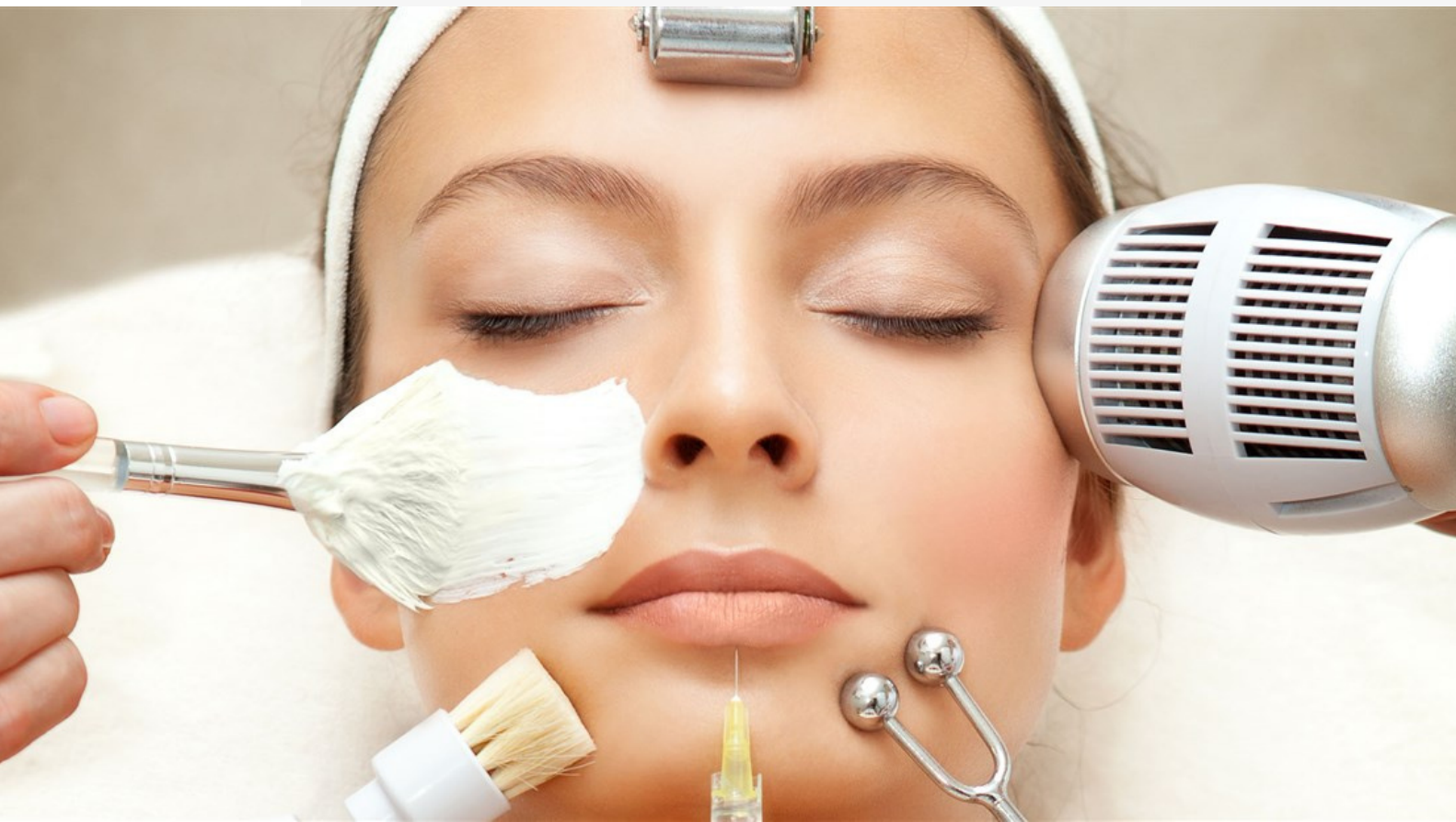


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# A BEGINNER'S GUIDE TO STARTING A SKIN CARE ROUTINE



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## **Abstract**

From serums and masks, to night creams and scrubs, the beauty world is a minefield. With so many different products and advice out there, it is super tricky to figure out what you need to do for your skin and whether you are doing the right thing.

