

4-STEP SKINCARE ROUTINE FOR Oily Skin



BEFORE YOU START

HOW TO BUILD A ROUTINE WITHOUT WRECKING YOUR BARRIER

| WEEK | WHAT TO USE | WHY |
|------|---|--|
| 1 | Gentle Cleanser Only | Reset your skin. Remove excess oil without stripping. |
| 3 | Add Moisturizer | Hydration helps balance oil production. |
| 5 | Add Sunscreen | Protects skin and prevents hyperpigmentation. |
| 7 | Introduce Serum (e.g. Niacinamide) | Target oil, pores, or acne once your skin is stable. |
| 9 | Introduce Salicylic acid serum if dealing with blackheads | Target blackheads, to be used no more than 2 times a week. |

DON'T FORGET TO PATCH TEST: APPLY EACH PRODUCT TO A SMALL AREA ONCE A DAY FOR THREE DAYS TO TEST IF YOU ARE SENSITIVE.

WEEK 7 SCHEDULE FOR 4-STEP ROUTINE FOR OILY SKIN

| TIME OF DAY | STEP | PRODUCT | INSTRUCTIONS |
|-------------|---------------------|-------------------------|---|
| MORNING | Step 1: Cleanser | Gentle foaming cleanser | Wash your face with a gentle cleanser to remove oil, sweat, and overnight buildup. |
| | Step 2: Serum | Oily-skin safe serum | Apply 2–3 drops to damp or dry skin. Gently pat until absorbed. |
| | Step 3: Moisturizer | Lightweight, oil-free | Use a small amount to hydrate and seal in your serum. |
| | Step 4: Sunscreen | Matte SPF 30+ | Apply generously over your face and neck. Wait 15 mins before going outside. Re-apply every 2 hours |
| | | | |
| EVENING | Step 1: Cleanser | Gentle foaming cleanser | Wash your face to remove dirt, oil, sunscreen, and buildup. If you wore makeup or heavy SPF, double cleanse. |
| | Step 2: Serum | Oily-skin safe serum | Apply 2–3 drops on clean, dry skin. Gently pat in. Niacinamide works overnight to reduce oil and tighten pores. |
| | Step 3: Moisturizer | Lightweight, oil-free | Use a small amount to seal in hydration and support your skin barrier while you sleep. |

USING SALICYLIC ACID? READ THIS FIRST

PM only: Salicylic acid should be used at night only. Start slow: Begin with 1–2 nights per week. If no irritation, move to every other night.

One active at a time: On salicylic nights, skip other serums, retinols, AHAs, or other exfoliants. Follow product instructions: Every formula is different so read the label.

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If irritation occurs: Stop, rinse off, and rest your skin for a few days before trying again.