



Cut out these self-care blunders to improve skin appearance

A Look at 2021 Skincare

2020 was all about making skincare synonymous with self-care. A great skincare routine can improve skin dullness, dryness, dark spots, fatigue, and more! Following a tried-and-true beauty routine is a great way to feel fresh and confident! People used lots of products such as oil, serums, acids, and more to recreate an at-home spalike rejuvenation. Despite this, the past year was filled with cases of “maskne:” acne breakouts caused by wearing a face mask all day without the proper care.

Going into 2021, expect more skincare products designed to strengthen your skin barrier and microbiome. This offsets mask-related inflammation and bacteria or over-cleansing irritation. You should also take that 10-step K-beauty routine and bring it down between 3 and 5. This allows your skin to breathe and limits bad reactions to products. It also saves you time and money and is more environmentally-friendly! You can cut down on your process by opting for multipurpose products and avoiding the most common skincare mistakes.

Skincare Mistakes

Ignoring Toxic Ingredients

Unfortunately, toxic ingredients are in many U.S. skincare and beauty products. While the E.U. has banned well over 1,000 toxins from their cosmetic products, the U.S. only prohibits 11 types.

Don't buy cosmetics with toxic ingredients like these on the label: parabens, phthalates, triclosan, chemical sunscreen filters, and synthetic fragrance. This saves you from inflammation and redness, or worse disorders or cancers.

Relying On Facial Wipes

Relying on facial wipes to complete your face washing step isn't enough—they're abrasive and only remove some surface makeup and SPF.

Effective face washing means using a cleanser that gets deep into your pores. Various beauty experts even believe in double cleansing: using an oil-based cleanser then a water-based one to remove all skin-clogging gunk.

Applying Products Out Of Order

Just as important as the products in your skincare routine, is the order you layer them on. Apply your thinnest water-based products first, then thicker cream, and finish with any facial oils. Give each application time to absorb!

Here's a daily skincare routine example: facial cleanser, exfoliant (weekly), hydrating toner or essence, treatment/serums (optional), eye cream, hydrating mask (optional), acne treatment (as needed), moisturizer, facial oil (optional), and sunscreen.

Skipping Sunscreen 24/7

Instead of treating signs of aging when you're older—prevent them with mineral sunscreen! Slow down the rate of fine lines, wrinkles, sagging, and dark spots by applying sunscreen before you go outside, hang out near a window or sit in front of a computer all day.

Adding this crucial step to your skincare routine (even on cloudy days!) will vastly improve skin appearance and hydration. Sunscreen should always be the last product you put on. Don't forget to reapply

Waiting Too Long For Moisturizer

If you wait too long after face washing in the shower or at the sink, especially after using hot water, your skin starts to tighten up or itch. That's because it needs moisture! Rehydrate your skin immediately after using a cleanser with moisturizer. This is one of the most forgotten skincare mistakes people make.

Not Differentiating Day/Night Routine

Not every product you use before bed is good for you during the day. Retinols and other treatments don't react well with the sun, and night creams are too thick. Meanwhile, sunscreen or protective serums aren't helpful if you're sleeping in them.

Having two routines doesn't mean they have to be super different! Use sunscreen during the day, and save double cleansing, thick moisturizers, and retinol or other treatments for nighttime. every couple of hours!

Skincare Training at Florida Academy

Take your interest in correcting all the common skincare mistakes a step further. Create a career out of your passion as fast as **11 WEEKS**; enroll in the Florida Academy Skin Care Program! With the excellent skincare training at Florida Academy, you have an opportunity to be in love with your job. Learn cutting-edge skincare techniques and modern dermal health information to become a registered facial specialist. Get set to handle any trendy or classic skincare service like an industry pro when you land your first job!

Take the lead in your career path. Get your hands on our interactive skincare training and modern equipment used across the entire beauty, health, and wellness industry. Being your own boss starts with the dedicated instruction and flexible program courses at Florida Academy. Click here to learn more about the Florida Academy Skin Care program.

