



Ebanel™
— SKINCARE —

The Ultimate Skincare Guide

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CHAPTER ONE

THE EFFECT OF LIFESTYLE ON YOUR SKIN

WHILE OUR SKIN PROTECTS OUR BODY, THAT'S NOT ALL IT DOES. When healthy and nourished, it's a source of beauty. The choices you make each day, how much you sleep, where you go, what you eat, how you feel – affects how your skin looks. In this section, we'll talk about an important topic that we often don't pay attention to in our busy lives – the effect of lifestyle on our skin.

It has been found that we start aging at a very tender age and that's when wrinkles start forming on our skin. 90% of our skin damage happens by the age of 18. However, it takes decades for the damage and wrinkles to appear on the skin.

As our body's protective shield, our skin, encounters harsh environmental chemicals and pollutants such as extreme temperatures, UV radiation, dangerous chemicals in skincare products, environ-

THE EFFECT OF LIFESTYLE ON YOUR SKIN

mental microbes and toxins, etc., it loses nourishment and becomes dull and damaged. Nevertheless, it's not just the outside factors that affect your skin. Several internal factors such as hormonal levels, stress levels, emotions, health, and diet also play a significant role. With age, the skin damage caused by internal and external factors accumulates and eventually, our skin succumbs. The result – fine lines, wrinkles, dark circles, eye bags, an uneven skin tone, acne, skin inflammation, and rashes.

But, don't you worry. Irrespective of the skin damage caused by internal factors and environmental factors, you can repair your skin and bring back its original sheen. All you need to do is follow a well-planned and effective skincare routine. If you stay true to yourself and follow a good skincare regimen, you can do wonders for your damaged skin in very less time.

Research shows that Americans spend approximately \$43 billion every year on topical creams, spa treatments, skincare lotions, and cosmetic enhancements. But, are we using the right skincare products? With the right natural remedies and skincare products, you can make the impossible possible for your skin.

Before we move to the next critical topic – choosing the right products for your skin, let's first look at the 4 significant factors that can

affect your skin. While some of these factors are inevitable and you have no control over them, the others can be managed.

4 SIGNIFICANT FACTORS THAT AFFECT YOUR SKIN

Here are 4 factors that can affect your skin at any age.

SUNLIGHT: THE HARMFUL UV RAYS

The negative effects of the harmful UV radiations from the sun have been scientifically proven. These include melanoma (skin cancer), sunburns, cataracts, skin redness, etc. Based on a report by the Skin Cancer Foundation, it has also been observed that 90% of skin cancers are caused by the sun. Continued exposure to UVA and UVB rays can break down elastin and collagen in the skin. UV rays also contribute to the production of free radicals that can lead to premature skin aging and wrinkles.

HORMONES: A SUDDEN IMBALANCE

Right from your teenage glow to having dull and dry skin,

hormones play an important role in maintaining your skin health. For instance, the hormone estrogen that is produced during puberty has significant effects on the skin physiology, sebaceous glands, and hair follicles. Many estrogen-based skin changes such as skin pigmentation and wrinkles are also observed in post-menopausal women. Shifting hormones during pregnancy can also cause blackheads, acne, spider veins, and rashes. Other hormones that are responsible for changes in the skin are epinephrine, cortisol, and some stress hormones. These hormones can cause acne breakouts, cellulite build-up, and a dull complexion.

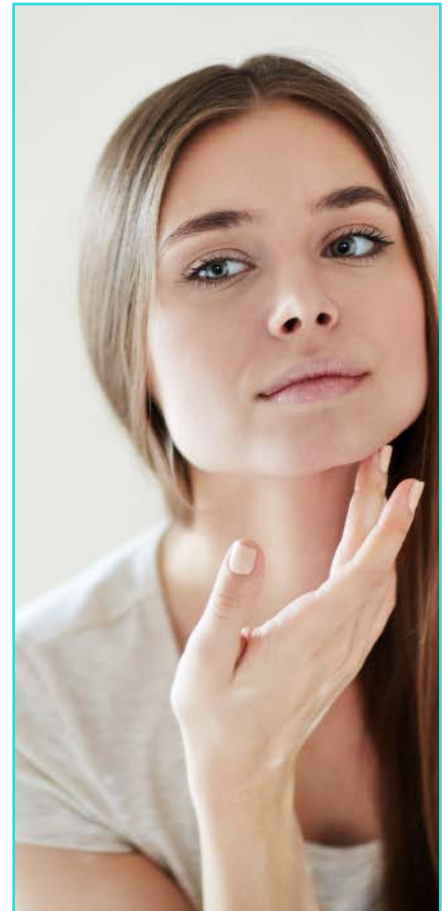
DIET AND LIFESTYLE: CALORIE INTAKE

You may not know, but your diet plays a critical role in keeping your skin healthy and glowing. For instance, fried foods such as potato chips, burgers, etc. can cause acne breakouts. On the other hand, foods rich in carbohydrates and sugar can speed up the aging process. During the glycation process, sugar by-products produce free radicals and stop your skin cells from functioning properly. Dairy foods are also known to trigger acne. If you regularly consume alcohol, please note that alcohol can also cause glycation.

