

The 10 Skincare Commandments

Everything you need to know for a healthy, youthful-looking complexion from the pros



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Photo: Imaxtree

1. MOISTURISER IS A MUST

Moisturiser is the most important step in your skincare routine. It helps to hydrate your skin, prevent dryness, and protect your skin barrier. Without a good moisturiser, your skin can become irritated, flaky, and more susceptible to environmental damage.

Look for a moisturiser that suits your skin type. For dry skin, opt for a thick cream with ingredients like hyaluronic acid and ceramides. For oily skin, a lightweight gel or lotion is better. For sensitive skin, choose a fragrance-free formula.

Apply moisturiser to your skin twice a day, once in the morning and once at night. Make sure you cover all areas, including your neck and hands. Consistency is key when it comes to moisturising your skin.

2. DON'T OVERWASH YOUR SKIN

Overwashing your skin can strip away its natural oils, leading to dryness and irritation. Stick to a gentle cleanser and wash your face no more than twice a day. If you have very oily skin, you might need to wash more often, but always use a mild cleanser.

4. SOOTHE SENSITIVE SKIN WITH FRAGRANCE-FREE PRODUCTS

According to [Dr WS Heng](#), if you have sensitive skin, you should “keep your skincare routine simple and avoid products with fragrances or essential oils that may cause irritation”.

5. A HEALTHY LIFESTYLE LEADS TO HEALTHY SKIN

“Eat healthy, load up on fruits and vegetables high in antioxidants, and quit smoking,” Dr Heng advises. Smoking impairs blood flow and the delivery of oxygen and nutrients to your skin. It also damages collagen and elastin, contributing to wrinkles, sagging skin and dullness.

6. DAILY SUNSCREEN APPLICATION IS IMPORTANT FOR A YOUTHFUL COMPLEXION

“Sunscreen is the most important step in your skincare routine,” Dr Heng says. “It protects your skin from UV rays, which can cause premature aging, wrinkles, and skin cancer. Make sure you use a broad-spectrum sunscreen with an SPF of at least 30, and reapply every two hours, especially if you’re outdoors or sweating.”

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2. USE SUNSCREEN EVERY DAY, EVEN WHEN IT'S CLOUDY

“Even on cloudy days, UV rays can penetrate the clouds and cause damage to your skin,” Dr Heng says. “Make sure you use sunscreen every day, even when it's cloudy. And don't forget to reapply every two hours, especially if you're outdoors or sweating.”

3. DON'T FORGET TO REAPPLY SUNSCREEN

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4. DON'T SKIMP ON MOISTURIZER

“Moisturizer is the most important step in your skincare routine,” Dr Heng says. “It keeps your skin hydrated, which is essential for a youthful complexion. Make sure you use a moisturizer every day, and choose one that's suitable for your skin type.”

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