



BEAUTY  BARN

TOTAL  
**SKINCARE  
GUIDE**

[www.beautybarn.in](http://www.beautybarn.in)

WE PROVIDE RESULTS



Do you feel like your skincare products are not working and nothing seems to suit your skin? Despite purchasing the latest miracle product with the trendiest skincare ingredient, is your skin hardly showing any improvement? We get it, we have all been there and it can be frustrating when every recommendation or internet buzz doesn't work its charm.

Chances are the products contain irritating skincare ingredients that may be preventing you from having healthy, clear skin. It might simply mean that you haven't found the right answer for your skin's needs. Understanding your skin type and your skin concern is the cornerstone to healthier skin because the products you are using may be exacerbating the problems you're trying to fix.

If your goal is clear, smooth, radiant, healthy and younger-looking skin, we're going to share how you can achieve that.

## STEP 1: KNOW YOUR SKIN TYPE

Your skin type is used to describe how your skin is functioning. Identifying and knowing your skin type is the first solution to fixing your skincare problems. Your skin type also determines the kinds of product textures you should be using for your core skincare routine.

One easy method for determining your skin type is to perform a 30-minute skin test. To start, thoroughly wash your face with water and wait for 30 minutes. During this time, do not apply any other skincare products or makeup to your skin. After 30 minutes, examine your skin in the mirror and assess how your skin feels:



### DRY SKIN

Very Rough, Flaky or Tight



### NORMAL SKIN

Well hydrated with no greasy feeling



### OILY SKIN

Shiny, Oily with greasy feeling (no dry areas)



