



— GUIDE TO —

BASIC SKINCARE

—

for moder busy women

ABOUT
THE BLOGGER

welcome



GREETINGS



Hello, I'm Irina

If you want to make your skincare work, and your face to look youthful and glowing. If you are willing to invest in yourself and the products to make that your reality.

That is where I come in; I am so excited to share with you my experience and personal journey into the world of anti-aging skincare and makeup.

The information available on this blog is for general information purposes only.

Modern Fifty TV

YOUTUBER | BLOGGER | SKINCARE and MAKEUP enthusiast



Please note that I'm not a doctor or qualified cosmetic chemist. I have made my best effort to provide accurate information. The opinions expressed here are my own and are not influenced by the sponsorship of any brand.

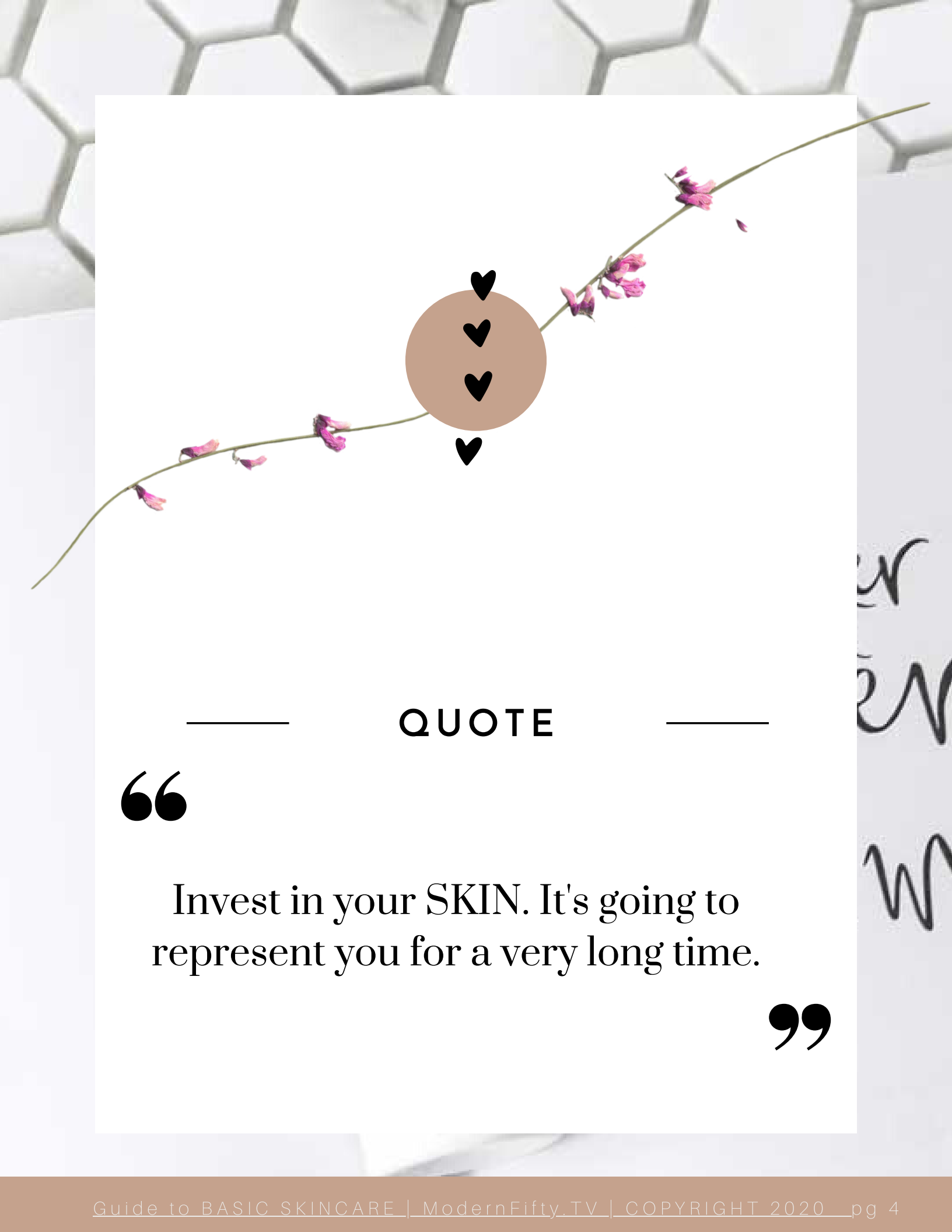
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WHAT YOU'LL LEARN

Guide to Basic Skincare is the ultimate skincare manual for anyone who wants to improve the health and appearance of their skin.

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QUOTE

“

Invest in your SKIN. It's going to represent you for a very long time.

”

GET THE BASICS RIGHT

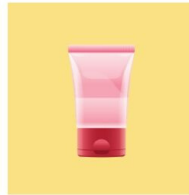
CLEANSER



MOISTURIZER



SUNSCREEN



BASICS
SKINCARE

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While there is no inherent problem with using as many products as you like if you enjoy them, and they are not irritating. It is important to get basics right. It is possible that after a few weeks of getting these basics steps down, your other skin concerns may calm down. Sometimes, less is more.

However, if the basics are not really tacking your skin concerns, your next step will depend on your skin's specific needs. It is good to add just one product at a time.

SKINCARE STARTS WITH THE BASICS.

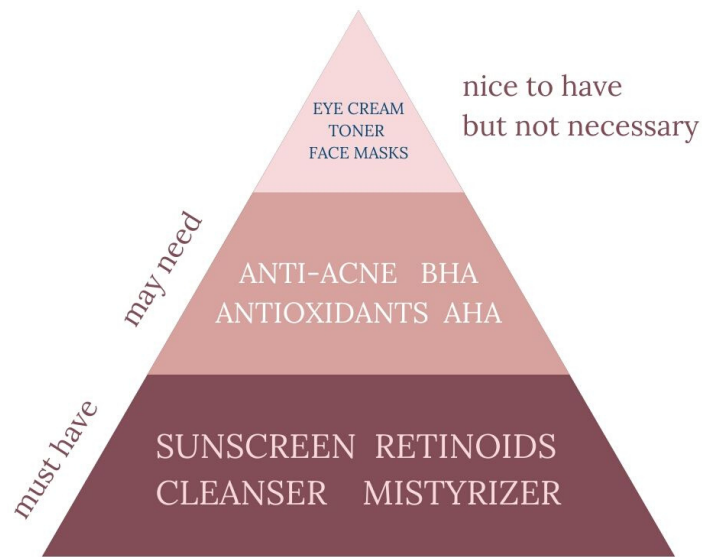
A simple gentle cleanser, hydrating moisturizer, and sunscreen over SPF 30. These three products are basically really all you need to prevent the majority of skin concerns. Sunscreen is my top priority during my skincare routine. It can prevent SO many skin concerns caused by sun damage.

