

# The Greatest Skincare Tips Ever, According to a Wellness CEO and a Beauty Director

Angie Tebbe and Brian Underwood explain why taking care of your skin is easier than you think.

By [Emily Orofino](#) Published: May 12, 2022



Great skin may seem like a concept that's out of reach—something that can only be achieved by a privileged few with a lot of time and money to spend, and well, superior genes. But with the help of beauty director Brian Underwood and [Rae Wellness](#) CEO Angie Tebbe, we're here to dispel that myth.

The two have received and given a lot of skincare advice, and they're spilling the best of the best. You'll find that not only are these time-honored tricks simple to follow, but are easy on your wallet and your precious time too.

# Sunscreen is an everyday non-negotiable.

“Up to 90 percent of visible skin aging is caused by sun damage—and don’t think that if you’re not outdoors very much during the day, you can skip it,” says Underwood. And [UV light penetrates glass windows](#), so sunscreen should be a daily habit. “Here’s a trick to make it so: Put your bottle of SPF next to your toothbrush or toothpaste in the morning. You wouldn’t leave the house without brushing your teeth, right? This simple act can help you think the same way about sunscreen application.”

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## It’s cool to keep it simple.

Tebbe also ascribes to the philosophy that the smallest methods of prioritizing self-care add up to bigger wins. And sticking to a daily routine will help you hit your greater goals. “It’s about keeping the routines super simple,” she says. “Every day, it’s important for me to use an exfoliator and a moisturizer,” she explains. “And I don’t go to bed with makeup on.” Though her go-to products change regularly, Tebbe is currently loving [Image Skincare Iluma Intense Brightening Exfoliating Powder](#) and [LXMI Pure Nilotica Organic Melt](#).

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## Choose a good moisturizer.

“You could drink 800 gallons of water a day and still have a dry skin type,” points out Underwood. For any skin type, a good moisturizer is instrumental in protecting the skin barrier. For best results, he recommends looking for a moisturizer that contains three types of ingredients, each of which offers a different benefit. “Humectants like hyaluronic acid, urea, and glycerin hold onto moisture, emollients (lauric acid, linoleic acid, plant oils) cover the tiny cracks in skin that allow moisture to escape, and occlusive ingredients such as shea butter, squalene, and silicones like dimethicone lock all that good moisture in,” he explains.

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# Good skin starts from within.

Tebbe believes in a holistic approach to skincare, with physical and mental wellness playing a fundamental role in her ritual. In addition to stress management (which we'll get to in a bit!), supporting your digestive health is critical. "The gut-skin connection is real—inflammation is often tied to the gut, which is the root of so many skin issues."



**Rae Wellness Pre + Probiotic Capsules**

Clinical studies suggest that there may be a connection between imbalanced intestinal flora and complexion concerns ranging from [acne](#) to [psoriasis](#); Taking a daily supplement like [Rae Wellness Pre + Probiotic Capsules](#) can help the equilibrium in your gut to promote glowing your skin from the inside out.

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## Use your skincare routine as a moment of meditation.

[Stress can exacerbate inflammatory skin conditions like acne, eczema, and rosacea](#), says Underwood. "Any meditative moment that helps to reduce stress can also help your skin," he explains. "Going through the motions of my skincare routine gives me moments of mindfulness in the morning and at night. It grounds me in time and helps me reset and focus on myself."

## Find unexpected opportunities to enjoy the benefits of steam.

Facial steaming can help skincare products better absorb into the epidermis. "I steam as much as I possibly can, but not in the ways you're thinking," Tebbe says. "When I unload the dishwasher, I stand there and let the steam wash over my face." She'll also sneak a steam in over a pot of boiling water when preparing dinner. "I often don't even realize I'm doing it, because it is a small moment—literally 30 seconds or a minute—of quiet."

## Give the skin below your neck some love.

“When people talk about skincare, all they tend to talk about is their face,” Tebbe points out. But, she adds, skincare involves more than focusing on the face. “It’s a lot broader than that,” she says. She’s a huge fan of [Frank Body The Original Coffee Scrub](#), which she uses on her entire body once a week to smooth and hydrate skin.



## Layer a face oil over your retinol at night.

“I learned this tip a few years back when I was researching a story on face oils,” says Underwood. “Retinol is a great ingredient for smoothing lines and firming skin, but it can be irritating to some. I’ve found that applying a face oil on top of my retinol can mitigate some of those effects.”

## You don’t need to spend a lot of money on skincare.

“You can, of course, but the essential building blocks of a solid skincare regimen are a gentle cleanser, a good SPF, an antioxidant serum with vitamin C, and a night cream with retinol,” says Underwood. “You can find every one of those things at a drugstore.”

## Classic doesn’t mean basic.

“There’s a trend on social media where you put petroleum jelly on top of everything,” says Tebbe. “I’ve been doing that almost every night for my whole life with [Aquaphor](#).” She learned the technique from her mother. These days, Tebbe is slathering the product

(the star ingredient is petroleum jelly) on her baby. And, to Underwood’s point, skincare doesn’t have to be expensive to be excellent. “Aquaphor is a product I can’t live without,” she says. “It’s one of the most classic products of all time.”

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## **O** EMILY OROFINO

Emily Orofino is a beauty writer and editor, marketing copywriter, and content strategist based in New York City. You can find her work on RealSelf, Refinery29, and POPSUGAR, where she held a staff position as beauty editor. She has also held in-house roles at Spotlyte by Allergan, tarte cosmetics, and Dr. Dennis Gross Skincare. When she's not playing with words, Emily enjoys weekend getaways, cooking, and extolling the virtues of glycolic acid and SPF.

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