



NUDIE GLOW



10- Step Korean Skincare Routine

A Mini Guide



10-STEP SKINCARE ROUTINE

1 & 2 DOUBLE CLEANSING

Double cleansing (oil cleanser + water-based cleanser) is the proper way to remove all makeup, SPF, excess oil, dirt and other nastiness from your face!



3 EXFOLIATE

Exfoliating at least once a week is crucial. Only by removing dead skin cells can the rest of your skin care products be absorbed properly by the skin.

4 TONER

Toners clean and balance your skin's pH level, which helps in better absorption of other skincare products.



5 ESSENCE

The heart of the Korean skincare routine, essences target the skin on a cellular level, while hydrating, revitalizing and aiding skin repair and cell turnover.



6 TREATMENTS

Whether it's pigmentation, large pores, acne, dull skin, dry patches or wrinkles, skin treatments like boosters serums, and ampoules directly target the specific skin issues you're most concerned about.



7 SHEET MASKS

Sheet masks are a great supplement to your skin care routine. Use at least once or twice a week (or every single day) for instantly glowing skin!





8 EYE CREAM

The skin around your eyes is thinner than the rest of your face, so it should be treated with a cream specifically formulated to protect and nourish the delicate area.

9 MOISTURIZER

Moisturizers create a barrier for your skin that will lock in all the beneficial ingredients you've just applied beforehand.



10 SUN PROTECTION

Prevent skin cancer and premature aging by applying sunscreen every morning, and reapplying throughout the day as needed.

NUDIE GLOW

Visit *Nudie Blog* for more
skincare tips and tricks!



@nudieglow



@nudieglow



hello@nudieglow.com