These include

- hyperpigmentation
- oxidative stress
- wrinkles
- fine lines
- uneven skin tone
- and so much more.

So even if you know nothing about skincare, or you are a beginner, or your skin is way too irritated from using too many acids and retinoids, it's a good idea to take a step back and just stick to the basics for a while. A simple cleanser, moisturizer, and sunscreen can take care of your skin concern a lot more than you may realize.

THE PRODUCTS PYRAMID



BASICS
SKINCARE
CHAPTER 1

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CHAPTER 1

THE PRODUCT PYRAMID

I really want to highlight that a GOOD skincare routine only needs four products: cleanser, moisturizer, sunscreen, and retinoids. Everything else is either categorized as "may need" or "nice to have."

The simpler your skincare routine, the better your results will be.

Too many products (and ingredients) simply means that there is a higher chance that you may be allergic to an ingredient or that you may experience some type of irritation. When it comes to skincare, less is more.

MUST HAVE: As mentioned, these are the ingredients that will help maintain the integrity of your skin barrier while reducing visible signs of aging.

MAY NEED: The middle of the pyramid defines those products that are needed to address any skin concerns. These include anti-acne creams, antioxidants, beta-hydroxy acids, alpha-hydroxy acids.

For those who are exposed to environmental stressors daily may need to use antioxidants as a "must-have" on a daily basis. It depends on the individual's skin concerns.

NICE TO HAVE BUT NOT NECESSARY: The top of the pyramid defines those products that do not really make much of a difference: toners, eye creams, and face masks. While results always depend on the ingredients in a product, in general, you do not need these.

Dark circles can be improved with mineral sunscreens.

Face masks will give you the same results as a moisturizer.

And toners are unnecessary if you cleanse well.



CHAPTER 1

THE PRODUCT PYRAMID

Let us talk about the three fundamental steps in skincare to achieve healthy skin.

PREVENT: This means preventing your skin from free radical damage. Free radical damage is caused by environmental stressors which cause oxidative damage. And oxidative damage causes damage to parts of cells such as proteins, DNA, and cell membranes. Therefore, we need to use antioxidants such as Vitamin C to prevent this.

CORRECT: This means addressing existing skin concerns such as dull or uneven skin tone, acne, hyperpigmentation, and anti-aging. Examples include acids, retinoids, anti-acne, niacinamide, arbutin.

PROTECT: This means to protect your overall skin health by preventing sun damage caused by sun exposure. **THE MOST IMPORTANT STEP IN SKINCARE IS SUNSCREEN.**

Hyaluronic Acid

A humectant that retains water, boosts hydration and is gentle.

Glycerin

Mimics the skin's natural moisturizing factor (NMF) and helps keep moisture in the skin.

Ceramides

Lipids that holds skin together by forming a protective layer that reduce moisture lose.

Jojoba Oli

Mimics the properties of sebum and thus prevents moisture loss from skin.



CHAPTER 2

INGREDIENTS
THAT ARE SUITABLE
FOR ALL SKIN TYPES

Have you ever wondered if there are any skincare ingredients that are suitable for all skin types?

Are you a skincare beginner who is completely lost on what you should be looking for?

Fear not! Here are some ingredients that are beneficial for almost all skin types!!No matter what your skin type, these ingredients will benefit your skin.

Hyaluronic acid, glycerin, and ceramides are excellent humectants that attract water from the air and from the deeper layers of the skin. They then "hold" onto this water. And this property makes your skin feel supple and keeps it well hydrated throughout the day.

GLYCERIN mimics the skin's natural moisturizing factor (NMF) and helps keep moisture in the skin.

CERAMIDES – lipids that hold the skin together by forming a protective layer that reduces moisture loss.

ZINC OXIDE is a common ingredient in all physical sunscreens. This ingredient is categorized as "GRASE" by the FDA. This means "Generally Recognized as Safe and Effective." Many tests have been performed on zinc oxide which shows that they cause little to no irritation and do not clog pores. This makes it ideal for all skin types, including sensitive.

JOJOBA OIL - this ingredient has been shown to mimic the properties of sebum, which is produced in our skin. And sebum does an excellent job of preventing moisture loss. So, if you had to choose an oil, go for jojoba oil since it suits all skin types

LACTIC ACID - This acid has larger molecules compared to other acids which makes it ideal for sensitive skin. If something is suitable for sensitive skin, it is likely suitable for all skin types. Not to mention, it is very gentle. Many moisturizers contain lactic acid because it is also an excellent moisturizing ingredient.

THE ANTI-AGING PYRAMID

defend

Broad Spectrum Sunscreen
Titanium Dioxide, Zinc Oxide

reform

Retinoids
Tretinoin, Retinol

hydrate

Moisturizer
Hyaluronic Acid, Urea,
Ceramides

renew

Acids and Antioxidants
L-Ascorbic Acid,
Lactic Acid



BASICS
SKINCARE
CHAPTER 3

THE ANTI-AGING PYRAMID

Anti-Aging Pyramid is ONLY focused on anti-aging and ingredients that have shown to be beneficial.

STEP 1: The MOST important anti-aging product is sunscreen. Studies have shown repeatedly that UVA rays are known for skin damage because they are able to penetrate the dermis and degrade collagen and elastin.

A broad-spectrum sunscreen of SPF 30 or above is required daily to effectively protect your skin from UV rays.

