



SkyRose

REJUVENATION CLINIC & SPA

A Guide to the Right

Morning & Evening
Skincare Routine

WWW.SKYROSERCS.ORG

ABOUT US



At SkyRose Rejuvenation Clinic & Spa, we combine the top healing practices from both traditional and western therapies, focusing on relaxation and pampering and healing our guests on the spiritual, emotional, and physical levels too.

Delivering on our promise to restore, revitalize, and rejuvenate your skin, health, and overall function is what drives us every day. Our Innovative skincare treatments and nourishing botanical paraben-free medical-grade skin care products work together seamlessly to reveal the client's Authentic Best.

We offer comprehensive 1:1 consultations; contact us and schedule your consultation today! During your consultation, you get to share your skincare goals, and we create a treatment plan to help you bring your skin back to its youthful appearance. We are committed to providing a top-notch experience to each of our clients.

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But First, Get to know your *Skin Type*

Normal Skin



Normal skin, also known as endermic skin, is skin that is well-balanced. Moisture content, sebum production, and other elements affecting skin health are all within normal limits. Normal skin appears clear, vibrant, and healthy and is less prone to skin disorders. Younger adults are more likely to have normal skin.

Individuals with normal skin should continue a skin care routine that includes moisturizing, regular cleansing, and preventative skin care treatments, even if they are free of prevalent skin disorders.

Dry Skin

Xerosis, or dry skin, is a frequent problem that accounts for approximately half of all dermatologist consultations. Genetics or environmental factors can cause dry skin. People with dry skin may lack some natural moisturizing elements that assist the skin retain water and create less sebum than people with oily skin.



Dry skin types should avoid skin care products that include drying chemicals or deplete the skin of its natural oils. Including hot showers and UV exposure. Moisturizers specifically developed for dry skin should be used.

But First, Get to know your *Skin Type*

Oily Skin



Overactive sebaceous glands produce too much sebum, resulting in oily skin. Seborrhea is another name for this ailment. People with oily skin are more likely to develop blemishes and skin problems, particularly acne. Oily skin, like most skin types, is highly impacted by genetics. This skin type is more common in adolescence and early adulthood.

Oily skin types should wash their faces with a gentle cleanser and use non-comedogenic skin care products that won't clog their pores. Certain acne medications can be helpful.

Combination Skin

The most common skin type, combination skin, is characterized by a mixture of oily and dry skin in different areas of the face. Oily skin in the t zone is common in people with combination skin types. This indicates that sebum production is excessive across the forehead, nose, and chin. Due to a lack of sebum production in these areas, dry skin commonly affects the cheeks, mouth, and eyes.

Individuals with mixed skin require varied skin care regimens that address their various skin regions and problems.



What Happens When You Don't *Take care of your Skin*



Your Skin Could Break Out.

Makeup, debris, bacteria, overabundance oil, and other impurities can accumulate on your skin and block pores if you don't remove them, leading to outbreaks.



Aging Becomes More Noticeable.

Our skin heals itself while we are sleeping. But if you haven't cleaned your face before going to bed, pollutants can build up on your skin and prevent it from renewing itself.



Pores Could Appear Enlarged.

Your pores may appear larger when they are filled with extra oil, dead skin cells, and other contaminants. Maintain a constant washing regimen to keep pores less visible.



Dehydrated Skin.

Your moisturizer won't absorb properly or penetrate deeply if the surface of your skin is covered with a buildup of dead skin cells and pollutants, making your skin look dehydrated.



Roughness & Dullness of Skin.

Skin that lacks a healthy glow and seems lifeless and rough is sometimes described as having dull-looking skin. Regular cleansing and exfoliation will help you address this.

What's a *Skin Care Routine?*



Great skin isn't just a result of your genes; your everyday behaviors have a significant impact on what you see in the mirror. There are a bewildering number of viewpoints on anything from how to moisturize to how to protect oneself from UV radiation, depending on which product reviews you read or doctors you visit. Finally, skin care is a matter of personal preference.



Any skin-care routine should aim to tune up your complexion so it functions at its best, as well as target any problem areas. Take note that your products will change as your skin changes its needs as you get older. Skin-care technology has progressed significantly, but there is still no such thing as an instant fix; results take time to manifest. To notice a difference, use a product once or twice daily for at least six weeks.

A step-by-step guide to your Morning skincare routine

1 Cleanser

Starting your day off right means washing your face! Cleaning the skin to remove dirt, oil, and other impurities from the skin's surface is the first step in any great skin-care program. You should look for a cleanser that is appropriate for your skin type and present concerns.



Toner 2

Consider toners to be supplements: these thin liquids give an extra burst of nutrients, aiding the absorption of the other products in your routine while still regulating your skin. The most effective way to apply toner is with clean hands. Simply pour a few drops into your hand and apply. You can also pull apart a cotton pad if you like.

3 Serum and Actives

These treatments, along with serums, work on specific issues, concerns, or advantages for your skin. Solutions that contain a substance such as salicylic acid are meant to accomplish a certain result and are dubbed "actives." They tend to be "brightening" or "corrector" products.



Moisturizer 4

A moisturizer's most fundamental function is to hydrate and soften the skin. Moisturizers help to keep water from escaping through the skin's outer layers. They can also work in tandem with the skin's own protective oils and other building blocks, such as ceramides. This is one product that dermatologists suggest for all skin types all year round.



