

SKINCARE TIPS



A helpful guide to all your skincare questions.

WELCOME



NICE TO MEET YOU,
I'M ANU

Having over 20 years experience in the Hair and makeup industry and working with some of the makeup industry's leading brands, including M.A.C and Anastasia Beverly Hills it inspires me to keep moving forward. When it comes to makeup, I don't just love it – I live it! It's my passion, my art, and my way of expressing myself. I believe that makeup has the power to transform and empower us.

I wanted to take this moment to express my gratitude for all of your support, loyalty and being a part of my journey. It means the world to me that I get to create and share my passion with all of you. Your feedback and engagement inspires me to continue pushing myself creatively and giving the best service. I look forward to continuing to connect with all of you and to provide you with the best.

@ANU_MALHI

SKINCARE TIPS

Skincare Tips for Different Skin Types:

- **Dry Skin:** Use a gentle, hydrating cleanser that won't strip the skin of its natural oils. Apply a rich, emollient moisturizer to the skin to lock in moisture. Look for ingredients like hyaluronic acid, glycerine, and ceramides. Exfoliate once or twice a week with a gentle scrub or chemical exfoliant.
- **Oily Skin:** Use a foaming cleanser to remove excess oil and dirt from the skin. Look for a lightweight moisturizer that won't clog pores or cause breakouts. Use an oil-free SPF to protect the skin from sun damage. Exfoliate once or twice a week with a salicylic acid-based product.



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- **Combination Skin:** Use a gentle, pH-balanced cleanser that won't dry out the skin. Apply a lightweight moisturizer to the areas of the skin that tend to be dry, and use a mattifying product on the areas that tend to be oily. Look for an oil-free SPF that won't cause breakouts.



- **Sensitive Skin:** Use a gentle, fragrance-free cleanser that won't irritate the skin. Look for a moisturizer that's formulated for sensitive skin and free of potential irritants like fragrance and alcohol. Use a mineral-based SPF that won't cause irritation. Avoid harsh exfoliants and opt for gentle, non-abrasive methods of exfoliation.



IMPORTANCE OF USING MOISTURIZER AND SPF

Moisturiser and SPF are both essential steps in any skincare routine. Here's why:

- **Moisturiser:** Moisturiser helps to hydrate and protect the skin. It prevents dryness and flakiness, and helps to maintain the skin's natural moisture barrier. When the skin is properly hydrated, it looks plump and healthy, and is better able to defend itself against environmental stressors like pollution and UV radiation.
- **SPF:** SPF protects the skin from the harmful effects of UV radiation. Exposure to UV rays can cause sunburn, premature aging, and even skin cancer. By applying an SPF of at least 30, every day, you can help to prevent these damaging effects.



HOW TO CHOOSE THE RIGHT SKINCARE PRODUCTS

Choosing the right skincare products can be overwhelming, but there are a few key factors to consider:



- **Skin Type:** Consider your skin type when choosing skincare products. If you have oily skin, you may want to look for oil-free products, while if you have dry skin, you may want to look for hydrating products.
- **Ingredients:** Look for products that contain high-quality, effective ingredients. For example, if you're looking for a moisturizer, look for ingredients like hyaluronic acid, glycerin, and ceramides.
- **Formulation:** Consider the formulation of the product. Is it lightweight or heavy? Will it absorb quickly or leave a residue on the skin? These factors can all affect how the product feels on the skin and how well it works.

I hope these tips are helpful!

STAY CONNECTED

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