SKINCARE PRODUCTS: UNSUITABLE PRODUCTS FOR YOUR SKIN TYPE

The products you include in your skincare

regimen can make or break your skin health. Inappropriate products laden with harmful chemicals can make your existing skin conditions worse. Effective and useful skincare products can bring back the sheen on your skin, restore its nourishment, and keep it healthy.



5 MOST COMMON SKIN ISSUES AND HOW TO EFFECTIVELY MANAGE THEM

If your skin is giving you a tough time, don't worry; you're not alone. Based on a recent report by the American Academy of Dermatology, it has been found that over 85 million Americans suffer from skin problems every year. Let's now look at the 5 most common skin problems people deal with and how to handle them.

ACNE

The first most common skin issue is acne. According to the American Academy of Dermatology, almost 85% of people between the ages of 12 and 24 experience acne at least once in their life. Acne breakouts occur when skin pores get clogged with sebum oil, dirt, dead skin cells, and bacteria.

How to manage acne?

The first and most critical step towards clearing up your skin is regularly cleaning your face and toning it. You can also try the benzoyl peroxide spot treatment. If you're looking for skincare products to reduce dead skin buildup and unclog your pores, you can use those with AHA (alpha hydroxy acid) or salicylic acid.

AGING, WRINKLES AND FINE LINES

With age, the skin becomes delicate, sensitive, and dry. It also becomes thinner and more fragile. All these factors make your skin easily susceptible to environmental damage and

dehydration. The result – laugh lines, creases, crow's feet, and frown lines. However, an important point to note here is that age is not always the reason behind wrinkles. Many people also get premature wrinkles.

How to manage wrinkles and fine lines?

When you look for skincare products to manage fine lines and wrinkles, make sure you pick products that can prevent damage by free radicals and stimulate the production of collagen to reduce wrinkles and fine lines. Also, regularly using an effective sunscreen with powerful antioxidants can prevent UV ray damage.

DRYNESS AND DEHYDRATION

Skin dryness and dehydration can be caused due to an underlying disease, exposure to UV rays, lack of skin moisture, environmental damage, excessive exfoliation, etc. Aging is another cause of skin dehydration and dryness. With age, the activity of the sebaceous gland decreases, and the skin's natural hydrating ability declines. Excess consump-

tion of alcohol and smoking can also lead to dryness and dehydration of the skin.

How to manage dryness and dehydration?

To get rid of skin dryness and dehydration, you need to keep your skin hydrated. Whether your skin is dry or oily, you continuously need to enrich it by providing enough moisture. To manage skin dryness and dehydration, you can use moisturizers and humectants suitable for your skin type. Retinol-based moisturizers are great for all skin types. You can also make the most of hydrating masks such as sheet masks which are also suitable for all skin types.



HYPERPIGMENTATION OR DARK SPOTS

Hyperpigmentation is dark patches of skin that are a result of overproduction of melanin. They usually appear flat and can vary in shape and size. This skin condition is not harmful and can affect any skin type, gender, age, or ethnicity.

How to manage hyperpigmentation?

For managing hyperpigmentation, you'll need topical skincare treatments with arbutin, hydroquinone, niacinamide, kojic acid, retinol, and AHA. These chemicals help in lightening the dark spots and enhancing your skin tone. We also recommend you use sunscreen daily to prevent the formation of dark spots.

FREE RADICAL DAMAGE

Free radicals in the environment can damage your skin by drawing extra free electrons in your skin. When the atoms in our skin molecules are disturbed, the result is premature aging. This is known as the "free radical theory of aging." Skin damage caused by free radicals can appear in

more than a single form. Some forms of skin damage caused by free radicals are – discoloration of the skin, sagging of the skin, fine lines, and wrinkles.

How to manage free radical damage?

The simple answer to free radical damage is antioxidants. These wonderful compounds provide the free radicals with electrons as a result of which, the free radicals do not impact our skin. Vitamin C and Vitamin E antioxidants can be applied in the form of serums to prevent free radical damage.

THE RELATIONSHIP BETWEEN YOUR AGE AND YOUR SKIN AN AGE-WISE SKINCARE GUIDE

In the previous sections of the guide, we've learned about factors that affect our skin and some of the most common skin conditions and how to manage them. However, so far, we've left a very critical topic untouched – the relationship between your age and your skin. Let's now explore this topic in detail.

20s



EFFECT ON YOUR SKIN:

At this age, your skin is elastic and nourished. You don't need to worry about fine lines and wrinkles. You have enough collagen to keep your skin soft and retain the healthy glow. Starting at age 20, the collagen production in your skin decreases by 1% each year.

How to take care of your skin during your 20s?

At the tender age of 20, you don't need to burden yourself with a strict skincare regimen. A few preventive measures can do wonders to your skin. The first and most important step is to apply sunscreen daily, even during the cold winter months. If you want to keep a distance from premature aging, use antioxidants or a minor dose of retinol twice or thrice a week during nighttime. This can stimulate cell production and prevent sun damage. Moisturize your skin as much as you can. Drink plenty of water to keep your skin hydrated. At the end of the day, gently exfoliate your skin to unclog blocked pores. Avoid smoking and effectively manage stress.

30s

**EFFECT ON YOUR SKIN:**

This is the time when you are at the peak of your career. This is the time when you suffer from lack of sleep, proper nutrition, and your stress levels are extremely high. All these factors along with reduced oil production, cellular growth, and weakened skin defense mechanism combine to make your skin dull and dry. You may also notice fine lines, uneven skin tone and texture, lack of sheen, and visible pores. The most visible sign of damage is having a dark under eye area.