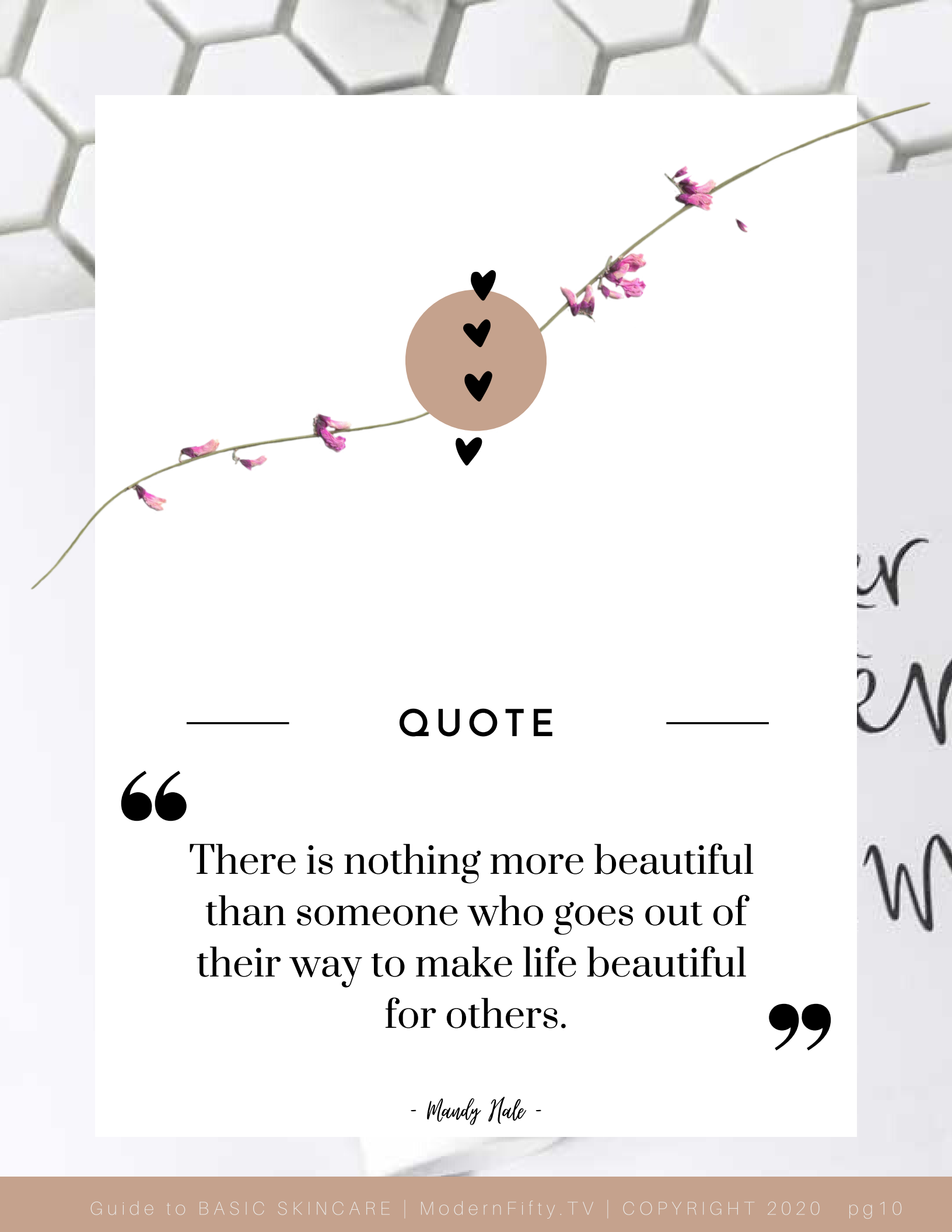
Do you think that your skin is past the point of no return? A study found that sunscreen could cause signs of aging to not just stop, but reverse – presumably because shielding your skin from more damage gave it some breathing space to repair itself.

STEP 2: Second is Retinoids. Tretinoin has the MOST evidence for increasing skin cell turnover and stimulating collagen production compared to ANY other topical skincare ingredients. Consistent use of Tretinoin has shown improvement in wrinkles, firmness, and overall skin tone and texture.

STEP 3: Hydration using moisturizers. A good moisturizer can almost immediately make a difference. Especially ones that contain humectants like Hyaluronic Acid, Ceramides, Urea, Lactic Acid, and occlusive such as Mineral Oil and Jojoba oil. Not to mention, moisturizing helps maintain a healthy skin barrier. And a healthy skin barrier will allow actives to function more effectively.

STEP 4: Renewal can be achieved through chemical exfoliation and antioxidants. Note - The reason I have included this last is that acids and antioxidants do not work for everyone, but they are still EXTREMELY important. Studies have shown that acids can help smoothen skin while antioxidants can help fight free radicals. Some of the most effective ingredients in this category are Glycolic Acid, Lactic Acid, and L-Ascorbic Acid.

BEYOND THE SKIN Change in fat distribution, muscle tone, and bone loss can cause more dramatic changes in appearance as you age and cannot be treated with topical products. Facial exercises can help to build some muscle, but for guaranteed results, there are more invasive options like fillers, Botox, and surgery.



— QUOTE —

“

There is nothing more beautiful than someone who goes out of their way to make life beautiful for others.

”

- Mandy Hale -

BASIC SKINCARE

EFFECTIVE 5-MINUTES SKINCARE ROUTINE



Let us talk about how to achieve a good skincare routine in 5 minutes.

We are all pretty busy and it's not always easy to find time for a 30 min skincare routine.

I have put together 4 steps that I feel are essential in your skincare routine.

I have highlighted the "goodies" and "baddies" in each category. I have only included the most common ingredients.

There are thousands of ingredients out there. However, these are the ones that are used most frequently. The beauty industry is filled with confusing information.

From trying to figure out what the best skin care ingredients for your skin type are, to figure out what type of retinol you need...

it's just all so confusing!

Not to mention, there is way too much conflicting information out there. The beauty industry is not heavily regulated. This means companies can literally market a product the way they want.

So, I decided to create this little mini-guide for those who have little or no knowledge of skincare ingredients. Here is a simple way to determine the type of cleanser, moisturizer, and sunscreen you should look for.

5-MINUTES SKINCARE ROUTINE



STEP 1 CLEANSER

A cleanser that will not strip your natural oils from your skin. This means it can be either water-based or oil-based.

If your skin feels clean and supple, it is probably a good cleanser for your skin type.

Always look for a gentle cleanser that is pH balanced and does not contain any type of microbeads from nuts or fruits. These types of microbeads have shown inconclusive results on the skin. Fragrances and essential oils are also known skin sensitizers and it is best to avoid them in your cleanser.

