SKIN_CARE

Understanding Your Skin

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Before creating a skin care routine, it's essential to understand your skin type:

- **Normal:** Balanced skin with no major concerns
- **Dry:** Tight, flaky skin that lacks moisture
- **Oily:** Shiny skin with enlarged pores and blackheads
- **Combination:** Mix of oily and dry skin
- **Sensitive:** Skin that reacts easily to products or environmental factors
- **Acne-prone:** Skin with frequent breakouts and acne

Basic Skin Care Routine

1. **Cleansing:** Wash your face twice a day with a gentle cleanser suitable for your skin type.
2. **Toning:** Use a toner to balance your skin's pH and remove residual dirt.
3. **Moisturizing:** Apply a moisturizer to hydrate and protect your skin.
4. **Sunscreen:** Apply a broad-spectrum sunscreen with at least SPF 30 daily.

Additional Tips

- Exfoliate once or twice a week to remove dead skin cells.
- Use a face mask once or twice a week to deep clean and nourish your skin.
- Stay hydrated by drinking plenty of water.
- Get enough sleep (7-8 hours) to help your skin regenerate.
- Manage stress through relaxation techniques like meditation or yoga.

Product Ingredients to Look For

- **Retinol:** Anti-aging and acne-fighting properties
- **Hyaluronic acid:** Hydrates and retains moisture
- **Salicylic acid:** Exfoliates and unclogs pores
- **Vitamin C:** Antioxidant properties to brighten and protect skin
- **Niacinamide:** Improves skin elasticity and reduces inflammation

Common Skin Concerns

- **Acne:** Use products containing salicylic acid or benzoyl peroxide.
- **Aging:** Use products with retinol, vitamin C, or hyaluronic acid.
- **Hyperpigmentation:** Use products with vitamin C, niacinamide, or licorice extract.

Remember, consistency and patience are key to achieving healthy, glowing skin!

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Competing interests

The authors declare that they have no competing interests.

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