



# 10 STEPS

# 한국 스킨케어 KOREAN SKINCARE

🌿 2-3 times a week

🌙 4-5 times a week

Otherwise recommended as part of your everyday routine (with clean / natural & gentle cosmetics)



## STEP 1: OIL CLEANSING

If needed to clear leftover make-up / gunky pores - you can also use pore brush in this step or step 3.

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## STEP 2: WATER CLEANSING

Plain (distilled) water splashes & / water based gentle cleanser. You can also think of using a AHA / BHA/ LHA/ Vit. C etc. after this step & in the next two steps.



## STEP 3: EXFOLIATING

Don't overdo this step, your skin needs some natural oil & sebum for normal function. **Top tip** - keep skin moist throughout any exfoliation.



## STEP 4: TONER

Choose one with Hyaluronic acid/ Propolis / Ceramides... any good ingredients to keep moisture in & protect the skin barrier! Toner masks are great too!



## STEP 5: ESSENCE

Choose an essence or ampoule that suits your skin needs and has ingredients you know work well on your skin. Think Snail mucin / Centella (cica).



## STEP 6: SERUMS

Choose a serum that suits your skin needs and has ingredients you know work well on your skin.



## STEP 7: MASKS

Can also be applied at Step 5



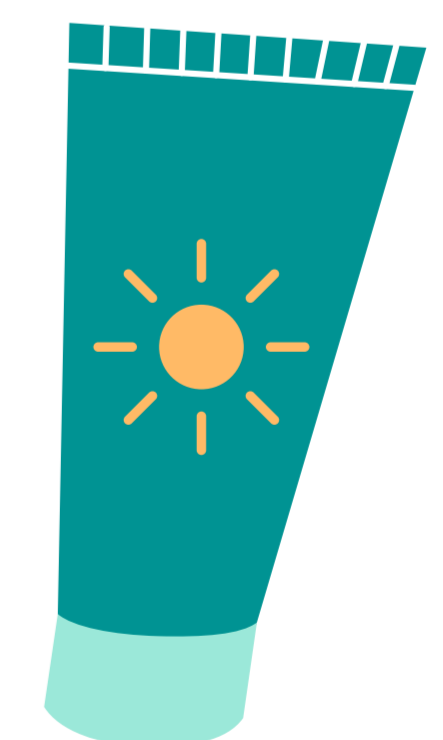
## STEP 8: EYE CREAM

Don't overdo this step, your eye area is delicate. Too much of a good ingredient (i.e. retinol / fermented ingredients can be drying / harsh)



## STEP 9: MOISTURIZER

If you can tolerate facial oils you can consider a drop or two in your moisturizer / or instead of your eye cream



## STEP 10: SPF

During the day only - Apply night creams in the evening

