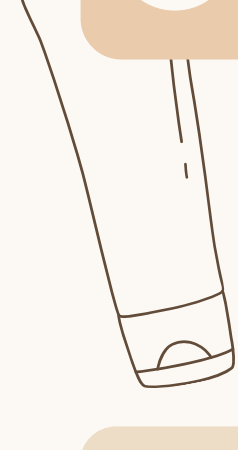




23 Skin Resolutions for the New Year



1 Wear an SPF every single day, rain or shine! Reapply every few hours.



2 Utilize a vitamin c serum in your regimen on a daily basis! Vitamin C fights free radicals which means it helps fight premature aging!

3 You don't have to have a long complicated routine, but you need to be consistent with your routine.

4 Toners are important in keeping the pH balance of your skin. This is important for all skin types and concerns!

5 Get a professional treatment every 6-8 weeks to keep your skin healthy and youthful.



6 Retinol is the #1 recommended anti-aging ingredient by dermatologists. If you're not using one nightly, add it in!

7 If you have acne, the first thing that needs to be tackled is ensuring you don't have a stripped skin barrier. Most people will use more products and harsh products which could make things worse.

8 Oily skin still needs to use moisturizer! In fact, if you don't and your skin doesn't get enough hydration, you could be causing your skin to be more oily

9 Hydration has to do with ensuring your body has enough water (internally and externally)

10 Moisturizing is ensuring you you have enough lipids/oil



11 You need to have a balance of both hydration and moisturize in order to have a healthy skin barrier

12 Double cleansing is your friend! It may sound like a task but if you can use two cleansers or at least cleanse with the same cleanser 2x in the evening, your skin will love you. It's just an extra 30-60 seconds!

13 If you have melasma, the most important thing you can do is use spf and keep your skin out of the sun



14 Rosacea prone skin should avoid products with fragrance, alcohols, glycolic or lactic acid

15 Mineral spf contains zinc oxide or titanium dioxide and is best for sensitive skin. It is also reef friendly

16 Reminder to keep up with your yearly dermatologist apt. it is extremely important!



17 Wash your pillow case 1x per week!

18 Bring any of your products you use on your face down your neck and back of your hands

19 When layering on products, always think thinnest consistency to thickest

20 Think of your serum as your vitamins for the day (has smaller molecules and penetrates deeper into the epidermis)



21 Think of your moisturizer as your 8 cups of water a day

22 Exfoliate your skin with a chemical exfoliator or mechanical exfoliator 2-3x a week

23 Simple, but important daily regimen:
• AM: cleanse, toner, antioxidant serum, moisturizer, spf
• PM: double cleanse, toner, retinol, moisturizer

Erin's Esthetics
www.erinkesthetics.com

480 323 8648
erin@erinkesthetics.com
 [erinkesthetics](https://www.instagram.com/erinkesthetics)



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