

# Your skin care checklist

## WHAT TO LOOK FOR IN A CLEANSER



- Specifically formulated for acne-prone or sensitive skin (i.e. gentle and won't block pores)
- Soap free and pH balanced
- Rinses easily (won't leave a residue on the skin)
- If using acne treatments which cause skin dryness, choose an oil-free and moisturising cleanser
- Minimise use of cleansers and scrubs that contain exfoliants as they may irritate the skin



## WHAT TO LOOK FOR IN A MOISTURISER



- Specifically formulated for acne-prone or sensitive skin (gentle)
- Non-comedogenic (won't clog pores)
- Hydrates without making skin oily (a good moisturiser will draw in and retain moisture)
- May be combined with a sunscreen (at least SPF 30+)



## WHAT TO LOOK FOR IN A SUNSCREEN



- Gel, liquid or spray formulations (best for acne-prone skin)
- Non-comedogenic (won't clog pores)
- Hypo-allergenic (unlikely to cause an allergic reaction)
- Non-irritating
- Broad spectrum (UVA and UVB protection)
- At least SPF 30+