To help you get your self-care routine, you need to understand so many things related to your skin and skincare products. By the end of this guide, you will have the beauty-power to lock down the best skin care routine, fully personalised for your skin.

### **I. Introduction**

To know where and how to start creating a skin care routine, you must understand first what it means.

A skincare routine is known as a certain number of steps that include cleansing, hydrating, treating, and protecting.

The purpose is to improve skin appearance, prevent signs of aging, prevent certain skin issues, and protect the skin by using the right products such as exfoliants, peelings, masks, cleansers, moisturizers, antioxidants/serums, as well as others depending on your skin type and condition.

The goal with this guide is that you are able to understand the very basics on how to take care of your skin, which products to choose and how to choose.

### **II. Ways to know if your skincare routine is good, bad, or just a waste of money**

Coming up with a skincare routine can feel daunting in the world of 12-step beauty routines and skin-fluencer social media content.

Sometimes it can feel like your skin just never clears up, regardless of how many expensive face washes, serums, and jade rollers you buy.

While results aren't instant, there are a few obvious signs you can spot early that will tell you if your skincare routine is working or actually doing you more harm, according to dermatologist Dr. Melanie Palm.

"It usually takes 3 to 4 months to evaluate whether a skin-care change is working to improve the overall appearance of the skin," Palm told Well and Good. "It takes a full month for the top layer of the skin, the epidermis, to turn over. Three to four cycles of this turnover allows adequate time to demonstrate a qualitative change in the skin."

### **Your skin is more rough, bumpy, or dull after 1 month**

Not all products cause extreme side effects when they aren't working. Small signs can also indicate a problem with a product.



"The signs that you need to change something in your skin care can also be more subtle – roughness, bumps, and dullness can be signs that the skin isn't optimally hydrated or desquamating (turning itself over)," Dr. Heidi Waldorf, a cosmetic dermatologist, told Insider.

If a month passes and you're noticing these signs, consider parting with the product or changing your routine.

### **Very dry or very oily skin after 1 month**

A key to healthy skin is maintaining your hydration balance.

According to Dr. Rebecca Baxt, a dermatologist in New Jersey, if your skin is too dry or extremely oily after a month, your products likely not providing enough moisture and causing an overproduction of oil or dryness.

### **You're still having breakouts after 2 months**

Generally, certain products might make you break out more initially because they encourage skin turnover, according to Dr. Sejal Shah.

"Generally it is seen with products that increase cell turnover such as retinoid or hydroxy acids," Shah told Allure. "Because purging is thought to be due to increased cell turnover, it's really going to bring preexisting microcomedones to the surface and they will turn into whiteheads, blackheads, papules, pustules, and cysts. Usually, it happens in areas that you usually get breakouts."

But if you get two months into a routine and your acne remains, gets worse, or pops up in other areas of your face your products are probably not working.

### **Your skin burns when you apply the product**

While certain products like retinoids may subtly sting or tingle when you first start using them, intense burning or redness could indicate the product is harming your skin.

"Irritated skin can be red, scaly, bumpy and itchy or even painful," Waldorf said. "The skin may burn or sting when products are applied."

If you feel an intense burn, toss the product immediately.

### **You're extremely itchy or you have a rash**

According to Baxt, if your skin is flakey, itchy, or developing a rash you should stop using your products immediately and reassess before you do some permanent damage.

A rash could be the first sign of an allergic reaction to a product, which can cause permanent skin damage over time.

"Allergy to something topical can show up as redness, swelling, blisters, and itch," Waldorf told Insider.

It's best to go to a dermatologist if you have a rash and are wondering how to proceed.

## **III. How to take care of your skin with a simple skincare routine**

With the likes of the 10-step Korean skincare routine, \$200 serums and thousands of cleansers available, it's difficult to know what we really need (and what we can ignore).

