

The basics your skin needs

Everyday care,
without unnecessary steps



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Your everyday basics

Cleanse

Removes dirt
and product residue

Moisturise

Helps skin hold moisture
Oily skin needs it too

Protect

SPF 30+ helps slow
premature skin ageing

While using retinoids, consider dryness,
tightness and sensitivity
Actives are extras for specific skin concerns

How to wash your face

Wash your hands with soap first
Apply gel or foam to a damp face
For cleansing milk, follow its instructions
Gently massage for about a minute
Rinse with lukewarm water and pat dry
with a disposable paper towel

Cleansing options

CLEANSING MILK

Isntree

Yam Root Vegan Milk Cleanser

Normal and dry skin
For dryness and tightness,
including while using retinoids



Apply to dry skin
Massage, add water and rinse

READY-TO-USE FOAM

Angiopharm

Amino Acid Cleansing Foam

Normal and combination skin
Already dispensed as foam



Apply to a damp face
Gently massage and rinse

Cleansing options

FOAMING CREAM

Round Lab

1025 Dokdo Cleanser

Normal and
combination skin
Lathers with water



Lather in clean, wet hands
Apply to a damp face, massage and rinse

GEL

Anua

8 Hyaluronic Acid Gentle Gel Cleanser

Normal and combination skin,
including oily skin



Lather in clean, wet hands
Apply to a damp face, massage and rinse

Removing makeup and SPF

After cleansing oil or micellar water,
wash with a gentle cleanser

Bioderma

Sensibio H2O



Soak a cotton pad and remove makeup
Cleansing agents and rubbing can irritate skin
If the pad irritates your skin, I prefer cleansing oil

SKIN1004

Centella Light Cleansing Oil



Start with dry hands and a dry face
Gently spread the oil, then add lukewarm water
Work it into a milky emulsion and rinse

Double cleanse if one product cannot fully
remove long-wear makeup or water-resistant SPF

Moisturise

Moisturiser holds moisture and softens skin
Your skin should feel comfortable afterwards

Dr Althea

345 Relief Cream

Normal and combination skin
For mild dryness while using retinoids



Aestura

Atobarrier365 Cream

Dry, tight or flaky skin
A richer moisturiser
For dryness while using retinoids



Illiyoön

Ceramide Ato Concentrate Cream

Dry skin, including while using retinoids
Rich texture
No niacinamide



Understanding SPF and PA

SPF indicates UVB protection
It is not time in the sun or 100% protection

SPF 30 / 50 / 50+

A higher number means stronger protection
Look for protection against both UVA and UVB

PA - the level of UVA protection

PA+	Low
PA++	Moderate
PA+++	High
PA++++	Very high

UVA contributes to skin ageing and pigmentation
Example: SPF 50+ / PA++++

Sunscreen labels

Labels vary between countries
You do not need to find every one

UVA in a circle

UVA protection is at least one-third of the SPF



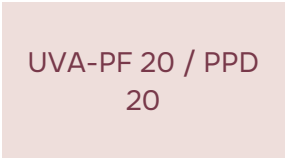
Broad spectrum

Protection against UVA and UVB



UVA-PF / PPD

A higher number means more UVA protection
It is not hours in the sun



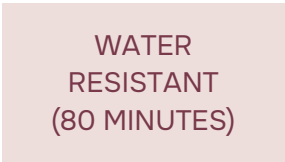
UVA stars

Up to 5 stars: the UVA-to-UVB balance
Read alongside the SPF



Water resistant

40 or 80 min is the water-test duration
It is not the level of UVA protection



IR, HEV and melasma

IR / IR-A

Infrared radiation is associated with heat
The brand claims protection, for example
through antioxidants

HEV / HEVIS

Visible blue-violet light
Found in sunlight and screen light
These labels do not replace SPF or UVA
protection

What about light from my phone?

With normal use, screen light is weak
Extra skin protection is usually unnecessary

What is melasma?

Brown patches on the cheeks,
forehead and above the lip



Protection from visible light matters
Choose a tinted SPF with iron oxides

Sun protection

NORMAL AND DRY SKIN

SKIN1004

Hyalu-Cica Water-Fit Sun Serum
SPF50+ PA++++

Moisturising texture
Leaves a dewy finish



OILY AND COMBINATION SKIN

Eucerin

Oil Control Gel-Cream SPF50+

Lightweight gel-cream
Matte finish



While using retinoids, choose SPF based on dryness, sensitivity and how your skin tolerates it

Sun protection

IF NIACINAMIDE DOES NOT SUIT YOUR SKIN

Beauty of Joseon

Relief Sun Aqua-Fresh Rice + B5
SPF50+ PA++++

Lightweight fluid with panthenol
No niacinamide or fragrance



NORMAL AND COMBINATION SKIN

Dr Althea

Green Tea Fresh Sunscreen
SPF50+ PA++++

Lightweight texture
If richer SPF feels heavy on your skin



While using retinoids, choose SPF based on dryness, sensitivity and how your skin tolerates it

Caring for your smile

Elmex

Caries Protection / 1450 ppm fluoride

Enamel is the protective layer of a tooth

Fluoride strengthens it and helps protect against decay



SPLAT

Whitening Medium / medium bristles

Removes plaque from three surfaces of a tooth

Choose bristles to suit your teeth and gums



SPLAT

DentalFloss / waxed floss

Floss cleans the two side surfaces between teeth that a brush cannot reach

An essential part of oral care



Your routine, step by step

Morning

01 Cleanse

If your skin needs cleansing

02 Moisturiser

If your skin needs moisture

03 SPF

Over moisturiser, without mixing them

Evening

01 Remove makeup or water-resistant SPF

If worn

02 Cleanse

After oil or micellar water

03 Apply moisturiser

Are your basics covered?

☐

Cleanse

My skin does not sting or feel tight

☐

Moisturise

My moisturiser feels good; I know when I need it

☐

Sun protection

I have an SPF that is easy to use

☐

Makeup removal

I have a comfortable method if I need one

☐

Toothbrush and toothpaste

I use fluoride toothpaste

☐

Cleaning between teeth

I have dental floss

Let us review your routine

What to keep, replace and how to use it

[Book a consultation](#)