SKIN CARE

Consultation results

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01 Consultation

Your skin appears to be normal to slightly dry, exhibiting good overall health with a smooth texture. There are minimal visible pores and a healthy glow. However, some fine lines are noticeable around the eyes and forehead, suggesting early signs of aging and a need for preventative care. There is also a slight unevenness in skin tone, particularly around the cheeks, which could benefit from brightening and antioxidant support. The long-term strategy should focus on maintaining hydration, protecting against environmental damage, and addressing early signs of aging to preserve skin youthfulness and evenness.

02 Care recommendations

Your skin shows good health with some early signs of aging and slight tone unevenness. The recommendations below are designed to maintain your skin's current health, enhance hydration, even out skin tone, and provide anti-aging benefits.

Morning routine:

1. Cleanser: Use a gentle, hydrating cleanser. Look for ingredients like Glycerin or Hyaluronic Acid. Purpose: To remove overnight impurities without stripping natural oils. Usage: Apply a small amount to damp skin, massage gently, and rinse thoroughly with lukewarm water.

2. Antioxidant Serum: Apply a serum rich in antioxidants. Recommended ingredients: Ascorbic Acid (Vitamin C), Ferulic Acid, Tocopherol (Vitamin E). Purpose: To protect skin from environmental damage and brighten complexion. Usage: Apply 3-4 drops to a clean, dry face and neck, gently pressing into the skin.

3. Eye Cream: Use a hydrating eye cream. Recommended ingredients: Caffeine, Peptides, Hyaluronic Acid. Purpose: To hydrate the delicate eye area and reduce the appearance of fine lines. Usage: Gently pat a pea-sized amount around the orbital bone with your ring finger.

4. Moisturizer: Apply a lightweight, hydrating moisturizer. Recommended ingredients: Squalane, Ceramides, Niacinamide. Purpose: To provide essential hydration and strengthen the skin barrier. Usage: Apply a generous amount to the face and neck, massaging upwards.

5. Sunscreen: Finish with a broad-spectrum sunscreen with at least SPF 30. Recommended ingredients: Zinc Oxide, Titanium Dioxide. Purpose: Crucial for protecting against UV damage, preventing premature aging, and maintaining even skin tone. Usage: Apply generously as the last step in your morning routine, at least 15 minutes before sun exposure.

Evening routine:

1. Double Cleansing (Oil-based): Start with an oil-based cleanser or balm. Recommended ingredients: Caprylic/Capric Triglyceride, Helianthus Annuus Seed Oil. Purpose: To effectively remove makeup, sunscreen, and impurities. Usage: Apply to dry skin, massage thoroughly, then emulsify with water and rinse.

2. Double Cleansing (Water-based): Follow with a gentle, hydrating water-based cleanser. Recommended ingredients: Glycerin, Sodium Hyaluronate. Purpose: To ensure all residues are removed and skin is clean. Usage: Apply to damp skin, lather, and rinse well.

3. Treatment Serum: Apply an anti-aging or brightening serum. Recommended ingredients: Retinol (start with a low concentration), Bakuchiol, Alpha Arbutin. Purpose: To address fine lines, improve skin texture, and even out skin tone. Usage: Apply a pea-sized amount to a clean, dry face, avoiding the eye area. If using Retinol, start 2-3 times a week and gradually increase frequency.

4. Eye Cream: Reapply your hydrating eye cream. Recommended ingredients: Peptides, Retinyl Palmitate (if tolerated). Purpose: To provide overnight repair and hydration to the eye area. Usage: Gently pat around the orbital bone.

5. Moisturizer: Use a richer, more nourishing moisturizer. Recommended ingredients: Butyrospermum Parkii Butter, Ceramide NP, Cholesterol. Purpose: To deeply hydrate and support skin barrier repair overnight. Usage: Apply a generous layer to the face and neck.

Additional care (1–2 times per week):

1. Exfoliating Mask/Treatment: Use a gentle chemical exfoliant. Recommended ingredients: Lactic Acid, Gluconolactone (PHA). Purpose: To gently remove dead skin cells, improve skin texture, and enhance radiance. Usage: Apply to clean, dry skin, leave on for the recommended time (usually 5-10 minutes), and rinse thoroughly. Follow with moisturizer.

2. Hydrating Mask: Apply a hydrating sheet mask or cream mask. Recommended ingredients: Aloe Barbadensis Leaf Juice, Panthenol, Saccharide Isomerate. Purpose: To provide an extra boost of hydration and soothe the skin. Usage: Apply to clean skin, leave on for 15-20 minutes, then remove and gently massage any remaining product into the skin.

Important considerations:

- Patch Test: Always patch test new products, especially active ingredients like Retinol or Vitamin C, on a small area of skin before full application.
- Consistency: Adherence to a consistent routine is key to seeing results.
- Listen to Your Skin: Adjust product usage based on your skin's response. If irritation occurs, reduce frequency or discontinue use.
- Professional Consultation: Consider consulting a dermatologist for personalized advice, especially if you have specific concerns or conditions.

INCI / REFERENCE LIST

03 Ingredient reference

Names and qualifiers are reproduced from the service response. This is not a universal list of safe or unsafe ingredients.

Recommended in the consultation 27

01	Glycerin	02	Hyaluronic Acid
03	Ascorbic Acid	04	Ferulic Acid
05	Tocopherol	06	Caffeine
07	Peptides	08	Squalane
09	Ceramides	10	Niacinamide
11	Zinc Oxide	12	Titanium Dioxide
13	Caprylic/Capric Triglyceride	14	Helianthus Annuus Seed Oil
15	Sodium Hyaluronate	16	Retinol
17	Bakuchiol	18	Alpha Arbutin
19	Retinyl Palmitate	20	Butyrospermum Parkii Butter
21	Ceramide NP	22	Cholesterol
23	Lactic Acid	24	Gluconolactone
25	Aloe Barbadensis Leaf Juice	26	Panthenol
27	Saccharide Isomerate		

Cautions from the consultation 0

No cautions were specified in the response. This does not mean that all possible risks have been assessed.

Notes

Products, questions and personal observations

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