Especially for the minimalists, beauty apprentices and frugal ones among us, the mere idea of a complicated, expensive skincare routine is enough to make us skip that morning cleanse altogether (which, as it turns out, may not be that bad).

What we need is a minimalist, no-fuss skincare routine suited to our different skin types. Let's take out the guess work, fancy serums and overnight masks, and get back to basics.

This guide will give you essential skincare information and suggestions so you feel comfortable heading into any chemist and finding the right products for your skin type.

### **What are the different skin types?**

Most people fall into five skin types — oily, combination, dry skin, sensitive and normal — explains Melanie Grant, a skin expert with more than 20 years' experience whose clients include Lara Worthington, Jessica Mauboy and Zoe Foster Blake.

Oily skin type is often shiny, has large pores and is prone to blackheads, milia and breakouts. The upside: oily skin usually ages better as the sebum helps to keep the skin supple and lubricated.



Combination skin type is oily on the T-zone (forehead, nose and chin) and dry or normal across the cheeks. Combination skin can also change from oily to dry or normal depending on the season and climate.

Dry skin can feel tight, rough or flaky, with visible fine lines around the eyes and forehead, even after applying moisturiser.

Sensitive skin flushes easily and can often react to skincare with a stinging or burning sensation, bumps, pustules and erythema.

Normal skin is not oily, dry and rarely breaks out. It usually tolerates most skincare products and has a smooth, even texture.

Many of us fall into a couple of skin types. It can keep things interesting.

### **A simple, effective skincare routine**

Although ads and beauty gurus suggest otherwise, you don't need to fork out hundreds of dollars (or much time) to have an effective skincare routine. In fact, "less is more".

"Simple routines are the most successful routines," Ms Grant says. "Skincare really doesn't need to be complicated."

Both Ms Grant and Saxon Smith, a dermatologist and clinical associate professor, say skincare is all about protecting your skin.

"Australia has one of the harshest climates in the world, so I'm a firm believer that everyone can benefit from protecting their skin — from the harsh effects of our sun, as well as pollution and other environmental aggressors," Ms Grant says.

This means skincare goes beyond cleansers and moisturisers. It's also about using regular sun protection like sunscreen and hats.

"It's important to support our skin as it goes through various ageing processes, and because the impact of UV light over our lifetime changes the quality of our skin. This increases our risk as a community of skin cancer," Dr Smith says.

So, what does a simple, preventative skincare routine look like? Three products: cleanser, moisturiser and sunscreen. That's it.

As someone who's struggled with acne (and tried countless products that did more damage than good by stripping my skin), my best advice is to pare down your skincare routine. And be kind to your face.

### **Here's a guide on each step.**

#### Cleanser

When shopping for a face cleanser, look for keywords such as "pH balanced", "sulphate-free" and "soap-free" as these indicate a cleanser is gentle and non-stripping.

#### Moisturiser

The best moisturiser is one that suits your skin type.

The drier your skin, the thicker or more hydrating the moisturiser you need, Dr Smith explains. Look for keywords like "nourishing", "hydrating" and "creme/cream".

If you have oily skin look for moisturisers with keywords like "light/lightweight", "non-greasy" and "oil-free".

"A water-based moisturiser will help to maintain even tone of the skin and stop your skin from feeling too greasy," Dr Smith says.

With sensitive skin, Ms Grant recommends opting for moisturisers that are free from alcohol and fragrances.

#### Sunscreen

When choosing a sunscreen, always select a broad-spectrum UVA/UVB with SPF 30 or higher, and apply to your face, neck and décolletage.

### **IV. How to treat skin problems?**

There are ways to tackle skin problems without damaging your skin. Just remember the number one rule of skin care: Don't pick! Picking at acne, blackheads, scabs, or other skin problems can cause open wounds or darker skin spots known as hyperpigmentation. Open wounds can lead to infections, more acne, or scars. The deeper the wound, the more likely your skin will scar.



Here are some scientifically backed ways to treat problem areas.

