

Skincare Basics

A simple, no-nonsense guide to healthy skin: knowing your skin type, a basic routine, sun protection, reading labels, common concerns, lifestyle habits and building a routine that fits your budget.

E-BOOK • US LETTER

- A simple routine that really works
- Skin types, sunscreen and ingredients explained
- Routine planner and skin diary

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This e-book offers general information about everyday skincare. It is not medical advice. If you have a skin condition, persistent acne, eczema, rashes, a changing mole or any other concern, consult a doctor or dermatologist. Always patch test new products and follow the instructions on the packaging. Stop using a product if it causes irritation.

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