The Most Important Step: *SUNSCREEN*

All of the specialists we spoke with agreed on one thing: sunscreen is, without a doubt, the most important skin-care product. Daily sunscreen application helps to prevent fine lines and wrinkles, textural defects, and changes in the appearance of pores over time. Furthermore, daily sunscreen use can aid in the prevention of certain skin malignancies. Experts recommend using a daily moisturizer with a broad-spectrum SPF of at least 30 to make it easier to remember. Apply sunscreen 15 minutes before sun exposure and reapply at least every two hours, as a rule of thumb. Chemical sunscreens should be applied directly to clean skin, but physical sunscreens should be applied last in your skin-care routine, but before makeup. To cover your face and vulnerable portions of your body, use about two tablespoons of sunscreen; within that quantity, use a nickel-size dab to cover your face.

Dos and Don'ts of using

SUNSCREEN



Dos

- Before using sunscreen, double-check the expiration date.
- 15-30 minutes before heading outside, apply sunscreen.
- Before applying the product, try a tiny amount on yourself.
- Wear sunscreen that protects against both UVA and UVB radiation.
- For your face, look for non-comedogenic sunscreens.
- For beach holidays, buy ocean-safe sunscreen.
- Apply sunscreen to your skin every day of the year.
- Pick the right sunscreen for your skin type.



Don'ts

- Don't forget to rub it in.
- Avoid products that combine sunscreen and cosmetics.
- Even when you're inside, remember to apply sunscreen.
- Don't put on sunscreen until you're already in the sun.
- Avoid buying sunscreen with a high SPF.
- Don't just use sunscreen on your face.
- Don't expect dark skin to shield you from UV radiation.
- Don't just apply sunscreen once a day. Apply multiple times.

A step-by-step guide to your Night time skincare routine

1 Remove your Make-up/Sunscreen

Sleeping in your makeup is a major skincare sin, and a cleanser usually isn't enough to get rid of it all. As a result, it's best to use a light makeup remover or an oil-based makeup remover. If you have not worn any make-up, you still need to use a make-up remover to effectively remove your sunscreen.



2 Cleanser

Use a cleanser at night to remove all of the sunscreen, makeup, and sebum that has accumulated on your skin throughout the day. Furthermore, the face is regarded to be the dirtiest region of the body since we unwittingly contact it throughout the day, transferring dirt and bacteria.

3 Treatment

Whether it's a serum or a prescription product, this step allows you to adjust the regimen to your specific skin concerns. Additionally, this is where you apply any spot treatments. Depending on your skin's requirements, you can use a retinoid, brightening serum, or moisturizing serum.



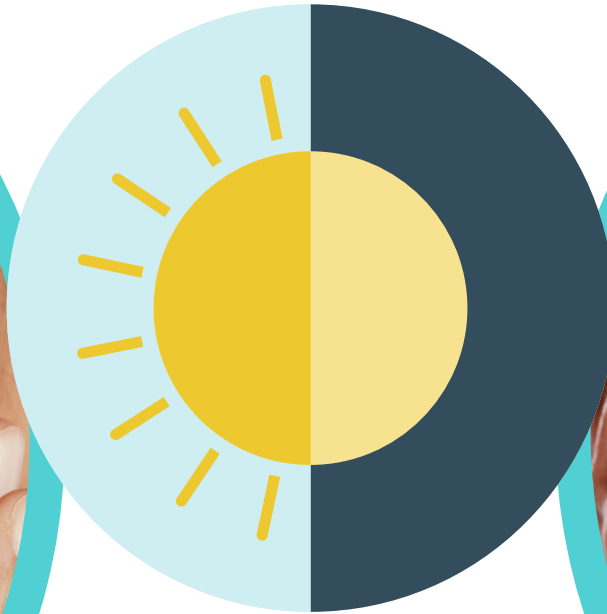
4 Eye Cream and Night Cream

Using eye creams every night is important because they provide targeted treatment to the delicate skin around your eyes. Eye creams are light and soothing, and it contains peptides to help fight the signs of aging. Additionally, Night creams are loaded with powerful, slow-absorbing moisturizers designed to penetrate over the course of several hours. This means night creams are generally thicker than a regular moisturizer.



Difference

between a Morning and Night Time Skin Care Routine



Take note that It's fine to use the same products morning and night, but keep in mind that some products are better suited to morning or night use.

Morning

Only a small amount of skincare is applied during the day. Sunscreen is one of them. Sunscreen is essential throughout the day, but it is not required at night. Apply sunscreen to your face and any other exposed areas of your skin. This should be done after cleansing and moisturizing but before applying makeup. Additionally, some moisturizers include an SPF number for sun protection. These are typically branded as a daytime moisturizer, and you should use a different moisturizer at night.

Night

There are various skincare products that are better suited for evening use. Certain creams contain chemicals that make your skin more vulnerable to UV rays from the sun. Ingredients like retinol are among them, and treatments containing them should be used at night to avoid sensitivity difficulties. Some goods are designed expressly for usage at night. These are typically thicker, heavier creams that would be uncomfortable to wear during the day. Of course, products such as makeup removers are only required at night.