## **Acne**

Acne treatment depends on how deep or serious your acne is. Overall skin care is the most important step in treating acne, but for mild acne you can use nonprescription products from your local drugstore such as:

- salicylic acid (Stridex maximum strength acne pads)
- benzoyl peroxide (Clean & Clear Persa-Gel 10 acne medication)
- alpha hydroxy acids
- adapalene
- tea tree oil

Always apply sunscreen after using these products in the morning, since they can cause extra skin sensitivity.

For immediate, inflamed, and individual pimples, you can also try acne patches or stickers. These are clear, thick patches that work as spot treatments to help promote blemish healing and prevent infections. Like blister bandages, acne patches pull out the fluid, sometimes overnight. It's best to use these before you sleep as makeup can't cover them.

## **Sebaceous filaments**

Sebaceous filaments are tiny, cylinder-like tubes in your pores that are whitish yellow. These are often confused with blackheads, but blackheads are actually a type of acne that's oxidized. Sebaceous filaments can make your pores look bigger, and you may be tempted to remove them by pinching your skin or using pore strips. But these methods may have more side effects than benefits for your skin, especially if you don't do them properly.

Overtime, you can also cause:

- irritation
- open pores and infection
- dryness
- redness
- peeling

Topical preparations containing retinol or retinoids can help keep pores clear and clean. You may also find benefits from massaging your face with mineral or castor oil for one minute.



Another way of removing sebaceous filaments is with an extraction tool. This is a small metal instrument with a tiny circle at the end.

The safest method is to have an esthetician or dermatologist remove them for you, but you can also do this at home:

- Start with a clean face and instrument.
- Gently press the circle around the bump to see if the filament comes out. Be careful as excessive pressure can cause bruising and scarring.
- Treat the area with toner and moisturizer after.
- Always sanitize your instrument with rubbing alcohol before and after use to prevent infections.

You may also see extra benefits by applying benzoyl peroxide after washing before extraction.

### **Blemishes, scars, and hyperpigmentation**

Blemishes, scars, and dark spots can take anywhere from a few weeks to six months to heal and fade. Immediate treatment for scars and blemishes include using makeup and sunscreen to avoid further sun damage and hyperpigmentation.

Other ingredients known to help fade scars include:

- **Silicone:** Studies show that topical silicone can improve scar thickness, color, and texture. You can apply silicone gel for eight to 24 hours per day. Look for products with silicone dioxide listed as an ingredient.
- **Honey:** Preliminary studies show that honey can heal wounds and scars. You may want to use honey if you're looking for home treatment.
- **Vitamin C:** Look for this ingredient when shopping for creams and moisturizers. Vitamin C works better when combined with other lightening ingredients like soy and licorice.
- **Niacinamide:** Studies show <sup>Trusted Source</sup> that niacinamide can help reduce blemishes and dark spots, especially from acne. Topical two percent to five percent niacinamide is effective for people with lighter skin tones. An affordable option is The Ordinary's Niacinamide 10% + Zinc 1% serum, which costs \$5.90.
- **Retinoic acid:** One study <sup>Trusted Source</sup> found that acne scars improved in 91.4 percent of people who applied a combination of retinoic acid and glycolic acid. The

Ordinary also has a product that's two percent retinoid for \$9.80. Use products with this ingredient only at night.

Look for products with these ingredients and add them to your routine after washing your face. Don't forget to always wear sunscreen after application to avoid sun damage and hyperpigmentation.

## **V. How to Choose the Skincare Products Best Suited for Your Skin, According to Dermatologists**

An individualized approach is crucial to finding the right skincare products with the right ingredients for your skin. This takes a little extra time, and yes, it involves reading the ingredients list, but it's worth it.



Luckily for you, we talked to dermatologists to make the whole process a little less intimidating. With some of this information in your back pocket, you can be a more confident consumer, and hopefully avoid reactive skin disasters when trying out new products in the future.