How to take care of your skin during your 30s?

This is the time when you should start preparing a fool-proof skincare routine. You can use an eye cream to get rid of dark areas under your eyes. As mentioned before, make sunscreen an imperative part of your daily skincare regimen. Moisturize your skin as much as you can and keep it hydrated. You can also use gentle skin exfoliators before going to bed to clear out the dirt and debris trapped in your skin pores. To repair damaged skin, you can use retinol and other powerful antioxidants.

EFFECT ON YOUR SKIN:

During the 40s, your skin undergoes several significant changes. For women, this is a crucial age of their biological cycle as they enter menopause and the estrogen levels in the body reduce. In the case of men, the testosterone levels start reducing, paving the way for skin sensitivity, dryness, and dullness. This is the time when fine lines and wrinkles overpower healthy skin. The skin begins to sag, and age spots become evident. Also, the lymphatic system becomes slow and the skin is more prone to puffiness and dullness. Sebum production also becomes slow which leads to dryness.

How to take care of your skin during your 40s?

There's nothing very different that you need to do during your 40s regarding your skincare routine. All you need to do is become a little stricter and more disciplined. Look for useful anti-aging serums and moisturize your skin when possible. Gently exfoliate to remove debris and dirt from clogged pores. Add a potent sunscreen lotion to your daily skincare routine. Use an eye cream to nourish the skin under your eyes. You can also use a face mask once a week to improve your skin tone and texture.

40s



50s



EFFECT ON YOUR SKIN:

During your 50s, the elastin and collagen levels in your body continue to decrease, resulting in a loss of skin elasticity and fine lines. The skin starts sagging, becomes loose, and the chin area starts drooping. The skin continues to become dull, dry, and fragile. The skin begins to get dehydrated due to the decrease in the hyaluronic acid levels in the dermis. Changes in hormones also lead to a reduction in collagen production and lipids.

How to take care of your skin during your 50s?

At this stage, you can try skin products containing retinol, glycolic acid, peptides, and antioxidants. Wear sunscreen daily and use a rich moisturizer on your neck, face, and hands. It will be a good idea to pick moisturizers containing niacinamide and hyaluronic acid. Avoid using harsh skin products such as harsh soaps. Reduce your coffee and alcohol intake to reduce skin inflammation. To increase blood circulation to your face, gently massage it with a mild facial scrub or moisturizer.

EFFECT ON YOUR SKIN:

As you move towards the golden years of your life, your skin becomes more prone to free radical damage. It becomes thinner and more fragile. The elastic and collagen levels are at their minimum. Wrinkles become very prominent and so do fine lines. Brown-colored age spots appear on your skin.

How to take care of your skin during your 60s and beyond?

Now is the time to use the gentlest skincare products on the market. Whether it's your sunscreen or your moisturizer, make sure you use only mild chemicals. Use serums, creams, and lotions that can hydrate your skin and promote healthy skin cell growth. You can make the most of glycolic acid-based products to moisturize your skin and remove dead skin.

60s

AND BEYOND



CHAPTER TWO

BUILDING AN EFFECTIVE SKINCARE PLAN BASED ON YOUR SKIN TYPE



Here's a quick table to help you identify the important things you need to consider while planning a good skincare routine for your skin type.



SKIN TYPE	COMMON SIGNS	USEFUL PRODUCTS	WHAT TO LOOK FOR	WHAT TO AVOID
Normal	<ul style="list-style-type: none"> • No skin sensitivity • No dryness • No extra sebum oil production 	<ul style="list-style-type: none"> • Moisturizer • Sunscreen • Exfoliants • Cream-based cleansers 	Your skin can tolerate almost everything	Your skin can tolerate almost everything
Oily	<ul style="list-style-type: none"> • Frequent acne breakouts • Shiny skin • Visible open pores 	<ul style="list-style-type: none"> • Gel or foam-based cleansers • Oil-free moisturizer • Clay masks • Chemical-based exfoliants 	<ul style="list-style-type: none"> • Oil-free • Matte • Non-comedogenic 	<ul style="list-style-type: none"> • Petrolatum • Mineral oil • Alcohol
Dry	<ul style="list-style-type: none"> • Uneven skin texture • Tight skin after washing or cleansing • Dullness • Scaling 	<ul style="list-style-type: none"> • Hydration boosters • Creamy cleansing agents • Face oils • Moisturizers 	<ul style="list-style-type: none"> • Creamy or cream • Hydrating • Soap-free • Alcohol-free • Glossy 	<ul style="list-style-type: none"> • Retinol • Salicylic acid • Benzoyl peroxide
Sensitive	<ul style="list-style-type: none"> • Redness • Burning • Acne • Rashes • Inflammation 	<ul style="list-style-type: none"> • Soothing essential oils such as Aloe Vera and Chamomile • Thermal Spring Waters as calming mists 	<ul style="list-style-type: none"> • Mild • Hypoallergenic • Calm 	<ul style="list-style-type: none"> • Fragrances • Perfumes • Preservatives

