Combination skin routine checklist

Follow these steps from the article for a simple daily routine.

- [ ] Check your skin 30 minutes after washing to confirm your type.
- [ ] Cleanse with a gentle, soap-free, fragrance-free cleanser.
- [ ] Use warm water instead of hot water.
- [ ] Apply a gel or light lotion to the forehead, nose and chin.
- [ ] Apply a cream with ceramides to the dry cheeks.
- [ ] Wear broad-spectrum sunscreen with SPF 30 or higher every day.
- [ ] Avoid microbead scrubs and over-exfoliating.
- [ ] Review the routine each season as your skin changes.
- [ ] See a dermatologist when burning or breakouts continue.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/skincare/combination-skin-routine/