LOOK FOR: Cocamide DEA, Coco-Betaine, Sulfates, Glycerin, Propylene Glycol, Cetyl Alcohol, Stearyl Alcohol, Fatty Acids, Oils.

AVOID: Fragrances, Fruit or Nut scrubs/microbeads, Alcohol Denat (if present in the top 3 ingredients), Essential Oils.

How to pick a CLEANSER without ANY knowledge of skincare ingredients.

Always look for something creamy and that says it can "remove makeup" and creamy in texture. This is a safe bet because it means it has a good amount of oil-based ingredients and surfactants, which can clean out dirt from your pores and is gentle enough because of its creamy texture. This means it will not dry out your skin.



5-MINUTES SKINCARE ROUTINE



STEP 2 TREAT

Leave on "active." This is your treatment step.

This includes everything from AHAs, BHAs, acne treatments, retinoids and niacinamide.

These ingredients target all different types of skin concerns from hyperpigmentation to treating wrinkles and fine lines. AHAs target exfoliation and resurfacing your skin. While niacinamide, kojic acid, Alpha Arbutin target brightening. And retinol (the holy grail of skincare) targets cell turnover and is the BEST thing that happened to skincare :)

More about ingredients in chapter

LOOK FOR: L-Ascorbic Acid, Glycolic Acid, Lactic Acid, Alpha Arbutin, Retinol, Niacinamide, Kojic Acid, Salicylic Acid, Benzoyl Peroxide, Hydroquinone, Azelaic Acid, Tocopherol, Sulfur, Urea

AVOID: Any ingredient that causes prolonged irritation or redness.

[CLICK HERE to find my PRODUCT RECOMMENDATIONS](#)





5-MINUTES SKINCARE ROUTINE

STEP 3 MOISTURIZE



For oily and combination skin types, applying moisturizer again after actives may feel too heavy. If so, skip this step.

For all other skin types, if you find that you still need more hydration, use a moisturizer.

These are common moisturizing ingredients. It's important to remember your skin type before choosing a moisturizer.

Oily skin types should choose gels and lotions, while dry skin types should choose a more cream-based one.

LOOK FOR: Hyaluronic Acid, Glycerin, Oils, Cetearyl Alcohol, Hyaluronic Acid, Sodium PCA, Dimethicone, Ceramides, Disodium EDTA, Shea Butter, Polysorbates, Methylparaben.

AVOID: Fragrances, Essential Oils, Alcohol Denat (if present in the top 3 ingredients).

How to pick a CLEANSER without ANY knowledge of skincare ingredients.

Any moisturizer that is light-weight and does not feel too heavy, will suit most skin types. Your skin should not feel sticky, greasy, or tight within 10 minutes of application. Instead, your skin should feel soft and supple.

Look for light-weight creams and lotions. A water-based moisturizer will feel light-weight and will keep your skin well hydrated. If you are on the drier side, you can always use more product. Not to mention, even light-weight moisturizers contain some amount of oil-based ingredients to help "seal" in moisture.

[**CLICK HERE to find PRODUCT RECOMMENDATIONS**](#)

How to Effectively Layer for Maximum Moisturization

As soon as you get out of the shower.

1. Apply a humectant-rich moisturizer

Humectant examples: *Hyaluronic acid, Glycerin, Allantoin, Propylene glycol*

2. Add an emollient-rich moisturizer

Emollient examples: *Jojoba oil, Oleic acid, Linoleic acid, Cetearyl alcohol, Stearic acid*

3. Seal with an occlusive-rich moisturizer

Occlusives examples: *Shea butter, Mineral oil, Cocoa butter, Beeswax, Paraffin.*

NOTE - Most moisturizers contain a blend of all three ingredient types.

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How to EFFECTIVELY Layer for MAXIMUM Moisturization



5-MINUTES
SKINCARE



Let us talk about how to effectively layer for maximum moisturization.

First, it is really important to understand that moisturizing right after the shower will give you the maximum benefit from ensuring that you don't experience too much trans-epidermal water loss.

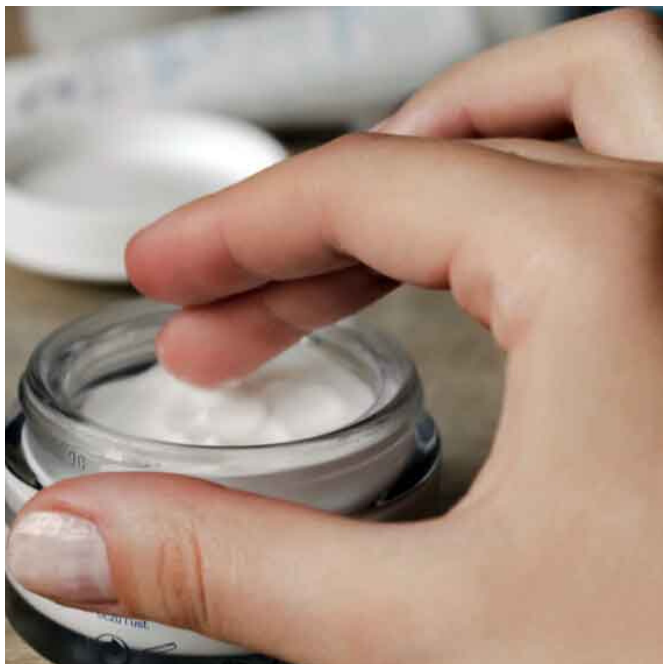
Water can dehydrate your skin because it washes away the oils on your skin when you shower. Hence, if you moisturize right after you get out of the shower, you can quickly seal in any moisture that tries to escape.

To receive the maximum hydration for your skin, it's important to incorporate three different ingredient types:

1. **HUMECTANTS** - these ingredients attract water to themselves and slow down water evaporation from your skin. So, if you would like, you can use a moisturizer that contains a high amount of humectant!
2. **EMOLLIENTS** - these ingredients soften the skin and make the skin more flexible. Many of these are just light oils too!
3. **OCCLUSIVE** - these ingredients seal in moisture and block the water from evaporating. They feel a little heavier on the skin compared to humectants.



5-MINUTES
SKINCARE



How to EFFECTIVELY Layer for MAXIMUM Moisturization



Both emollients and occlusive are sometimes used interchangeably!

That is because some ingredients can be both emollient and occlusive.