SKIN TYPE	COMMON SIGNS	USEFUL PRODUCTS	WHAT TO LOOK FOR	WHAT TO AVOID
Combination	<ul style="list-style-type: none"> • Oily T-zone • Dryness at some places 	<ul style="list-style-type: none"> • Spot treatment • Toners • Masks • Blotting papers 	<ul style="list-style-type: none"> • Non-comedogenic • Non-drying • Balancing 	Similar to oily and dry skin
Acne-prone	<ul style="list-style-type: none"> • Whiteheads • Blackheads • Inflammation • Redness • Raised bumps 	<ul style="list-style-type: none"> • Anti-acne treatment • Cleanser containing moisturizer • Clay masks • Spot treatment 	<ul style="list-style-type: none"> • Oil-free • Non-comedogenic 	<ul style="list-style-type: none"> • Fragrance • Mineral oil • Silicones • Sodium Lauryl Sulfate • Coconut oil
Mature	<ul style="list-style-type: none"> • Dryness • Sagging skin • Age spots • Wrinkles • Fine lines • Dullness 	<ul style="list-style-type: none"> • Mild exfoliating cleanser • Eye cream • Anti-aging serum • Rich moisturizer • Sunscreen 	<ul style="list-style-type: none"> • Mild • Calm • Gentle 	<ul style="list-style-type: none"> • Fragrance • Perfumes • Preservatives

NOTE: If your skin type has changed because of geographical factors, make sure you don't modify your skincare regimen. A few modifications here and there can work. Also, remember not to experiment with new skincare products if you're traveling. During travel, your skin can become sensitive due to changes in the environment and climate.

WHAT IS THE PERFECT ORDER OF APPLYING SKINCARE PRODUCTS?

If you want your skin to reap maximum benefits out of skincare products, make sure you apply them in the right order. A simple way to remember the order is to go from thinnest first to thickest last. Here's a quick look at the skincare routine you must follow during the day and night times:

-  Cleanse » Correct » Hydrate » Protect
-  Cleanse » Correct » Hydrate » Treat

CLEANSING

At the end of a tiring day, nothing feels better than gently exfoliating or cleansing your face. Eliminate every sign of dirt, debris, dead skin cells, environmental pollutants, makeup, and sweat to unclog your skin pores and allow your skin to breathe, self-repair, and renew. Having a clear skin surface also helps other products to penetrate your skin easily and more deeply. So, cleansing is the first and most significant step of your skincare routine (day and night). You got to get this step perfectly. Now that you have a basic idea about cleansing, let's look at the right way of doing it and the best cleansing products on the market today. Always remember, an effective cleanser can make you look fresh and young.

HOW TO CLEANSER YOUR SKIN THE RIGHT WAY

First things first – do you know what double cleansing means? Well, don't worry in case you don't; we're here to help you.

So basically, double-cleansing comprises of two steps – removing makeup and washing your face using a cleanser. In the first step, you generally use a mild cleansing oil to remove the makeup layer. The second step involves thoroughly cleansing the face to remove dirt, debris, excess sebum, etc. This gives your skin a healthy and fresh look. At this stage, your skin is ready to absorb the upcoming skin-

care products. Instead of a “two-step” process, we’ve turned cleaning into a simple “three-step” process. Let’s see how!

Step 1: Removing your makeup

You can pick a makeup remover that suits your skin. Most people use cleansing oil or oil-based makeup removers. You can also use wet wipes; however, make sure the wet wipes don’t have a fragrance (for dry and sensitive skin). This is the most important step.

Step 2: Wash your face

Take a small amount of face cleanser in your palm and emulsify it with normal or lukewarm water. In circular motions, massage the cleanser onto your skin for at least 30-40 seconds. Don’t forget the important areas of your face – sides of your nose, hairline, front side and back side of your neck, the area underneath your ears.

Step 3: Rinse and gently pat dry

Once you’ve thoroughly cleansed your skin, rinse your face with lukewarm water. Don’t rub your skin; gently pat dry with a soft and clean towel.

HOW OFTEN YOU SHOULD CLEANSER YOUR FACE

Well, there’s no hard and fast rule that you need to follow here. You know your skin the best. Some skin types require cleansing thrice a day while the others are good to go with the day and night cleansing routine. No matter

what, make sure you don’t go to bed with your makeup on.

IS A TONER REALLY REQUIRED?

If you’re fine with adding an extra step to the cleansing process, you can use a toner. Toners deliver powerful antioxidants, exfoliating acids, and calming agents to your skin. They also come in handy to remove any traces of makeup left on your skin.



TYPES OF CLEANSERS ON THE MARKET

With a plethora of cleansers available on the market, it's difficult to choose the one that best suits your skin. Here's a quick table with the latest type of cleansers on the market:

CLEANSER TYPE	WHAT IT IS	SUITABLE SKIN TYPE
Cream	Cream-based chemicals usually contain botanical oils that are great for dry skin. They are creamy and thick and look like milk.	<ul style="list-style-type: none"> • Dry • Sensitive
Gel	Gel cleansers are meant for deep cleansing purposes. They are highly effective for removing excess sebum oil, killing bacteria on the skin, and decongesting clogged pores.	<ul style="list-style-type: none"> • Oily • Combination
Foam	These cleansers start with gel or cream and turn into a thick, frothy lather. These cleansers are ideal for tackling excess oil.	<ul style="list-style-type: none"> • Oily • Combination
Oil	This one's a blessing for dry skin. An oil cleanser helps in unclogging congested pores and removing waterproof makeup.	All types of skin
Cleansing balm	This one's a new entry and is very promising. Cleansing balms look like wax and melt to form an oil that is used for cleansing.	All types of skin
Gommage	Gommage is a mild exfoliator and cleanser that makes your skin super smooth and silky. It is generally used as a cleanser in several facials.	<ul style="list-style-type: none"> • Dry • Combination • Oily • Normal
Clay	Clay cleansers are great for pulling out toxins, excess oil, and dirt from your skin.	<ul style="list-style-type: none"> • Oily • Combination

