

Why Consistency Matters More Than Expensive Products

- The "Magic Bullet" Fallacy: No matter how premium or expensive a product is, it cannot trigger permanent overnight transformations. Even the most high-end creams will fail to deliver results if they are used inconsistently.
- Value vs. Marketing: Many affordable, over-the-counter products contain the exact same scientifically proven active ingredients (e.g., niacinamide, hyaluronic acid) as their luxury counterparts.
- Irritation Risks: Expensive or highly concentrated formulas aren't automatically better. In fact, heavy concentrations can cause severe sensitization, whereas a gentle, steady routine ensures you reap the benefits without damaging your skin.