



THE GLOW GUIDE TO

Simplified Skincare

ESTABLISHING A SKINCARE REGIME

@theglowknow

FIRST THING IS FIRST...

What's my Skin Type?



DRY

Dry Skin Type

The pores are small, non-visible and tight. Skin has a thin appearance and capillaries may also be visible. Skin feels dry due to lack of oil production. Dry skins can be prone to pre-mature ageing. Dehydration often accompanies a dry skin type.

Normal Skin Type

A good balance of oil and water (the dream!) Pores are small, glow is bright and healthy. The skin is firm and has good elasticity and free from blemishes. The skin also appears and feels nice and soft.



NORMAL



COMBINATION

Combination Skin Type

The pores are usually bigger through the t-zone compared to the rest of the face. Skin can be combination-dry, or combination-oily. Skin texture appears thicker across the oily sections of the face and thinner across the dryer areas.

Oily Skin Type

The pores are large and visible. The skin texture is thick and usually coarse. Prone to shine and unfortunately breakouts. The skin tone is usually great. Oily skins age very well!



OILY

DAILY SKINCARE MAINTENANCE

The 4-Step Routine

Cleanser

Cleanser is up first. Make it easy for yourself and leave your cleanser in the shower. Cleanser will remove dirt, impurities and make-up. Remember if you are not using a specific make-up remover you will need to double-cleanse.

Toner

Next up we have toner. Toner is applied to a clean dry skin and is not removed. There are different toners on the market, most commonly you use toner with a cotton pad and just dab it all over the face. There are also 'spray/mist' toners that you literally just mist the face and let dry. Toner will help to restore the skins pH balance - very important. An un balanced skin will only cause you grief.

Moisturiser

Moisturiser works on the surface layers of the skin to keep it nice and hydrated. Dryer skins will opt for heavier more nourishing cremes and oily skins will much prefer something lighter. It is also important to remember to take your moisturiser down your neck and across your decolletage, but avoid your eye area.

Eye Creme

Eye Creme -There aren't as many layers of skin around the eyes so it is ideal to use a specific eye creme. Using cremes that are too heavy for this area can create more lines long term.

DAILY SKINCARE MAINTENANCE

Day Vs Night

Cleanser

Cleanse the skin to remove excess oil, dirt & impurities from the surface of the skin.

One

Cleanser

Double-cleanse to remove make-up, excess oil & dirt from the skin.

Toner

Restore pH balance.

Two

Toner

Restore pH balance.

Serum

Apply any daytime serum/s. A serum with hyaluronic acid would be a good one.

Three

Serum

Check serum instructions as many serums are only recommended for evening.

Eye Serum

Apply eye serum under and around the eyes including the eyelids.

Four

Eye Serum

Apply eye serum under and around the eyes including the eyelids.

Day Creme

Apply day creme with high SPF. Avoid the eye area.

Five

Night Creme

Apply night creme to the face. You can add your face oil here too before creme.

Eye Creme

Apply eye creme around the eyes only. Pat eye creme around the eye sockets.

Six

Eye Creme

Apply eye creme around the eyes only. Pat eye creme around the eye sockets.

WEEKLY SKINCARE TREATMENTS

Exfoliants & Masques

Exfoliants

Introducing a weekly (or twice weekly, depending on your skin type) exfoliant into your regime is only going to help keep your skin cleaner and clearer. If the skin isn't being exfoliated regularly it ends up with layers of dead skin cells on the surface resulting in dullness and contributing to skin congestion. Like all other skincare products it is important to keep your skin type in mind when selecting facial exfoliants.

Masques

Masques can help treat a whole range of skin conditions from congestion to dehydration. It's important to select facial masques that are going to deliver the skin-results you're looking for. It can help to have a little background info on what to look for in a face masque. Introducing a weekly masque or two is only going to improve the texture and look of your skin.



Glowing Skin is always in