### COMBINATION SKIN

T Zone Oily and Cheeks dry

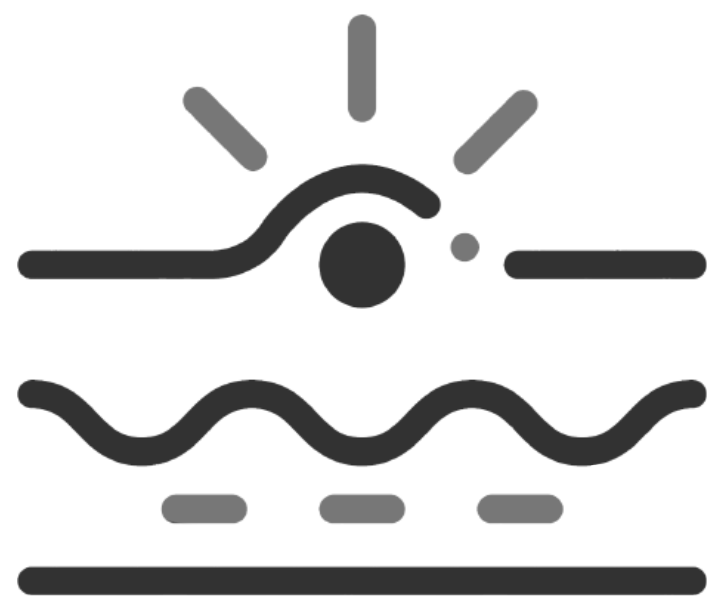


### SENSITIVE SKIN

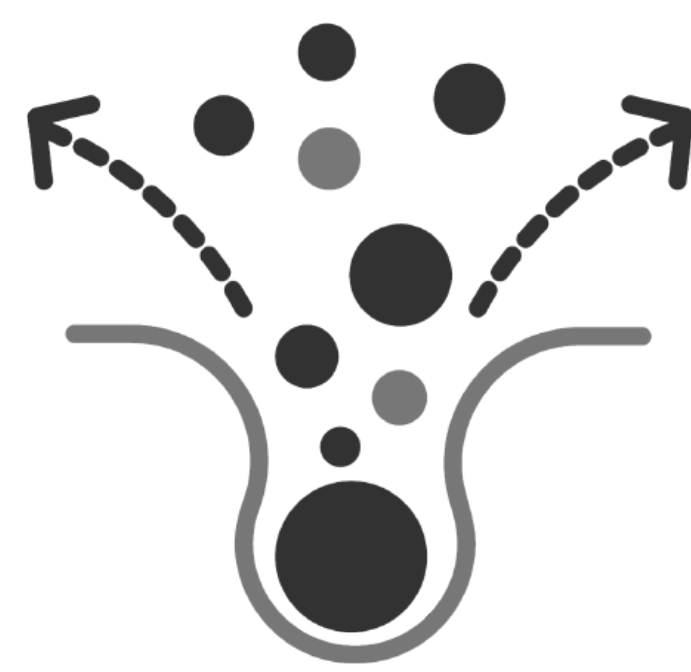
If skin is sensitive, red and itchy

## STEP 2: SKIN CONCERNS

Once you've understood your skin type, the next step is to determine what skin concerns you have. These concerns will determine what additional treatment products you may need to create the best skincare routine for you. Commonly that most people have multiple skin concerns at the same time. Your skin concerns can be one or a combination of problems such as:



ACNE-PRONE  
& BREAKOUTS



CLOGGED PORES/ OILY SKIN/  
WHITEHEADS/ BLACKHEADS



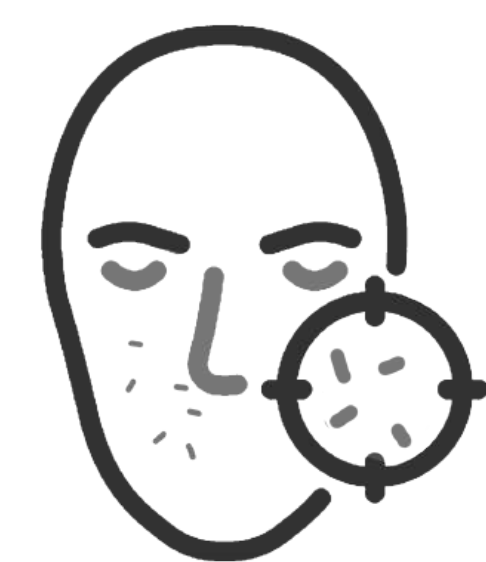
WRINKLES/  
FINE LINE



PREMATURE AGEING/  
SUN DAMAGE



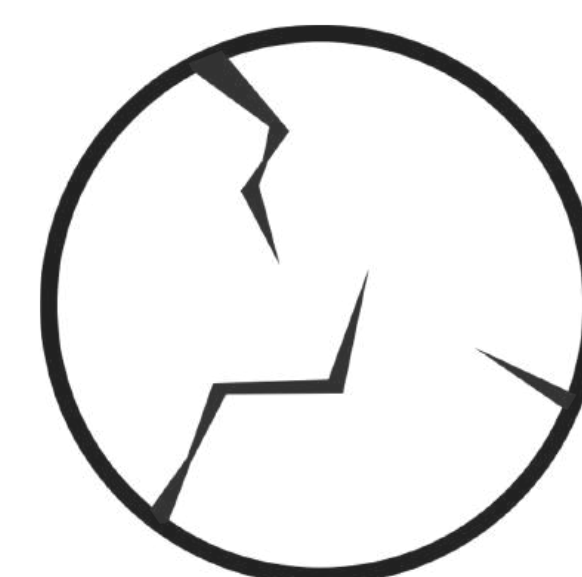
HYPERPIGMENTATION  
DARK SPOTS



ACNE SCARS



REDNESS, SENSITIVE &  
INFLAMED SKIN



DULL,  
DEHYDRATED SKIN

## STEP 3:

# LEARN HOW TO CHOOSE THE BEST PRODUCT TEXTURE FOR YOUR SKIN TYPE

## Dry Skin

If you have dry skin, you should generally be using products that have rich creamy and emollient, velvety textured products.

## Combination Skin

If you have combination skin, you may need to use a mix of products for the dry and oilier areas.

## Oily Skin

If you have oily skin, you should be using products with a light fluid, liquid, thin lotion or gel texture. Any other texture will make your skin oilier and risk clogging pores.

