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## SKINCARE 101:

# Layering Of Products

BY MONIQUE ENRIQUEZ

The quality and health of your skin is determined by your daily and weekly skincare routine. Besides knowing how to choose and buy the right products for your skin type, it is also important that you know how to layer them correctly and use the right amounts of each product for best results. This daily routine is also great for flawless, no make-up selfies, if you have a date coming up, a social gathering or a red carpet event and you wish to look your best.

Here is a 6-Step Guide to help you do just that:

**STEP 1: CLEANSING** should be practiced in the AM/PM with a cleanser that suits your skin type. Cleansers are available in foam, oil, gel and milk textures including miscellar waters. It is the most important step in your skincare routine. I highly recommend you get into the habit of "double cleansing" at night time to remove all traces of make-up including waterproof mascara, dirt and pollution your skin absorbs during the day.

- **PRO TIP:** By mixing together a small amount of your favourite exfoliating scrub and cleanser into your palm you can get both the mechanical exfoliating and cleansing action of both products in one step.



**STEP 2: TONING** is an often missed step. Should also be applied daily in the AM/PM right after cleansing. It is essential because it allows better absorption of your serum and moisturizer application into the skin.



- **PRO TIP:** Dispense your toning solution into a sanitized spray bottle for a facial mist instead of pouring toner onto cotton pads which absorb most of the product.

**STEP 3: EYE CREAM** needs to be applied every day in the morning and at night. The skin around the eye area is much thinner and more fragile than the rest of the face. Fine lines and wrinkles are far more visible if proper care is not started during early adulthood. An eye cream can target multiple eye concerns including dark circles, puffiness and sagging skin.

- **PRO TIP:** Dispense a pea size amount of eye cream onto the ring finger and apply on both eyes with light outward tapping strokes, this will help with decongestion of puffy eyes and brighten the eye area. Avoid applying over eyelids and too close to the eye waterline as this will cause irritation.

**STEP 4: SERUM** is a targeted skincare product whose main function is to correct and treat skin conditions such as fine lines, wrinkles, sagging skin, pigmentation, dehydrated and dry skin types.

- **PRO TIP:** Two serums can be "layered" together. The key is to choose and apply one serum to treat your first and

main skin concern followed by a second serum application that will address your next biggest skin problem. Keep in mind when applying each product, less is better. It is all about the amount being dispensed and applied at every step of your daily skincare routine.

**STEP 5: MOISTURIZER** is a seasonal product. The choosing and buying of a moisturizer is required every six months and according to your skin type. Moisturizers are available in gel, light-weight, medium, rich and balm textures. Some brands provide moisturizers with a built-in sunscreen protection which is great if you are a fan of using "multi-purpose" skincare products.

- **PRO TIP:** A night-time moisturizer is richer in texture and emollients because they provide deeper hydrating, moisturizing and repairing benefits. Use in combination with a daytime moisturizer for faster and better results.

**STEP 6: SUNSCREEN** is the last step of your daily daytime routine. Should not be missed even on a cloudy day or during the winter months. Sun exposure is the leading cause of pre-mature aging and different types of skin cancers. Choose and buy a physical or chemical UVA/UVB broad-spectrum sunscreen from a reputable skincare brand approved with the Health Canada UVA seal.

- **PRO TIP:** During the spring and summer months apply a sunscreen with SPF45 up to SPF60. Take extra care and caution outdoors and do not forget to also protect your lips, eye area, ears and the rest of your body. During the cooler months of fall and winter, apply a sunscreen from SPF15 up to SPF30.

Follow me on social media @beautydivaglam and read exclusive articles on the *Benefits of Skin Moisturizing, Exfoliating Products and Ways to Prevent Aging.* Tune in for my upcoming TV segment on *Face Masking.*

Monique Enriquez, C.N.H.P., is an upcoming Book Author, an Image Consultant and Educator on Anti-Aging Beauty Care. She writes magazine articles on skincare, lifestyle trends and healthy living. On camera she promotes a variety of beauty and lifestyle products that help improve the lives and self-images of both men and women. For advertising and editorial product placements in the next Spring/Summer issue, contact her directly at: monique@waterfront-magazine.com

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