

Timeless Beauties, Studio by Jacqueline

5 Steps to Summertime Skin Care – morning routine

STEP 1) WASH YOUR FACE IN THE MORNING

Use an appropriate cleanser for your skin type and massage gently into the skin. For example, if you have dry skin use a moisturizing cleanser and if you have oily/combo skin use a clarifying cleanser. If you have sensitive skin use a gentle cleanser. Pat down your skin gently with a towel. Here are some examples of products that I like. They're available at Shoppers Drug Mart:

CeraVe Hydrating Cleanser	for normal to dry skin
CeraVe Foaming Facial Cleanser	for normal to oily skin
LaRoche-Posay Toleriane Purifying Foaming Cleanser	for combination to oily skin and sensitive



The reason I recommend these products is because they have beneficial ingredients like ceramides, hyaluronic acids and niacinamides that are good for the skin. They're also fragrance free which means it won't irritate your skin.

STEP 2) TONE YOUR SKIN

Using a toner helps to clear away any remaining residue also it brings your skin back to it's normal ph balance. It's beneficial to the skin to use a toner that is free of any alcohol as it can dry out and irritate your skin.



Example: Thayers Witch Hazel (Toner)- found at most health food stores and some pharmacies.

STEP 3) ADD YOUR SERUMS (USED TO PROTECT, NOURISH AND PLUMP-UP YOUR SKIN)



Smooth the serums over your face and neck, gently pat around your eyes. This is where I add my [Vitamin C Serum](#) that has Hyaluronic Acid and Vitamin E which is very good for your skin (plumps up the skin and fights the free radicals that damage your skin). I purchased this at [Amazon.ca](#).

After the vitamin C serum is dry (after a few seconds) apply the 2nd Serum: [Skin Deva 20% Argireline with Hyaluronic Acid and Matrixyl 3000](#) which adds protein and firming, wrinkle fighting ingredients. I purchase these products at [skindeva.com](#). You can also find really good alternative serums in the health food stores but they are more expensive.



Note: If you don't want to use the second serum, I recommend that you at least use the Vitamin C serum.

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STEP 4) MOISTURIZE AND/OR SPF (SPF SHOULD BE MANDATORY)

Because I have combination skin, I only use the SPF because I find it provides enough moisture for my skin. If you have dry skin you should use your moisturizer then add your SPF. Be sure to massage it into your whole face (avoiding the eye area) and include your ears, neck, and décolletage. During the summer months, be sure to use at least an SPF30 or above. Let it dry a couple of minutes, to settle into your skin, before applying your primer or foundation. Types of sunscreens that work well with make-up and don't leave a greasy feel to the skin are:



Garnier Ombrelle SPF 60 Ultra Light

- Chemical sunscreen that has broad spectrum uva/uvb



Coppertone Clearly Sheer Face SPF50

- Chemical sunscreen that has broad spectrum uva/uvb



La Roche-Posay Anthelios Mineral Tinted Ultra Fluid Lotion (or untinted)

- Mineral sunscreen that has titanium oxide and zinc oxide good for sensitive skin

When you're in the sun be sure to wear a hat and sunglasses and wear a lip balm with SPF30 to 50.

STEP 5) EXFOLIATE WEEKLY (ADDED BENEFIT FOR YOUTHFUL LOOKING SKIN)

Once or twice a week you can add exfoliation into your skin care routine either in the morning or evening. This will help to slough off your dead skin cells which helps to renew skin cells, leaving a healthier and brighter glowing skin.

You can use an exfoliating system like glycolic acid, or alpha hydroxy acids. These acids are derived from natural fruit and milk sugars that penetrate the dermis of the skin. Alternatively, you can use gentle scrubs that you massage into your skin to slough off dead skin cells, and then rinse. Three that I have used and like are as follows:



Nip Fab Glycolic Fix Night Pads



Derma E Microdermabrasion Scrub



The Body Shop Vitamin C Glow Boosting Microdermabrasion

Now that you've cleansed, toned, moisturized, and applied your SPF (steps 1 through 4) you're ready to apply your primer and/or foundation. Do this daily and your skin should look smooth, glowing, and healthy.