliation

Best for sensitive skin

Gluconolactone (up to 10%)







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