



Skincare 101

By Toni Enriquez

Aka, the powerpoint I
wish I'd been shown at
your age





About me

- Toni Enriquez, she/they
- UCLA 4th Year Asian Humanities Major
- I've been fighting acne since I was about 10 years old
- Doctors gave me everything for it
 - Trentinoin, Benzoyl Peroxide wash, oral pills, Accutane
- I got into skincare around age 16
- I was inspired to get into skincare by Michelle Phan (she rarely wears foundation anymore and focuses on skincare) and my own struggles with acne
- I *almost* went to cosmetology school for skincare (and then they all shut down because of COVID)



Class Summary

1) *Skin Types*

2) *Skincare Products*

3) *Skincare Ingredients*



4) *How to Create a Skincare Routine*

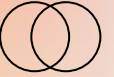
5) *My Personal Skincare Routine*

6) *Game Time / Q&A*





Skin Types



Normal/Combo

- Not particularly dry or oily
- Can be oily on T-zone/dry on cheeks

Oily

- Very oily all around
- “Shiny”
- *sometimes “oily skin” is just very dehydrated!

Dry

- Dryness can vary
- Sometimes flaky skin

Sensitive

- Reacts easily to fragrances or other ingredients
- Prone to redness

Skincare Products

Actives

- Concentrated active ingredients to target specific skin concerns
- Can be in the form of a serum, essence, or cream



Cleanser

- Can be oil/water-based
- The first step in a routine

Moisturizer

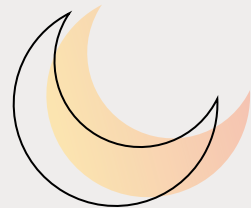
- Most commonly come in cream and gel forms
- Bring back moisture to the skin

Toner

- Different types, can be hydrating, exfoliating, etc.
- Can help to “reset” the skin after cleansing and prep for next steps

SPF

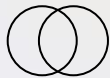
- Last step in AM routines
- ESSENTIAL EVERYDAY
- Don't forget your neck.



Skincare Ingredients: Acids

AHA

- “Above the skin”
- Surface level exfoliation
- Considered the most gentle of the acids
- Good for whiteheads
- Glycolic Acid, Lactic Acid



BHA

- “Below the skin”
- Dissolves oils/sebum underneath the skin surface
- Good for blackheads
- Salicylic Acid



Retinol

- Also penetrates deeper below the skin
- Encourage faster cell turnover
- Reduces fine lines, wrinkles, scarring
- Common in anti-aging products
- The strongest exfoliating acid

Hyaluronic

- Moisturizing
- Needs to be applied on **damp** skin to be effective
- Works by holding water to the skin (hence why it should be applied on damp skin)
- Most commonly found in serums and moisturizers



Skincare Ingredients: Vitamins

Vitamin B₃ *(Niacinamide)*

- Regulates sebum production (good for oily skin)
- Soothes skin (good for those with conditions like rosacea)

Vitamin C

- Brightening
- Antioxidant
- Can help to lighten dark spots/hyperpigmentation



Vitamin E

- Good for skin texture
- Another antioxidant
- Can help the skin barrier



Skincare Ingredients: etc.



Tea Tree Oil

- Great for soothing breakouts/acne
- Common in spot treatments

Collagen

- Improves elasticity in the skin
- Your body produces less as you age



Benzoyl Peroxide

- Common, powerful acne-fighting ingredient
- Can be drying/cause irritation

Ceramide

- Great for the moisture barrier
- Fairly gentle on the skin

Snail Mucin

- Very moisturizing
- Helps with elasticity



Ingredients: friend or foe

Friends

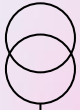
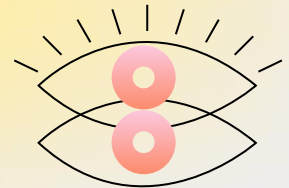
Feel free to combine them

- Vitamin C + SPF (you *should* use them together)
- Vitamin C + Vitamin E
- AHAs/BHAs + moisturizers (your skin more easily absorbs whatever you put on after exfoliating)

Foes

Avoid using both in the same routine

- Vitamin C + Retinol (may cause irritation)
- Benzoyl Peroxide + Retinol (may cause irritation)
- AHAs/BHAs + Retinol (too much exfoliation)



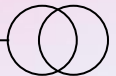
Creating a Skincare Routine

The Basic Steps:

- Cleanser, Moisturizer, SPF (AM only)

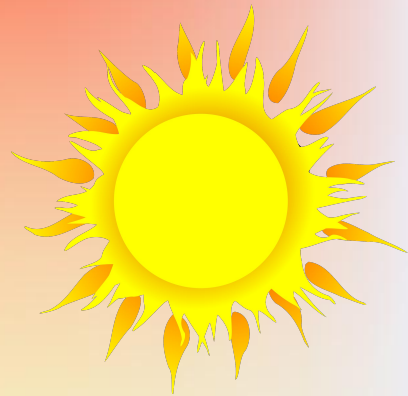
You can then customize your routine as needed, keeping these tips in mind:

- Less is more
- Introduce new products one at a time
- If something stings, burns, causes redness or irritation, stop using it
- Apply products go from thinnest (serums, etc) to thickest (creams, moisturizer)
- If using a toner, that is almost always your first step after cleansing
- Skin repair happens overnight, so save your heavy hitters for a PM routine





My Skincare Routine: AM



Concerns: Brightening, moisturizing, sun protection

Cleanser

Nature Republic Aloe Vera Gel Foam Cleanser: \$7 in-store (Irvine Spectrum)



Toner

Pyunkang Yul Essence Toner: ~\$19, Amazon (two-pack)



Vitamin C Essence

Laneige Radian-C Essence: \$40 (as a free gift with purchase at a pop-up event)



Moisturizer

Innisfree Matte Moisturizer \$24, Sephora

SPF

Biore Aqua Rich Watery Gel: \$12, Amazon
SPF 50, PA ++++



My Skincare Routine: PM

Concerns: hyperpigmentation, scarring, acne-fighting/prevention

Oil Cleanser

Banila Co. Clean It Zero
Cleansing Balm: Clarifying
\$22, Ulta Beauty



Toner

Pyunkang Yul Essence Toner:
~\$19, Amazon (two-pack)

Cream

The Ordinary Azelaic Acid 10%
\$11, Ulta Beauty



Water Cleanser

Nature Republic Aloe Vera Gel
Foam Cleanser: \$7 in-store
(Irvine Spectrum)

Serum

The Ordinary Niacinamide
10% + Zinc 1%
\$6, Ulta Beauty



Moisturizer

Innisfree Matte Moisturizer
\$24, Sephora



*Thank you for
listening!*

Time to test your knowledge.