## Normal Skin

If you have normal skin, you may opt for any product formulas to your preference, as long as you should maintain skin pH levels, and keep skin hydrated and moisturized.

## Sensitive Skin

If you have sensitive skin, conduct a test patch before applying any product, opt for products with fragrance-free sulfate-free formulas.

# STEP: 4

## HOW TO LAYER SKINCARE PRODUCTS IN THE RIGHT ORDER

### MORNING

WATER CLEANSER

TONER

ANTIOXIDANT SERUM

EYE CREAM

MOISTURIZER

SUNSCREEN

PRIMER/ MAKEUP

1

2

3

4

5

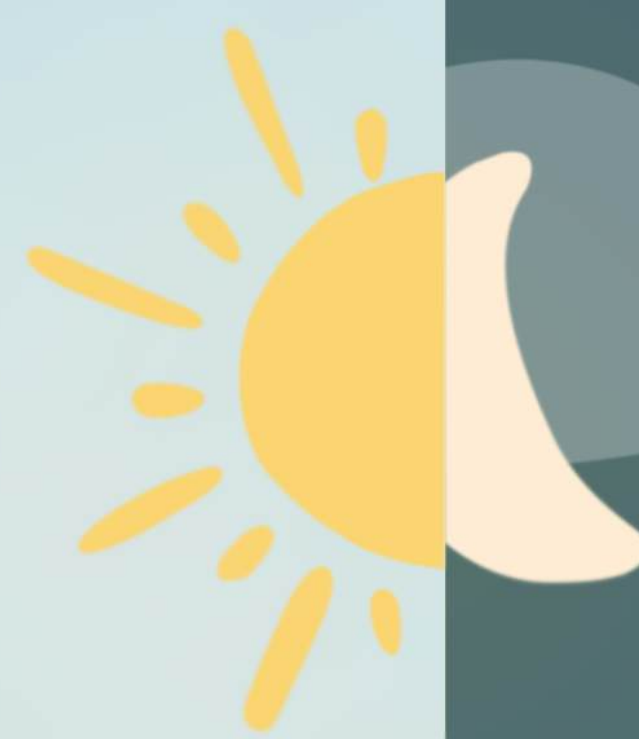
6

7

8

9

10



### NIGHT

OIL CLEANSER

WATER CLEANSER

EXFOLIATOR

TONER

ESSENCE

SERUM/ TREATMENTS

SHEET MASK

EYE CREAM

MOISTURIZER

SLEEPING MASK/ LIP MASK

# STEP: 5

## GUIDE TO THE 10- STEP KOREAN SKINCARE



### 1 OIL BASED CLEANSER

After a long day , it removes oil- base makeup without the struggle that comes with rubbing at and tugging on your skin.

### 2 WATER BASED CLEANSER

This second step of the double cleansing routine washes away any lasting residue (use a cleanser that does not make your skin feel tight and dry!)



### 3 EXFOLIATOR

This promotes cell turnover, unclogs pores, allow for better product absorption and keeps skin looking youthful.

### 4 TONER

This is a must after washing your face to hydrate and balance out your skin's pH levels.



### 5 ESSENCE

The bridge between the liquid and cream skincare products, essence aids in hydration, cell turnover and skin repair.

# 6

## TREATMENT

Serums & Ampoules are rich products that target specific needs depending on your skin concerns using active ingredients.



# 7

## SHEET MASK

It doesn't have to be a crucial part of your routine, but everyone needs a #treatyourself moment once in a while.

# 8

## EYE CREAM

The eyes are the window to your soul, so don't let them be framed by boggy, puffy, and/ or dark skin.



# 9

## MOISTURIZER

To keep all the hydrating goodness from the previous steps sealed to your skin, use a moisturizer that caters well to your skin type!

# 10

## SPF

Don't let your morning skin routine go to waste! Always protect your skin from UV rays with sunscreen. And to get the most out of your beauty sleep, apply a night cream or sleeping mask 2-3 times a week.







## Instagram

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ONE STOP DESTINATION FOR  
**KOREAN SKINCARE  
& BEAUTY**

## Blog

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