### **1. Know your skin type**

According to cosmetic dermatologist Michele Green, MD, skin type is the most important factor in determining what skincare products will work best for you. "There are no bad products necessarily, but sometimes people with different skin types use the wrong product for their type of skin," Dr. Green says.

You might have guessed it already, but those with acne-prone and sensitive skin need to be the most cautious with different ingredients in their skincare products. To all the oily skin types out there, you're actually the winners here: Oily skin can handle a wider range of ingredients that can sometimes trigger breakouts or irritation to other skin types.

These are the ingredients Dr. Green suggests for different skin types:

For oily skin: Look for products containing alpha hydroxy acids (glycolic acid or salicylic acid), benzoyl peroxide, and hyaluronic acid. "These ingredients are effective at controlling excess sebum production while hyaluronic acid will produce hydration only in areas needed," Dr. Green says.

For dry skin: Look for products containing shea butter and lactic acid. "These ingredients provide hydration and mild exfoliation to keep dry skin looking radiant," Dr. Green says.

For sensitive skin: Look for products containing aloe vera, oatmeal, and shea butter. "They're good moisturizers and they usually don't break anyone out," Dr. Green says.

If you're not 100 percent sure what skin type you have, it's worth a trip to the dermatologist to confirm. Once you understand your skin type, you can start selecting your products with a little more precision.

## **2. Don't buy into the hype**

"Packaging and popularity are sometimes easy traps that we fall into and shouldn't hold too much weight or value into what we select for what's good for our skin," Dr. David says. If you're going to buy a product based off a friend or influencer's recommendation, you shouldn't just pay attention to how good their skin looks now, but instead what type of skin they were dealing with to start out. That will give you a more reliable indicator for how well the product will work for you.

In the past few years, cult-favorites like the St. Ives Apricot Scrub and multiple Mario Badescu creams have faced lawsuits from consumers who experienced some pretty serious adverse reactions. No need to panic if some of these products are sitting in your cosmetics drawer at home—this doesn't mean they're bad for everyone. But the backlash around some of these popular skincare brands and products can serve as a reminder that just because something gets the popularity vote doesn't mean that it's popular for the right reasons, or that it's the right product for you.

Checking the ingredients list is still the best way to go, no matter how many positive reviews or stars the product has online.

## **3. Natural doesn't always mean better**

Familiar words in the ingredients list can be comforting to see, but it doesn't always indicate the safest route to take. For example, Dr. David explains that poison ivy is a natural oil, but it's not one that you would want to rub all over your skin. "I have patients come in pretty frequently with reactions to natural essential oils, so again, it's one of those things where everyone is unique and you need to do what's best for yourself uniquely," Dr. David says.

She also warns that seeing the terms natural and organic on a product label is sometimes more of a marketing trick than anything else. Because those terms aren't regulated and there aren't specific industry standards for them, they can offer empty promises. Additionally, sometimes a product will be labeled as natural in reference to only one or two of the ingredients on the list.

#### **4. Pay attention to the order of ingredients**

Once you know what primary ingredients you're looking to avoid or go after, you'll want to pay attention to where they fall on the ingredients list. As a good rule of thumb, Dr. David recommends looking at the first five ingredients, since that will often account for about 80 percent of the product's makeup.

Ingredients will be listed in order of highest to lowest concentration, so if there's a problematic or potentially irritating ingredient among the first five listed, you'll want to steer clear of that product. Similarly, if you're seeking out a product for specific ingredients, but those ingredients are listed at the end, then that product isn't worth your money. With such a small percentage in the overall product, you won't experience the benefits of the ingredients at the end of the list.

#### **5. Don't fear the long ingredients list**

When it comes to the food we put in our body, we're often taught to look for a shorter, more familiar ingredients list. While a more abbreviated list can be easier to decipher, it won't always cut it in terms of what you're looking to get out of your skincare products.

When you're looking for anti-aging properties or investing in medical-grade skincare products, the ingredients list will naturally get a bit longer. And Dr. David says that shouldn't deter you. Instead, call in for a little bit of backup—either from a dermatologist or technology—to help determine if the product is a good choice for you.