Dimethicone is one such example. It helps soften skin and can also act as an occlusive and prevent trans-epidermal water loss. Many moisturizers contain both emollient and occlusive. Keep in mind that choosing a moisturizer depends on your skin condition.

Someone who has oily skin may just want a light moisturizer that contains more humectants and fewer emollients/occlusive. While dry skin may find that they need more emollients/occlusive. Always listen to your skin!

NOTE – It is not always necessary to use multiple moisturizers to keep your skin well hydrated. Most moisturizers contain a blend of all three-ingredient types.

So, if you find just one good moisturizer that contains your favorite humectants, emollients and occlusive and keeps your skin well hydrated, you are good!

But sometimes, if you really need the hydration, it can help! But definitely not a must! Nothing in skincare is a MUST, except for sunscreen!

[CLICK HERE to find PRODUCT RECOMMENDATIONS](#)



5-MINUTES SKINCARE ROUTINE

STEP 4 PROTECT



This step is AM only. Sunscreen is THE MOST important part of any skincare routine no matter what your skin type. Look for sunscreens that are labeled "broad spectrum" and are SPF 30 or higher. Reapplication every 2 hours is important to effectively block UV rays from damaging your skin. A study found that sunscreen could cause signs of aging to not just stop, but reverse – presumably because shielding your skin from more damage gave it some breathing space to repair itself.

These are the most common sunscreen ingredients.

The FDA has proposed that two ingredients, PABA and Trolamine Salicylate are not safe or effective.

The safest ingredients are Titanium Dioxide and Zinc Oxide (mineral sunscreens) as these have the most amount of data showing they are completely safe.

LOOK FOR: Zinc Oxide, Titanium Dioxide, Mexoryl SX, Tinsorb S and M, Ensulizole, Octisalate, Homosalate, Octocrylene, Octinoxate, Avobenzone.

AVOID: Sunscreens containing PABA, Trolamine Salicylate, Retinyl Palmitate, sunscreens below SPF 30, sunscreens without the "Broad Spectrum" label.

How to pick a SUNSCREEN without ANY knowledge of skincare ingredients.

This one is easy. Just look for a sunscreen that says it is "broad spectrum" and has an SPF over 30. This is a safe bet to ensure you are getting enough sun protection! A broad-spectrum sunscreen means it contains both UVA and UVB filters. Any sunscreen over SPF 30 will be effective as long as you apply enough.

[CLICK HERE to find PRODUCT RECOMMENDATIONS](#)



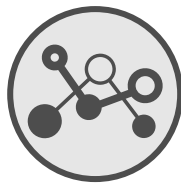
— QUOTE —

“

Be good to your skin
you'll wear it for the
rest of your life !

”





WHAT INGREDIENTS CAN YOU MIX TOGETHER?

The answer is, you can mix just about ANY active together with another active, if you do not experience irritation, discomfort, or breakouts.

Skincare is simple once we learn our own individual skin. As always, keep in mind that what works for someone else, may not work for you. The possibilities are endless. My biggest recommendation is to make sure you do not experience any irritation when combining actives.

Start SLOW.

Start by mixing just two actives at a time. Once you notice improvement and zero irritation, add one more active, if you wish.

DIFFERENT WAYS OF COMBINING ACTIVES

Cleanse -> Hydrate -> Vitamin C -> Retinoid (in the evening) -> Moisturizer/oil

Cleanse -> Hydrate -> Vitamin C -> Niacinamide -> Moisturizer/oil

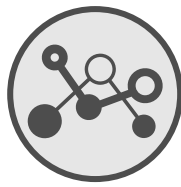
Cleanse -> Hydrate -> Niacinamide -> AHA and/or BHA -> Moisturizer/oil

Cleanse -> Hydrate -> AHA and/or BHA Vitamin C -> Retinoid (PM) -> Moisturizer/oil

Cleanse -> Hydrate -> Niacinamide -> AHA and/or BHA -> Retinoid (PM) -> Moisturizer/oil

NOTE: In the morning Sunscreen should ALWAYS be the last step. This list is only a small list of how to combine actives. Every skin type is different, and you should do what works for you!





WHAT INGREDIENTS CAN YOU MIX TOGETHER?

Quick notes on two commonly asked questions:

Can you use Vitamin C with Acids?

ANSWER: Yes. Vitamin C and AHAs/BHAs CAN be combined in the same routine. They do NOT interfere with each other. In fact, their effects are additive. Vitamin C is acidic. And hydroxy acids are acidic. So, combining them does not interfere with their pH.

Can Niacinamide and Vitamin C be used together?

ANSWER: Yes. Niacinamide and Vitamin C are perfectly fine to be used together. Niacinamide + Vitamin C = Niacinamide Ascorbate.

This compound is not stable. This means it does not form a strong bond. It is held together by a weak bond (sharing of electrons).

The two ingredients keep touching each other, but never really 100% stay connected. In chemistry terms, they keep associating and dissociating. Also - keep in mind that skin care creams are quite viscous. So, it is hard for any of these ingredients to be able to completely stay connected.

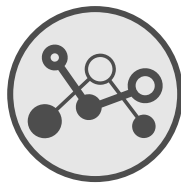
THIS is the reason Niacinamide and Vitamin C do not cancel each other out. Because they never really bond to each other tightly, to begin with, so they cannot neutralize each other

These combinations are just examples! You should definitely start slow and start with just one or two actives at a time. Once your skin can tolerate it and you do not experience irritation, you can add more actives if you want.

The goal is to see an improvement in your skin when you combine your actives.

Always listen to your skin! Every skin type is different!





WHAT INGREDIENTS CAN YOU MIX TOGETHER?

HOW TO LAYER NIACINAMIDE?

Let us talk about Niacinamide.

It is such a versatile ingredient because it has SO many different functions. Some of these include minimizing pore size, improving hyperpigmentation, improve uneven skin tone, soften fine lines and wrinkles and so many more!

Additionally, it is very STABLE and is practically non-irritating to many.

However, as always, there are some people who find Niacinamide irritating :(But that is okay! Because the world of skincare has SO many beautiful ingredients like Retinoids and AHAs that can take care of your skin concerns!

I have put together a few ways you can use Niacinamide, depending on what form it is in: toner, serum, gel/light moisturizer, cream.

