

5 tips to develop (and stick to!) a skin care routine



Developing a skin care routine can help you have healthier skin at every stage. Try these tips to help you develop a routine that you can stick to.



Many skin care products are marketed to women, but healthy skin looks good on everyone. All gender expressions can enjoy the benefits of healthy skin.



1. Figure out your skin type

Find your skin type based on these definitions from the American Academy of Dermatology:

- **Sensitive skin** may sting or burn after product use
- **Normal skin** is clear and not sensitive
- **Dry skin** is flaky, itchy or rough
- **Oily skin** is shiny and greasy
- **Combination skin** is dry in some areas and oily in others

Once you find your skin type, you can choose products that have been developed with your skin in mind. Look for products that are non-comedogenic, or the label states “won’t clog pores.”



2. Keep it simple

A simple skin care routine is easier to stick with and less expensive than a complex routine using many products. Get started by focusing your routine on three basic products: a cleanser, a sunscreen and a moisturizer. In the morning, cleanse your skin. Then apply sunscreen and moisturizer. Do the same thing at night, but skip the sunscreen.



3. Make it part of your day

Bundling your new skin care routine with things you already do daily can help you stick to your new habit. For example, you can wash your face after you brush your teeth, before you take your daily vitamins or as you shower.



4. Leave it be

One of the best things you can do for your skin is to keep your hands off it during the day. Touching your skin can transfer oil, dirt, bacteria and germs that can clog pores. Picking at or popping pimples can cause scarring.



5. Check your skin regularly

It is important to check your skin regularly for signs of skin cancer. Pay close attention to freckles, moles and age spots—especially any that look different, have changed in size, shape or color or that are itchy or bleed. If you ever have questions about your skin health, get guidance from a board-certified dermatologist.

Sources:

<https://www.aad.org/public/everyday-care/skin-care-basics/care/skin-care-budget>

<https://www.aad.org/public/diseases/skin-cancer/how-to-spot-skin-cancer>

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