

■ Universal Skin Protection Guide (All Skin Types • All Seasons • 2025 Edition)

Protect, repair, and maintain your skin barrier year-round — whether you face dry winters, humid summers, or pollution-heavy cities.

■ Daily Skin Protection Checklist

- Morning: Cleanse → Serum → Moisturizer → Sunscreen → Lip/Eye Protection.
- Evening: Double Cleanse → Treatment Serum → Moisturizer → Lip/Eye Care.

■■ All-Weather Skin Protection

- Hot & Humid: Use oil-free moisturizer, SPF 50, stay hydrated.
- Cold & Dry: Use creamy cleanser, layer hydration, humidifier indoors.
- Polluted: Double cleanse, use antioxidants, barrier protection.
- Mild/Transitional: Adjust textures, exfoliate, use brightening serums.

■■ Weekly / Monthly Care

- Exfoliate 1–2x weekly (AHA/BHA).
- Use masks and scrubs regularly.
- Check expiry dates and visit dermatologist biannually.

■■ Common Mistakes

- Skipping sunscreen indoors or on cloudy days.
- Mixing too many actives together.
- Ignoring neck, ears, and hands.

■ Skin-Safe Lifestyle Habits

- Eat antioxidant-rich foods and drink 8–10 glasses of water daily.
- Sleep 7–8 hours per night.
- Avoid smoking, excessive alcohol, and wear UV-protective clothing.

■ Quick Daily Checklist

- Morning: Cleanser ✓■ | Antioxidant ✓■ | Moisturizer ✓■ | Sunscreen ✓■ | Lip/Eye ✓■
- Evening: Cleanser ✓■✓■ | Treatment ✓■ | Moisturizer ✓■ | Lip/Eye ✓■ | Hydration ✓■