

Minimalist Routine

The most effective routine relies on three core pillars:

Morning

- Rinse with water: Research shows that if you have normal to dry skin, just splashing with lukewarm water in the morning is sufficient. (If you have very oily skin, use a gentle, non-foaming cleanser.)
- Moisturize & Protect: Maximize time and cost by using a combined moisturizer and broad-spectrum sunscreen (SPF 30+).

Evening Cleanse

- Use a gentle, hydrating cleanser to melt away the day's sunscreen, dirt, and oil.
- Moisturize: Apply a basic, barrier-repairing moisturizer on slightly damp skin to trap moisture while you sleep.
- The Rule of Fewer Steps: Studies show that routines with more than 4 to 5 steps result in lower adherence rates and can actually damage your skin barrier due to ingredient overload.
- Avoid Ingredient Conflicts: Using too many single-purpose active serums can cause irritation and inflammation. Using multi-functional products minimizes this risk.
- Slugging: For exceptionally dry areas or compromised skin, you can use a basic, inexpensive drugstore petroleum jelly (e.g., Vaseline) as a final nighttime layer to lock in moisture.