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RECOMMENDS



GOMMAGE ULTIMATE BRIGHTENING PEELING GEL

- Visibly lifts dead skin cells to reveal radiant complexion
- Exfoliates without stripping skin of its natural moisture
 - Leaves skin silky smooth & deeply hydrated
- Activates new cell regeneration



CLEANSING BALM ALPHA TO OMEGA+ SHERBET CLEANSER



- Removes makeup, impurities & excess oil
- Contains antioxidants & stem cell extracts for anti-aging benefits
- Clears daily grime, rehydrates & softens fatigued skin

CORRECTING

The second important aspect of your skincare routine is correcting your skin. This involves adding powerful antioxidants to your skin, absorbing serums, and a lot more. Let's look at them one by one.

ANTIOXIDANTS

Antioxidants fight off free radicals to prevent collagen breakdown, protect your skin's natural repair system, and stop inflammation. Most importantly, antioxidants prevent the dreaded aging signs – fine lines and wrinkles. Therefore, it is vital to supply your skin powerful doses of antioxidants regularly.

4 primary benefits of antioxidants

- Antioxidants prevent your skin from UVR damage
- Antioxidants prevent sunburns
- Antioxidants enhance your skin tone
- Antioxidants prevent skin cancer

BEST ANTIOXIDANTS FOR YOUR SKIN

The potency of different antioxidants can vary. Let's look at some useful antioxidants for your skin:

Vitamin C

Vitamin C is one of the most potent antioxidants on the market. And, its use is not just limited to antioxidants. It comes with

several other benefits for your skin such as reducing dark spots and stimulating collagen production. But, make sure you don't expose Vitamin C to light as it is highly reactive.

Retinol

Retinol is a powerful anti-aging antioxidant. It is a Vitamin A derivative and can easily penetrate your skin to speed up the cell renewal process, remove wrinkles and fine lines, increase collagen production, and better your skin tone. If you want to fight off premature aging, there is nothing better than Retinol.

Vitamin E

Apart from serving as a powerful antioxidant, Vitamin E speeds up the skin's natu-

ral healing process. This property makes it an important ingredient in various moisturizers, lotions, and creams for reducing stretch marks and treating dryness of the skin.

HOW TO USE ANTIOXIDANTS FOR YOUR SKIN?

Antioxidants are usually available on the market in the form of serums and topical creams. Make sure you thoroughly absorb the antioxidant into your skin after cleansing for best results.

Serums

Serums are a skincare goldmine. They contain several active ingredients such as essential nutrients and vitamins that are necessary for a nourished, healthy, and glowing skin. The penetration power of serums is higher than your usual face creams. Serums are especially used under the eyes.



TYPES OF SERUMS BASED ON SKIN CONDITIONS

Categorized based on skin conditions, there are 4 types of serums on the market that can be included in the correct stage of your skincare regimen. These include:

Serum for dry skin – Hydrating serum

These are hydrating serums that restore your skin hydration. They prevent loss of moisture from your skin by caging it within your skin pores.

Common Ingredients: Vitamin B5, Hyaluronic acid, Glycerin

Serum for wrinkles, fine lines, sagging skin, and large open pores – Anti-aging serum

These serums promote collagen production, speed up skin renewal mechanism, and enhance the elasticity of your skin. As they make the skin firm, the wrinkles and fine lines reduce.

Common Ingredients: Peptides, Retinols, Antioxidants

Serum for skin inflammation – Calming serum

These serums are meant for reducing signs of skin inflammation such as redness of the skin, burning of the skin, itching, and pricking. These serums generally contain powerful natural anti-inflammatory ingredients.

Common Ingredients: Aloe Vera, Chamomile, Lavender, Calendula

Serum for dark spots/hyperpigmentation – Brightening serums

Depending upon the included active ingredients, these serums improve skin texture, tone, and accelerate cell growth process.

Common Ingredients: Vitamin C, Hydroquinone, Niacinamide, Arbutin, AHA

Hyaluronic acid for your skin

Hyaluronic acid is great for faster skin renewal, and that's the reason why it is often used in the correcting stage of your skincare routine. It helps in retaining moisture and water in your skin, preventing fine lines and wrinkles.

Hyaluronic acid serums on the market can be used like any other skincare product. Apply it in the morning as well as in the night. Make sure you buy a Hyaluronic acid serum with a combination of different molecular sizes. Alternately, you can also use Hyaluronic cream.