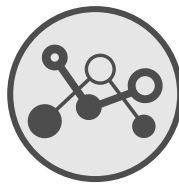
It is very possible that Niacinamide is found in both your serum and moisturizer! So, you can layer it however you want! You can use one of my examples to help you out!

The regimens I have put together are examples of ways you can layer Niacinamide. You can layer it however you like if you notice improvement over time.

HOW TO LAYER NIACINAMIDE *if it's in your...*

TONER	SERUM	GEL /LIGHT MOISTURISER	CREAM
AM	AM	PM	PM
<ul style="list-style-type: none">• Cleanse• Toner containing Niacinamide• AHA/BHA• Peptides• Moisturizer• Sunscreen	<ul style="list-style-type: none">• Cleanse• Toner• AHA/BHA / Vitamin C• Niacinamid Serum• Moisturizer• Sunscreen	<ul style="list-style-type: none">• Cleanse• Toner• Niacinamide Gel• Retinol• Moisturizer	<ul style="list-style-type: none">• Cleanse• Toner• AHA/BHA• Retinol• Niacinamide Cream

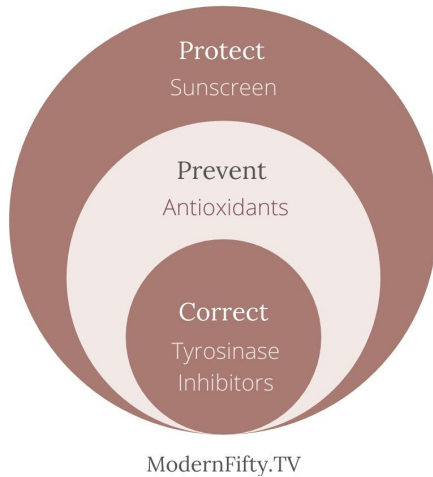
NOTE - These are only EXAMPLES. Always listen to your skin do what works best for you.



CHAPTER 6 TREATING PIGMENTATION WITH SKINCARE

PIGMENTATION

treating with skincare



SUNSCREEN IS # 1!

Protection is the key. There is no replacement for what sunscreen can do. And there is nothing that competes with sunscreen. It is the most important part of a skincare regimen. Sun protection is crucial. This is because UV rays play a huge role in causing pigmentation.

Pigmentation can fade on its own, but not if the sun keeps triggering more pigment production. Antioxidants play equal roles in treating pigmentation.

Vitamin C is most effective when used in its chemically active form. What I mean is that L-Ascorbic Acid must be present in the ingredient list 5% or higher.

AZELAIC ACID is a naturally occurring compound found in wheat, barley, and rye. This acid is a by-product of organic yeasts found on skin. This is a must have ingredient for organically sourced skincare. Azelaic acid can treat acne organically killing bacteria in zits and cysts.

Azelaic acid can decrease pigment production and is the treatment of choice for melasma in pregnancy.

This acid can also REDUCE PIGMENTATION due to SUN EXPOSURE as well as freckles. Azelaic acid can calm red and inflamed skin. This acid is frequently used by dermatologists to treat rosacea. Unlike glycolic acids this acid has anti-inflammatory properties - IDEAL for patients with SENSITIVE SKIN.

NOTE however that concentrations above 10% azelaic acid can be irritating.

Finally, it is important to note that pigmentation creams do not prevent future dark spots or blemishes. It is possible that you could have a recurrence of pigmentation in the same spot. It is best to prevent pigmentation by using a sunscreen, antioxidants and maintaining a healthy lifestyle.

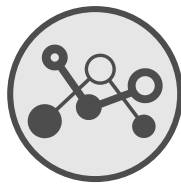
SUNSCREEN

Zinc Oxide
Titanium Dioxide
to prevent age spots
ANTIOXIDANTS
Vitamin C
Ferulic Acid
Niacinamide
Flavonoids
Coenzyme Q10

to correct age spots

TYROSINASE
INHIBITORS
Hydroquinone
Azelaic Acid
Kojic Acid
Alpha Arbutin

Note: Some of these ingredients may or may not suit your skin type so it is important to only start with one or two of these ingredients.



CHAPTER 7

INGREDIENTS TO TARGET YOUR SKIN CONCERNS

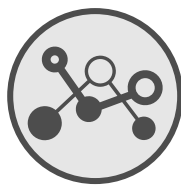
If you want REAL results with your skincare concerns, follow an active-heavy, LESS HYPE-BASED, and more research-based, approach to skincare.

The ingredients I have chosen in this table are commonly used to treat various skin concerns highlighted below. Additionally, many of these ingredients are backed by extensive research studies and clinical trials for each skin type. Results have shown consistent results in many studies.

TIP: However, it is possible that some of these ingredients may not work for your skin type because everyone's skin reacts differently. It is always a good idea to start SLOW, use only a little and let your skin get used to a new product. Once your skin builds tolerance, you can use it more often, and hopefully achieve desired results.

I hope this helps you in making better decisions about your skincare concerns.

Acne/Oily	Dull	Dry	Aging	Inflamed	Disruptive Skin Barrier
Salicylic Acid	Retinoids	Urea	Retinoids	Licorice	Hyaluronic acid
Benzoyl Peroxide	Glycolic Acid	Oleic Acid	Glycolic Acid	Allantoin	Ceramides
Azelaic Acid	Niacinamide	Shea Butter	Lactic Acid	Centella Asiatica	Squalane
Linoleic Acid	Vitamin C	Glycerin	Vitamin C	Green Tea	Joboba oil
Retinoids	Kojic Acid	Hyaluronic Acid	Ceramides	Aloe	Lactic Acid
Sulfur	Alpha Arbutin	Lanolin	Hyaluronic Acid	Chamomile	Sodium PCA

