

**Welcome to
Life Skills for
Young Women
of the Future**

Day 7: Starting a Skincare Routine

Why is having a skincare routine important?

HAVING A SKINCARE CAN NOT ONLY TEACH YOU MANY POSITIVE SKILLS BUT IT CAN ALSO PREVENT:

- EARLY SIGNS OF AGING
- SKIN CANCER
- BLEMISHES
- SKIN DAMAGES OR INFECTIONS

BY HAVING A ROUTINE, YOU WILL NOT ONLY HELP YOUR SKIN, BUT ALSO LEARN HOW TO STAY ORGANIZED AND BEGIN STARTING POSITIVE HABITS!

Finding your Skin Type:

BEFORE STARTING YOUR OWN SKINCARE ROUTINE, IT IS VERY IMPORTANT TO FIGURE OUT WHAT KIND OF SKIN YOU HAVE. THAT WAY, YOU CAN TAILOR YOUR ROUTINE SPECIFICALLY TO YOUR OWN NEEDS.

SKIN TYPES VARY FROM:

- DRY
- OILY
- NORMAL
- COMBINATION
- SENSITIVE

How to Find Your Skin Type:



Normal Skin

- Balanced (neither dry nor oily)
- Blemish-free
- Non-Sensitive
- Smooth surface



Combination Skin

- Dry in some areas, oily in others
- Breaks out easily
- Irritated easily
- Occasional enlarged pores



Oily Skin

- Shiny, greasy appearance
- May have enlarged pores
- Prone to redness, pimples & blackheads
- No dry patches



Dry Skin

- Flaky, dry skin surface
- Fine lines may develop easily
- Pores barely visible
- Skin easily irritated



Sensitive Skin

- Not actually a type, but a common skin condition
- May sting, burn or itch
- Reactive and easily irritated
- Blush or flush easily

Your skin is **Normal** if:

- Your skin is balanced, not sensitive, blemish-free, and smooth.

Your skin is **Combination** if:

- Your skin is dry and oily, breaks out easily, and is irritated.

Your skin is **Oily** if:

- Your skin is shiny with no dry patches. Your skin may have redness and blemishes

Your skin is **Dry/Sensitive** if:

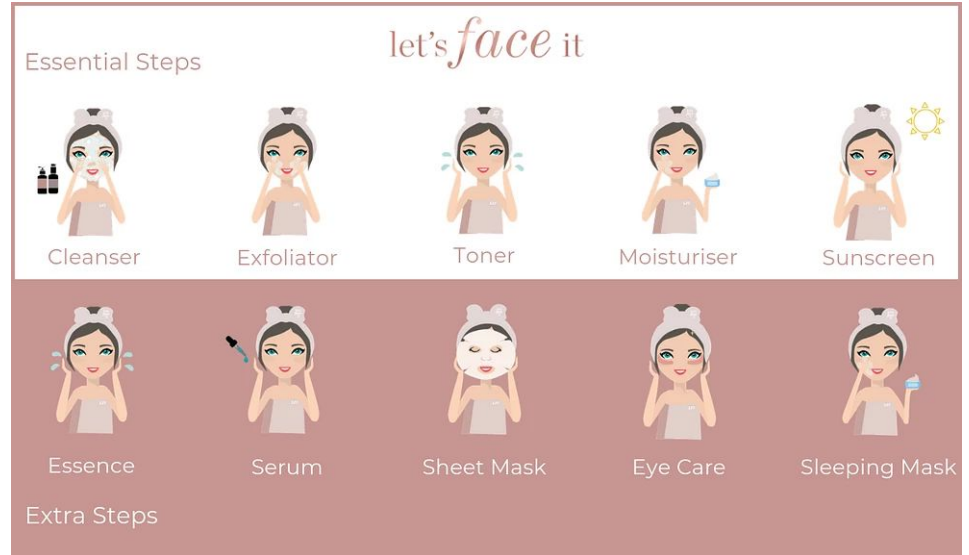
- Your skin is flaky, easily irritated, and with barely visible pores. Redness is common.

HOW TO START YOUR OWN ROUTINE:

What to start with:

No matter what skin type you have, it is important to have a foundation. Start with these essential steps, and add more serums and moisturizers depending on you.

- 1). Cleanser
- 2). Exfoliator (I only use once a week because of my skin type)
- 3). Toner
- 4). Moisturizers (Day/Night)
- 5). Sunscreen



Having a place in your bathroom dedicated to all of your skincare items and creating a daily/nightly schedule is important!

The Daily Skincare Routine For Your Skin Type

Dry Skin
Hydration

Balanced Skin
Cleanse and moisturize

Oily Skin
Light hydration



Combination Skin
Balanced products

Sensitive Skin
Nonirritating
products

Aging Skin
Plump, lift and
banish dark spots

BYRDIE

Keep in mind that every skincare routine is different, and pertains to **YOUR** skin type and needs! Pick products that match your skin type, and how much/little hydration you will need.

An example of my routine:

Here is my routine that I use to give you ladies and idea of what a routine looks like. Remember, you DO NOT have to use every product that I use. I have to use more moisturizers and serums because I have dry and very sensitive skin. Instead of using SPF 30 in this example, I use SPF 100+ because of how fair my skin is. It is very important to at least use SPF 30 in your everyday routine.



Skin Care Tips

- ALWAYS CHANGE YOUR PILLOWCASE EVERY 1-2 WEEKS.
- KEEP YOUR HAIR BACK WHEN YOU WASH YOUR FACE. MAKE SURE YOUR WASHCLOTH IS CLEAN.
- HYDRATE INSIDE AND OUT. ALWAYS DRINK PLENTY OF WATER.
- MOISTURIZE BOTH DAY AND NIGHT. TAKE YOUR TIME WITH SKINCARE!
- DRYNESS, REDNESS, AND TIGHTNESS IS A SIGN THAT YOU MAY NEED TO GET A HIGHER SPF.
- KEEP YOUR PHONE CLEAN.