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RECOMMENDS SERUMS



HYALURONIC PEPTIDE SERUM

- Boosts natural collagen production
- Increases skin firmness & elasticity
- Reduces wrinkles & fine lines by plumping skin



EYE SERUM

- Helps reduce puffiness, dark circles, wrinkles, eye bags, crow's feet & fine lines.
- Boosts cell metabolism & fights skin-damaging free radicals
- Enhances skin firmness, smoothes & softens skin



LIPOSOMAL RETINOL PEPTIDE SERUM

- Visibly minimizes fine lines & deep wrinkles
- Helps renew skin plumpness & elasticity for a radiant glow
- Lightens sun spots, age spots, freckles & pigmented scars

ORGANIC ARGAN OIL

- Reduces facial blemishes, skin inflammation & dry skin
- Treats split ends and repairs dry, brittle, frizzy & damaged hair
- Treats eczema & psoriasis



VITAMIN C 10% & 20% SERUM

- Fights free radical damage for smooth, healthy skin
- Brightens skin, fades dark spots & defends against photodamage
- Helps minimize freckles & excess pigmentation



HYDRATING

The third stage of the skincare routine is the hydrating stage. And, it is the most critical stage, especially if you have dry skin. So, how can you keep your skin hydrated all day long? According to a report by MedicalDaily, 75% of Americans suffer from chronic dehydration every year.

There are two ways in which you can hydrate your skin – by using hydrators or humectants, or by using moisturizers. Moisturizers and hydrators, both have a common goal. They make sure our skin is not devoid of water and has the necessary moisture to fight off dryness, environmental damage, and aging.

MOISTURIZERS

The natural lipid barrier in our skin protects the skin from free radical damage and loss of water. If you have dry or flaky skin, it means that your lipid barrier is not efficient enough to act as a protective shield and is unable to retain moisture. This is where moisturizers come into the picture. Moisturizers cage the lipids and natural oils on your skin surface, maintaining a healthy balance of moisture, and preventing water evaporation.

HUMECTANTS

Humectants, on the other hand, draw moisture from the water of your surroundings, and distributes it to different layers of your skin. Research shows that treatment of dry skin with Glycerol reversed skin dryness .



MOISTURIZER OR HYDRATOR?

How to choose for your skin type

The choice of products will depend upon two factors:

- How naturally oily or dry your skin is
- Type of environment your skin is subjected to – dry or humid

For dry skin

If you have dry skin, you'll benefit from hydrators, especially those containing hyaluronic acid. It can hold almost a thousand times its weight in water. Other effective hydrators are Glycerin, Urea, AHA, and Propylene Glycol.

For dry skin, you can also use moisturizers such as natural fruit extracts, rich creams loaded with essential oils, cocoa butter, shea butter, etc.

For oily or acne prone skin

If you suffer from regular acne breakouts, you ideally don't need either of these products. However, at times, oily skin can also be a side-effect of dehydration. If you remove the essential oils from your skin, it will react by producing excess sebum oil that can cause acne. So, for oily skin, you can use lightweight creams and gels that are mostly labeled as "non-comedogenic."

For sensitive or aging skin

If you have matured or sensitive skin, the best way to hydrate your skin is using natural humectants such as honey, aloe, and seaweed.

These skincare ingredients are very mild and are loaded with essential nutrients that are easily absorbed by your skin.

When choosing moisturizers for sensitive or matured skin, consider products containing jojoba oil, almond oil, and apricot oil. These oils also help in preventing free radical damage.

Retinol moisturizer can also be a great pick for anti-aging purposes. Retinol helps in eliminating dark spots, stimulates the growth of new skin cells, and reduces fine lines, skin discoloration, and wrinkles. You can basically use retinol moisturizers for all skin types.

HOW TO APPLY A MOISTURIZER OR A HUMECTANT?

The application method for both products is simple. All you need to do is take a few drops of the moisturizer or humectant on your palms and apply to your cheeks in a circular motion. Next, apply to your forehead, and your remaining face. Gently massage until it gets absorbed in your skin by stroking it in an upward circular motion. We recommend



you hydrate your skin at least twice everyday – morning and night.

MASKS

The action of masks is like that of serum. Masks also help in locking the moisture on your skin, kick-start cell repair, and make your skin soft and smooth.

Hydrating masks such as sheet masks and bubble masks create an occlusive barrier, locking in moisture and nutrients and preventing evaporation. These masks can also come in handy to draw toxins from the skin and eliminate excess sebum oil to prevent oily skin.

Sheet masks

The best thing about sheet masks is that they are suitable for all types of skin. Sheet masks usually contain hyaluronic acid, antioxidants, and botanical extracts.

How to apply a mask?

You can follow the instructions mentioned on the product packaging to apply the mask. You typically apply masks once or twice weekly, or whenever you want an instant glow.

RECOMMENDS



MASKS

HYALURONIC COLLAGEN SHEET MASK

- Instantly hydrates & brightens skin
- Restores skin resilience & firmness
- Soothes and calms irritated skin



CARBONATED BUBBLE MASK

- Eliminates impurities & unclogs pores
- Exfoliates and removes dead skin cells
- Gently massages skin & improves circulation
- Repairs and rejuvenates dull skin



HYALURONIC STEMCELL HYDROGEL MASK

- Premium gel mask for maximum absorption
- Absorbs heat to release ingredients and provides a cooling effect
- Replenishes moisture & brightens skin tone
- Restores resilience & firmness



MAGNETIC DEAD SEA MUD MASK

- Purifying Dead Sea mud and magnetic properties in iron lift away dirt, skin cell residue & other impurities removal
- Electromagnetic currents improve blood circulation & initiate natural skin regeneration



MOISTURIZER

ADVANCED RETINOL MOISTURIZER

- Diminishes the appearance of wrinkles, crow's feet & fine lines
- Reduces breakouts, fights blemishes and unclogs pores with an oil-free formulation
- Reduces the appearance of dark spots & hyperpigmentation
- Prevents breakdown and promotes new production of collagen for youthful skin



PROTECTING

Once you cleansed your skin, corrected and hydrated it, you need to add a protective shield to protect it from harmful UV rays. Exposure to ultraviolet (UV) light accounts for almost 90% of all symptoms of skin injury. Moreover, the sun is also responsible for aging. So, don't you think it is important to tackle the sun while you're out? This is where the importance of an effective sunscreen comes into the picture. Research shows that all modern sunscreens with SPF greater than 15 provide good protection against sunburn, when applied properly.