#### **6. Use your resources**

You don't have to be a walking dictionary in order to pick out skincare products with the right ingredients. Make things a little easier on yourself by taking advantage of online resources. Dr. David suggests two online databases for ingredient and product research: EWG's Skin Deep database and CosDNA.

The EWG Skin Deep database is just one sector of their online services. The Environmental Working Group is a nonprofit organization geared toward research and education surrounding environmental and human health issues. In the Skin Deep database, skincare products are rated and scored by a number of factors, from manufacturing practices to potential health hazards.

CosDNA is more of a no-frills database, but it dives even deeper into the ingredients in a product, detailing their individual functions and safety score.

### **7. Always do a patch test**

A patch test is smart practice in your process of product elimination. (Plus, it's a great excuse to make a trip to Ulta or Sephora without spending a bunch of money.) Time to take advantage of those tester products.



A patch test can help determine if certain products or ingredients will cause allergic reactions, irritate your skin, or clog your pores. "I think the take-home message is: If it's making your skin worse or irritating your skin in any way, stop using it, it's not the right product for you," Dr. Green says

Testing all your ingredients before committing to them takes a little more time at first, but it can save you a whole lot of money and grief in the end.<sup>8</sup>

### **8. Ingredients to avoid**

Fragrance/parfum

Added fragrances have a high prevalence of causing skin allergies and irritation, and it's especially important to avoid them if you have sensitive skin.

## Sulfates

Sulfates are cleansing agents often found in body washes and shampoo. They strip the hair and skin of its natural oil and can, in turn, cause irritation.

## Parabens

Parabens are commonly placed in products as a chemical preservative to prevent bacterial growth. They're known to be what Dr. David and other industry experts call estrogen mimickers and they can have a harmful effect over time by throwing off hormonal balance. Dr. David and Dr. Green both caution that this can be especially problematic for young children and those at risk of breast cancer.

## Formaldehyde and formaldehyde releasers

It's rare to see formaldehyde in an ingredient list anymore since it's classified as a known carcinogen. But Dr. David explains that it's often replaced with differently named chemicals (quaternium-15, DMDM hydantoin, diazolidine urea, imidazolidine urea) that release formaldehyde over time to act as preservatives. Dr. David says it's not confirmed whether or not these ingredients are harmful in this capacity, but it's worth looking out for them as potential allergens.

## **9. Ingredients to seek out**

### Glycerin

Dr. David calls this ingredient the backbone of moisturizing products.

### Ceramides and hyaluronic acid

Both ingredients are important moisturizing agents that are naturally found in the skin. Dr. David says she prefers hyaluronic acid in the serum form, while she looks for glycerins and ceramides in lotions and creams.

### L-Ascorbic acid (Vitamin C)

Vitamin C, specifically the l-ascorbic acid form, is an antioxidant that works to reverse damage from UV radiation and stimulate collagen production.

### Tocopherol (Vitamin E)

Vitamin E offers similar properties as Vitamin C and works best when the two are combined as a skincare power duo.

### Retinol

Retinol is a key ingredient to seek out in products for your nighttime routine. It works to turnover skin cells and stimulate collagen.

Niacinamide (Vitamin B3)

This ingredient is great for controlling oil while also hydrating the skin and evening out skin tone.

## **VI. What Are the Essential Skin Care Products?**

Beauty stems from healthy and naturally glowing skin. Well-nourished skin always attracts attention and makes you carry off any style with confidence. However, women are often in a dilemma when it comes to choosing the right products for their skin-care routine.

Since the market is flooded with a variety of cosmetics, you need to be aware of the ones that are essential for great-looking skin. You should not just pick up anything that fits your budget or is being advertised heavily.



Most renowned skin clinics in Melbourne suggest keeping the skin hydrated and using the essential skincare products that lend radiance to your persona. You must include them in your daily beauty regimen to look your best always. Let us have a look at these quintessential products.

## **1. Cleanser**

The first step towards achieving beautiful skin is to keep it clean and devoid of dirt and pollutants. Also, you must remove all the layers of makeup to let the skin breathe and unclog the pores at the end of the day.