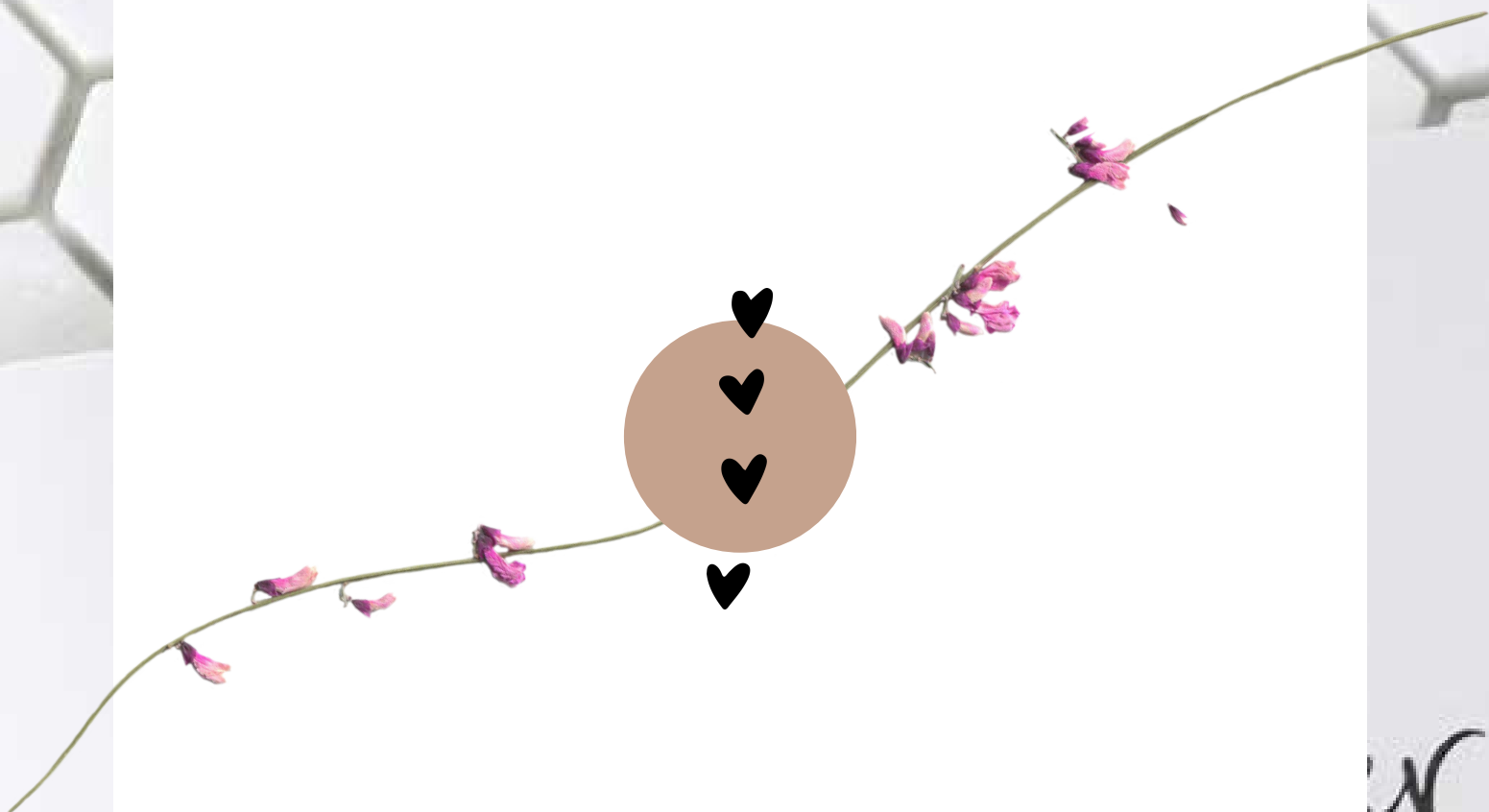


ACTIVE INGREDIENTS

Brief overview of most popular active ingredients

Ingredient	Description	Dehydrati on prone	Sensitive	Acne prone	Aging	Hyperpig mentatio
Niacinamide	Also known as vitamin B3, this gentle anti-inflammatory active can help with much everything.	v	v	v	v	v
Vitamin C	This protective antioxidant can brighten your skin and increase collagen. It comes in many forms.			v	v	v
Retinoids	Vitamin A derivatives are anti-aging superstars with lots of research to back them up.			v	v	v
Alpha hydroxy acids	There are the “acids” that skincare addicts rave about! They exfoliate for smooth, glowy skin.	v		v	v	v
Salicylic acid	This is as beta hydroxy (BHA). It’s an anti-inflammatory and exfoliating active derived from willow bark.		v	v		v
Azelaic acid	This is an anti-inflammatory, antibacterial ingredient that helps prevent clogged pores.		v	v		v
Hyaluronic acid	A highly humectant ingredient that helps skin hold into moisture.	v			v	
Licorice	Extract from the root contain anti-inflammatory ingredients that can fade pigment.		v			v
Ceramides	These lipids are naturally found in skin but are lowered in some sensitive and dry skin conditions.		v			





— QUOTE —

“

Good things come to those who remove their makeup before bed.

”



CLEANSERS

FOAMING CLEANSERS

CERAVE FOAMING FACIAL CLEANCER: Hydrating gel cleanser that contains ceramides and niacinamide. It is better suited to normal and oily skin as it can be too stripping for some.

COSRX LOW pH GOOD MORNING GEL CLEANSER: Gentle cleanser that leaves skin hydrated. Fragrance-free.

MICELLAR WATERS

BIODERMA SENSIBIO H2O MICELLAR WATER: The most famous micellar water. Good for removing make-up. Many people like using this for removing eye make-up.

GARNIER MICELLAR CLEANSING WATER: Inexpensive micellar water.

CLEANSING OILS

SIMPLE HYDRATING CLEANSING OIL: Grapeseed oil-based cleansing oil that is fragrance-free. One of the most budget-friendly cleansing oils around.

SHU UEMURA BALANCING CLEANSING OILS: Lightly scented line of cleansing oils based on mineral and corn oils that come in handy pump bottles. Suitable for removing waterproof eye make-up.

[CLICK HERE to find links for PRODUCTS](#)





CLEANSERS

CLEANSING BALMS

BANILA CLEAN IT ZERO MAKEUP REMOVER: Gentle cleansing balm based on mineral oil with a light scent.

CLINIQUE TAKE THE DAY OFF CLEANSING BALM: Based on Ethylhexyl palmitate and safflower seed oil, fragrance-free.

FARMACY GREEN CLEAN MAKEUP MELTAWAY CLEANSING BALM: Gentle cleansing balm based on Cetyl ethyl hexanoate and caprylic/capric triglyceride, with small amounts of botanicals.

MAKE-UP REMOVERS

MISSA THE STYLE GREEN TEA LIP & EYE MAKEUP REMOVER: Two-phase make-up remover that is fantastic for quickly removing eye make-up without leaving an oily film. Lightly scented.