WHAT IS SUN PROTECTION FORMULA (SPF)?

SPF is the measurement of the amount of UVB rays required to burn the skin shielded with sunscreen to the amount of UVB rays required to burn the skin not shielded with sunscreen. SPF does not measure the protection power of a sunscreen from UVA rays.

Dermatologists all over the world recommended using an SPF 15 or 30 sunscreen. They do not recommend using sunscreen with a high SPF.

THE IDEAL SUNSCREEN FOR YOUR SKIN TYPE

Now that you have a basic idea about SPF, let's look at the ideal sunscreen for your skin type.

Normal skin

If you're lucky to have normal skin, you'll be able to use all types of

sunscreens on your skin. From gels, creams, to powders; you won't need to worry about choosing the right one. In this scenario, you can be the master of your skin and pick what's right for you. Based on your daily routine and outdoor exposure, you can decide how often you need to apply sunscreen.

Dry skin, sensitive skin

If you have dry or sensitive skin, you must choose a sunscreen that contains moisturizing or hydrating ingredients such as hyaluronic acid, lanolin, glycerin, etc. Sunscreens with mineral oxides such as zinc oxide and titanium oxide are perfect for sensitive skin. For dry and sensitive skin, avoid sunscreens with fragrances, alcohol, and preservatives.

Oily skin, combination skin

For oily skin, as already mentioned above, you need sunscreens that are lightweight and non-comedogenic. Sunscreens that are gel or fluid will work best for oily skin.

HOW TO APPLY SUNSCREEN TO PROTECT YOUR SKIN?

Make sure you apply your sunscreen at least 15 to 20 minutes before you step out in the sun. Thoroughly apply it to your face, arms, legs, and whatever area is exposed to the UV rays. At one time, you should use at the most 30-35 ml of sunscreen, not more than that.

TREATING

While it is important to protect your skin from the sun rays during the day, it is important to treat your skin during the night.

Skincare products meant for use during nighttime must contain ingredients that help repair the skin damage during the day. So, the key is to find products that:

- Calm and soothe inflamed skin
- Rebuild the skin structure such as elastic production, collagen production, and hyaluronic acid production
- Remove impurities from the skin
- Seize reactions that lead to the formation of skin pigments
- Moisturize the skin deeply and repair the natural moisture barrier

Once you've cleansed your skin, corrected it with antioxidants and serums, and hydrated it with moisturizers and humectants, you can make the most of overnight treatments such as acne spot treatments and scar treatments to get spotless and healthy skin.

OVERNIGHT ACNE SPOT TREATMENT

If you're having frequent acne breakouts, you can dry out the acne from the outside instead of popping it.

How do spot treatments work?

- Common ingredients used – Salicylic acid, benzoyl peroxide, sulfur
- These ingredients suck the excess sebum oil from the clogged pores.
- All you need to do is dab the spot treatment product on the raised bumps and leave it overnight.



INGREDIENT	USE
Benzoyl peroxide	Dries out acne and kills the bacteria inside.
Salicylic acid	Dissolves the dead skin cells and decongests clogged pores.
Sulfur	Just like benzoyl peroxide, sulfur also removes bacteria from the pores and soothes the skin.

Overnight acne scar treatment

Using overnight scar treatments such as acne scar treatment creams and pigmentation scar treatments, you can get rid of the annoying scars on your skin and get spotless skin in just a few months' time.

SCAR REMOVAL GEL TREATMENT

An effective and natural way to reduce the appearance of acne scars or pigmentation scars is a scar removal gel. The gel comes with several natural active ingredients such as emu oil, allantoin, and dimethicone that diminish the scars and result in spotless skin. Daily application of the gel before you go to bed can reduce the appearance of the scars.

Dimethicone (Silicone gel)

Dimethicone helps a great deal in softening scars, and reducing the pain, redness, and itching associated with certain types of scars. It shields the scarred skin tissue against bacterial attack and prevents excessive collagen production induced by certain bacterial infections.

Allantoin

Allantoin is popular for its ability to calm the scarred skin by allowing the skin to renew itself. It supports cell turnover and repairs the skin surface to reduce the scar over a period of time. Allantoin-based scar removal gels are great for reducing acne scars.

Emu oil

Emu oil comes with anti-inflammatory properties and helps a great deal in reducing the scar redness. It breaks down the scar tissues both internally and externally. Emu oil is a great natural remedy for repairing burn scars.