This is the reason why cleansers need to be a vital part of your toiletries kit. It helps in removing the night creams in the morning and the impurities hiding on your face after you come back from outside.

There are a variety of cleansers available in the market. You should choose the one that fits the needs of your skin type. People with dry skin should opt for the creamy or milky lotions that do not cause excessive dryness.

If you have oily or normal skin, then you can go for the foaming face cleansers. For those of you who wear makeup for long hours and use waterproof eyeliners and mascaras, using an oil-based cleanser will be helpful in removing every bit of the cosmetics. You should not use cleansing wipes too frequently as they can lead to skin troubles.

## **2. Toner**

Toning is as critical as cleansing. It helps in balancing the pH level of the skin, which keeps acne and breakouts at bay by reducing oiliness.

Toning is effective in creating smoothness and prepares the skin for moisturising, which follows toning in the three-step cleansing, toning and moisturising procedure. It is also beneficial in removing any leftover makeup and tightening of the skin.

People whose skin is prone to breakouts or those who have oily skin should buy the toners which consist of hyaluronic. If you have normal skin, then you can opt for a toner with green tea extracts while those of you with dry skin should buy the toners which have essential oils.

## **3. Moisturiser**

Moisturising is necessary for all skin types and keeps it hydrated. Dry skin can lead to flakiness and even lead to early wrinkles. You must get a moisturiser that does not let the skin dry up in the prevailing weather conditions.

For those who have oily skin must opt for a non-comedogenic formula so that it does not cause acne. For those who have dry skin which becomes flaky during winters, you must try the lotion-based moisturisers that will hydrate your skin adequately.

## **4. Sunscreen**



Melbournians need to apply sunscreen as it aids in UV protection and safeguards you from skin cancer. Since melanoma is common in the state, it is essential to apply sunscreen of SPF 30 or more. The strong UVA and UVB radiations can also lead to wrinkles, skin discolouration, dark spots, dryness, and sunburns.

If you love to spend the summertime on the beach or outdoors, then make sure that you have applied a liberal amount of sunscreen and keep reapplying it after every few hours. You can apply after moisturising your skin and do it at least 30 minutes before going out.

### **5. Exfoliator**

Exfoliation is vital to remove the impurities and dead skin cells. It unclogs the pores that get filled with dirt and grime and cause blackheads and breakouts. However, it should not be done everyday as it can make the skin dry and strip it off the essential oils. You must exfoliate once a week to remove the pollutants and keep it healthy and radiant.

### **6. Serum**

Women who are aiming to look younger and reduce the appearance of fine lines should add a serum to their skincare routine. They are helpful in avoiding pigmentation and enlargement of pores.

They are also advantageous in brightening and rejuvenating ageing skin. You should apply the serum at night after cleansing to make it work wonders on your skin while you sleep.

### **7. Eye Cream**

The skin around the eyes is sensitive and is susceptible to fine lines and wrinkles because it is thinner. Thus, you need to pay special attention to this area. Also, it has a lower number of oil glands which makes it even more significant to keep it hydrated. Eye creams filled with antioxidants are helpful in avoiding the appearance of wrinkles.

If you already have crow's feet around the eyes, then look for an eye cream that has retinol and hyaluronic acid. If you are suffering from puffy eyes, then find a product which has caffeine and those who are fed up with dark circles need to buy a cream with brighteners.

## **VII. How Maintaining a Skin-Care Routine Is Good for Your Mental Health?**

What you need right now in the COVID-19 era is a pandemic skin-care self-care plan. Simply put, it's committing to and following a routine that will benefit the health of your body's largest organ (that's your skin, notes Berkeley Wellness) and deliver the bonus of providing the structure and pampering that benefits your psychological well-being.

“Caring for my skin is one of the first steps in my self-care routine,” says Erum Ilyas, MD, a board-certified dermatologist with Montgomery Dermatology in King of Prussia, Pennsylvania.

