



OLD MAID'S GUIDE TO SKIN CARE



Key Ingredients for Common Concerns

- **dryness:** ceramides, hyaluronic acid, squalene, peptides
- **thinner skin:** ceramides, hyaluronic acid, peptides
- **dark spots:** a stable form of vitamin C, niacinamide (vitamin B3), squalene
- **dark circles:** caffeine, a stable form of vitamin C, niacinamide (vitamin B3), hyaluronic acid, peptides
- **dullness:** exfoliation (1-2x a week) look for these good acids, but not all in one product! Companies have different ingredient combinations for their formulas.
 - hyaluronic acid, alpha hydroxy acids, glycolic acid, arginine (amino acid), fatty acids, lactic acid, citric acid, niacinamide (vitamin B3)
- **wrinkles:** ceramides, peptides, bakuchiol, hyaluronic acid, niacinamide (vitamin B3)

www.modernoldmaid.com

AM Routine

- 1. Cleanser
- 2. Toner/Hydrating Essence
- 3. Serum (most active ingredients)
- 4. Facial oil (optional, simply add a drop to your moisturizer or apply directly to skin)
- 5. Moisturizer
- 6. SPF/Tinted Moisturizer with Sunscreen

PM Routine

- 1. Cleanser
- 2. Toner/Hydrating Essence
- 3. Serum (most active ingredients)
- 4. Facial oil (optional, simply add a drop to your moisturizer or apply directly to skin)
- 5. Moisturizer (thicker one for bedtime)

+Exfoliate 1-2 times a week