

Basic Skincare Guide for All Ages

1. Cleansing (Morning & Night)

- **Why:** Removes dirt, oil, and impurities.
- **How:** Use a gentle, sulfate-free cleanser. Avoid harsh soaps that strip away natural oils.
- **Tip:** Cleanse twice daily—once in the morning to refresh, and at night to remove makeup and daily grime.

2. Moisturizing (Morning & Night)

- **Why:** Hydrates and protects the skin, preventing dryness and irritation.
- **How:** Use a lightweight moisturizer in the morning with SPF, and a richer, hydrating cream at night.
- **Tip:** For oily skin, opt for oil-free or gel-based moisturizers. For dry skin, choose thicker creams.

3. Sun Protection (Daily)

- **Why:** Shields the skin from UV damage, preventing aging, dark spots, and skin cancer.
- **How:** Use a broad-spectrum SPF 30 or higher every morning, even on cloudy days.
- **Tip:** Reapply every 2 hours if you're spending time outdoors.

4. Exfoliation (1-3 Times a Week)

- **Why:** Removes dead skin cells, promoting smooth and glowing skin.
- **How:** Choose a gentle scrub or chemical exfoliant like AHAs or BHAs, depending on your skin type.
- **Tip:** Avoid over-exfoliating, which can lead to irritation and dryness.

5. Targeted Treatments (As Needed)

- **Why:** Treat specific skin concerns like acne, dark spots, or wrinkles.
- **How:** Use serums, retinoids, or spot treatments to address issues based on your skin's needs.
- **Tip:** Introduce treatments gradually, especially if using active ingredients like retinol or acids.

6. Healthy Lifestyle Habits

- **Why:** Diet and hydration affect skin health.
- **How:** Drink plenty of water, eat a balanced diet rich in fruits and vegetables, and get enough sleep.
- **Tip:** Reduce stress and avoid smoking or excessive alcohol, which can negatively impact your skin.

This routine can be customized with more specialized products as needed, but these basics form the foundation for healthy, glowing skin at any age.