Yes, she’s a dermatologist, so naturally she’s skin-focused, but there’s good reason for the dermal attention. “The reality is that our skin in so many ways is a ‘check engine light’ for our internal health. When skin looks and feels good, we tend to feel better about ourselves,” she says.



Here are five powerful reasons why.

### **1. A Skin-Care Routine Provides Stability in Your Day That Benefits Your Mental Health**

“One of the bigger things we’re experiencing right now is the transition from being out and about to home all the time. What happens during that change is that you lose the structure and routine of your day. Those routines include healthy eating habits, exercise, journaling, and skin care,” says Matt Traube, a licensed clinical psychotherapist and a psychodermatologist. Those routines are critical for your overall health, in both body and mind. In a study published in June 2018 in the *Lancet Psychiatry*, researchers found that people who have less consistent routines throughout the active parts of their day were more likely to suffer from major depressive and bipolar disorders, mood problems, loneliness, and less happiness.

These routines feel good and act as a comforting force in your life, providing an anchor to your day and serving as a point of stability in your week, says Traube. On a small scale, you may even feel like you’ve accomplished something. “I think that especially now, because of COVID-19, it’s vitally important to maintain some routines during the week, otherwise one

day begins to blend into the other. Now, in particular, is a fantastic time to reap the benefit of these habits,” he says.

## **2. Focusing on Doing Something Nice for Yourself Helps Stop a Worry Spiral**

You might find that certain times of the day can trigger intrusive thoughts, but you can break the negative thoughts with self-care. “Patients who experience anxiety and depression often report that their condition is exacerbated 30 minutes to one hour before bed. This is when they have more idle time, which increases worry for a lot of people,” says Traube. It’s when you’re engaged in an activity, including washing, toning, and moisturizing your face that you can get out of your head and focus on what you’re doing. (This goes for any activity that keeps you busy, like working on a new project, cooking dinner, or walking your dog around the neighborhood.)

## **3. Pampering Skin on a Regular Basis Triggers a Cascade of Chemicals in Your Brain to Boost Your Mood**

Create a routine that feels good and includes products that you enjoy using. For example, don’t underestimate the impact of gently massaging skin with a warm washcloth to cleanse, taking extra time to smooth a silky moisturizer on your face, or applying a mask. You can even turn this into an evening event like Melanie Moreno, head of aesthetics at Mario Tricoci in Chicago, does: “Caring for my skin during quarantine has definitely given me something to look forward to. My significant other and I like to set the mood when we do at-home facials by lighting some candles, having a glass of wine, and playing some relaxing tunes while we let our mask sit,” she says.

## **4. Skin Care Provides a Chance to Bond With Loved Ones — and That’s a Boon to Mental Health**

Moreno and her partner are onto something with their mask routine. In general, spending this concentrated time with loved ones pursuing hobbies and enjoyable activities is linked to greater levels of happiness, according to a study published in May 2018 in the journal *Psychological Science*. In a time when it may feel as if you’re too close for comfort with the other members of your household, you can carve out meaningful time together that will bolster your sense of personal satisfaction and family bond.

## **5. Caring for Your Skin Is an Act of Kindness That Sends a Powerful Message**

Right now, the world is a stressful place. So it might feel tempting to watch TV late into the night and then roll into bed without so much as splashing your face with water — you’re just too tired. But what if, instead, you focused on taking care of yourself in this small way.

## **Why Self-Care, Including When It Comes to Your Skin, Is So Important Now**

There are numerous ways to practice self-care, but focusing your efforts on improving skin health pays off for your mental and emotional health, too — and that’s critical in the time of COVID-19. “I find that there is a direct correlation between my skin-care routine and my mood,” says Moreno. “Taking the time to nurture my skin affects my mind and body. It boosts my confidence and gives me a sense of control over how my day will go.”

## **VIII. Conclusion**

The health of your skin is the most important style statement, so make sure that it is devoid of any problems. Use the essential skincare products recommended by well-known skin clinics in Melbourne to keep it soft, smooth, and supple.

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