THE FACE SHOP RICE WATER BRIGHT LIP & EYE MAKEUP REMOVER: Low-priced two-phase make-up remover with light scent, leaves minimal residue.

WIPES

NEUTROGENA MAKEUP REMOVER CLEANSING TOWELETTES: Budget-friendly cleansing wipes that remove make-up without too much effort and leave your skin feeling reasonably hydrated.

BURT'S BEES FACIAL CLEANSING TOWELETTES: Lightly scented wipes made of biodegradable cotton.

[**CLICK HERE to find links for PRODUCTS**](#)





SUNSCREENS

ORGANIC

BLA ROCHE-POSAY ANTHELIOS XL SPF 50+ ULTRA-LIGHT FLUID: The exact formulation of this organic sunscreen depends on the country, but the texture is light and very runny. Designed for oily skin. Fragrance-free.

ULTRACEUTICALS ULTRA UV PROTECTIVE DAILY MOISTURISER SPF 30+: Broad spectrum organic sunscreen with a fantastically light texture that sinks in easily and works well under make-up. Comes in a handy pump tube.

KLAIRS SOFT AIRY UV ESSENCE SPF 50/PA++++: Moisturizer with sunscreen and other skin beneficial ingredients, like Niacinamide and Hyaluronic Acid. Great for irritated, sensitive skin.

EVY TECHNOLOGY SUNSCREEN MOUSSE SPF 30: Available only in Europe. Made by swizz company. Safe for children and pregnant women. Can be applied over makeup. Will protect you from sun for 6 hours!

INORGANIC (MINERAL)

OMBRELLE SPF 60 ULTRA LIGHT FACE LOTION: Titanium Benzol 15% -based sunscreen with minimal white cast (I buy tinted version). It has runny texture, absorbs fast into the skin, and gives the most beautiful glow. Available in Canada.

ELTA MD UV PHYSICAL BROAD-SPECTRUM SPF 41 TINTED: Lightweight inorganic sunscreen with minimal white cast (tinted). Fragrance-free.

PAULAS CHOICE DEFENSE ESSENTIAL GLOW MOISTURIZER SPF30: mix of Zinc Oxide and Titanium Dioxide. Also full of antioxidant and great for dry skin. Adjust to skin tone without leaving white overcast.

[CLICK HERE to find links for PRODUCTS](#)





SUNSCREENS

COMBINATION ORGANIC/INORGANIC

CANMAKE MERMAID SKIN GEL UV SPF 50+ PA++++: Budget-friendly Japanese combination organic/inorganic sunscreen with a light texture. Fragrance-free.

SHISEIDO ANESSA PERFECT UV SUNSCREEN AQUA BOOSTER SPF 50+ PA++++: Combination organic/inorganic Japanese sunscreen with an excellent texture.

ANESSA ESSENCE UV SUNSCREEN MILD MILK SPF 35 PA+++ : Light weight with milky texture lotion. Great for winter month or accidental sun exposure. Will give your dull dry skin beautiful radiance.

[**CLICK HERE to find links for PRODUCTS**](#)



PRODUCT RECOMMENDATIONS



CHAPTER 8

MOISTURISERS

THE ORDINARY NATURAL MOISTURISING FACTOR + HA: Heavier moisturiser that works great for dry skin or harsh weather. Fragrance-free.

CERAVE NIGHT CREAM: Fragrance-free heavy moisturiser that is excellent at smoothing and softening dry skin. Includes ceramides and niacinamide.

KEIHL'S ULTRA FACIAL CREAM: Jar-packaged cream with both humectants and oils for treating dry and dehydrated skin.

FIRST AID BEAUTY ULTRA REPAIR CREAM: A moisturiser that absorbs quickly and is fantastic for dry skin. Contains ceramides and oatmeal.

SQUALANE: Squalane is the oxidation-proof version of squalene. It is a light-textured oil that sinks into skin easily and is suitable for sensitive skin.

NEUTROGENA HYDRO BOOST WATER GEL: Very hydrating, silicone-based moisturiser that comes in jar packaging. Moderate scent.

LA ROCHE-POSAY TOLERIANE MOISTURISERS: Fragrance-free moisturisers that are very suitable for sensitive skin. Very humectant rich. They range from light to heavy for different skin types.

VASELINE: Pure petrolatum jelly. Works great as a night-time moisturiser for dehydrated or dry skin, or as an overnight mask on top of other products. Very safe for sensitive skin.

AQUAPHOR HEALING OINTMENT: Petroleum jelly, diluted with some other ingredients that make it spread better. Includes lanolin, which makes it less safe for sensitive skin than Vaseline.

KLAIRS SUPPLE PREPARATION TONER: Humectant-rich toner, great for treating dry and dehydrated skin.

[CLICK HERE to find links for PRODUCTS](#)





— QUOTE —

“

I'm about to go wax, shower, shave, wash my hair and moisturize all in one bathroom session; see you in 6 hours.

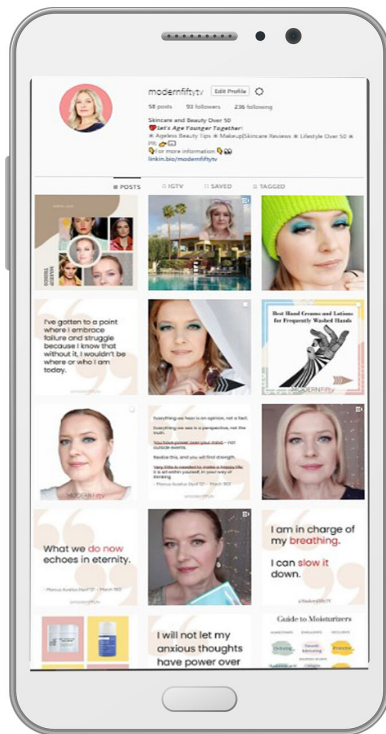
”



LETS CONNECT

YouTube

I post weekly videos about skincare or makeup for mature skin over 50.



Instagram

Skincare and Beauty Over 50

☐ *Let's Age Younger Together!*

✿ Ageless Beauty Tips ✿
Makeup|Skincare Reviews ✿
Lifestyle Over 50 ✿

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WEAR YOUR
Skin
WELL
