

Adult Acne

Skincare Routine

Morning

- **Cleanser** - The Inkey List
Salicylic Acid Acne + Pore
Cleanser
- **Toner** - Ole Henriksen
Glow 2OH Dark Spot Toner
- **Serum** - The Ordinary
Niacinamide 10% + Zinc 1%
- **Moisturizer** - The Ordinary
Natural Moisturizing
Factors + HA
- **SPF** - Sun Bum Mineral
Face Lotion

Evening

- **Cleanser** - The Inkey List
Salicylic Acid Acne + Pore
Cleanser
- **Toner** - Ole Henriksen
Glow 2OH Dark Spot Toner
- **Serum** - The Ordinary
Niacinamide 10% + Zinc 1%
- **Moisturizing Serum** - The
Ordinary Hyaluronic Acid +
B5
- **Moisturizer** - The Ordinary
Natural Moisturizing
Factors + HA

Weekly Evening

- The Inkey List Salicylic Acid Acne + Pore Cleanser
- Exfoliating Treatment - The Ordinary AHA 30% + BHA 2% Peeling Solution
- The Ordinary Niacinamide 10% + Zinc 1%
- The Ordinary Hyaluronic Acid + B5 Moisturizer mixed with Hyaluronic Acid