Ebanel™
— SKINCARE —

RECOMMENDS



SPOT TREATMENT BIO DRYING LOTION

- Overnight acne treatment
- Dries out blemishes & prevents future breakouts
 - Fades redness
 - Unclogs blocked pores
- Shrinks pimples & whiteheads

SCAR TREATMENT SCAR MASTER



- Clinically proven to lighten the color and soften the texture of scars
 - Helps to minimize, protect, and smooth discolored scars
 - Improves various types of scars: burns, cuts, acne and surgical scars

Based on all that we've discussed in the earlier section, here's a quick table-based recap of the order in which you should apply the skin care products.

STEP	DAY ROUTINE	PRODUCT	NIGHT ROUTINE	PRODUCT
Step 1	<p>Cleansing</p> <p>In the morning, begin your skincare regimen by cleansing your face with a light cleanser ideal for your skin type.</p>	Cleanser	<p>Cleansing</p> <p>During this time, you can use the cleanser + toner combination to thoroughly remove the makeup and cleanse your skin. You can also use "double-cleansing" to cleanse your skin systematically. Start by cleansing with an oil cleanser and then your normal cleanser.</p>	Cleanser + Toner, Cleanser balm + Toner
Step 2	<p>Antioxidants</p> <p>Serums that contain nutrients are great for your skin. There are several serums on the market today that can correct your skin after cleansing.</p>	Serum	<p>Antioxidant</p> <p>This is the best time to use undereye creams and serums. Regular use of night creams can prevent wrinkles and fine lines and stimulate collagen production.</p>	Serum, Undereye cream

STEP	DAY ROUTINE	PRODUCT	NIGHT ROUTINE	PRODUCT
Step 3	<p>Hydrate</p> <p>Every skin type needs a moisturizer. Based on your skin type, pick a moisturizer and apply it gently to hydrate your skin.</p>	Moisturizer or humectant	<p>Hydrate</p> <p>During nighttime, you can use a moisturizer or hydrating mask. You need an evaporation prevention barrier even while you're sleeping.</p>	Moisturizer, humectant, hydrating mask
Step 4	<p>Protect</p> <p>The last step of your daytime skincare regimen is using a sunscreen. However, make sure you use a sunscreen that is ideal for your skin type.</p>	Sunscreen	<p>Treat</p> <p>While you need a sunscreen to protect your skin from the harmful UV rays, during nighttime, you need spot treatments and scar removal gel treatment to get rid of acne and scars such as acne scars and dark spots.</p>	Acne spot treatment, scar treatment

OTHER USEFUL WAYS
TO IMPROVE YOUR SKIN



Your skin is the display screen to what's happening inside your body. From severe acne breakouts during your teen years to the pregnancy glow, whatever happens inside your body is reflected on your skin. As mentioned at the beginning of the guide, there are several factors that can affect your skin such as hormones, diet, genetics, lack of sleep, a diet devoid of proper nutrition, etc. We'll be addressing these factors in this section. Apart from following a well-planned skincare regimen, there are other useful and easy ways to get blemish-free, shining, and healthy skin. Let's look at them:

CONSUME A HEALTHY DIET

What you eat is as important as cleansing or moisturizing your skin regularly. Smart changes in your diet can enhance your skin quality and result in a clear complexion.

Foods that are good for your skin

- Mangoes – Contains rich antioxidants that protect your skin from free radical damage.
- Tomatoes – Can reduce the risk of UV rays-induced skin cancer by at least 50%. Tomatoes can also help in reducing sunburns. Research shows that people who consume tomatoes on a regular basis have 40% less sunburns.
- Olive oil – Helps in preventing premature skin aging such as wrinkles and fine lines due to UVR exposure.
- Green tea – Polyphenols found in green tea renew dead skin cells.
- Cocoa flavanols – Decrease scaling and dryness on the skin. Also, prevent UV damage and improve skin hydration.
- Soy – Helps in improving crow's feet and wrinkles that are common on the outer edges of the eyes, especially in women undergoing menopause.

Restrict calories

Research shows that cutting down your calorie intake can slow down the skin aging process. Therefore, calorie restriction can be used as an anti-aging method.

Avoid alcohol

Research shows that reducing your alcohol consumption can reduce the risk of melanoma. Higher alcohol consumption is linked with an increased risk of developing basal cell cancer and cutaneous squamous cell cancer.

CONTROL YOUR STRESS

Based on a research, it has been found that teenagers who reported high levels of stress are 23% more prone to acne. Stress increases sebum oil production that makes your skin oily and more prone to acne. By reducing your stress, you can reduce acne breakouts, and get spotless skin.

Get quality sleep

If you want to get rid of dark circles and enhance your skin tone, you need quality sleep. According to the National Sleep Foundation, adults should get at least 7 to 9 hours of quality sleep to have good health and skin.

Without enough sleep, your body is unable to stimulate collagen production and repair itself. During a sound sleep, your body regenerates your skin and enters the self-repair mode.

Quit smoking

Smoking can lead to premature skin aging. It reduces blood flow and removes essential nutrients from the skin. Smoking also reduces the natural skin elasticity and reduces production of collagen. So, another way of preventing fine lines, wrinkles, and sagging skin is quitting smoking.

DECODING SKINCARE LABELS



When you're buying your skincare products online or visiting the beauty store, there are some important skincare labels that you need to know inside out. Without knowing these labels, you won't be able to pick the perfect skincare products for your skin type. So, let's decode some vital skincare labels that are commonly found on skincare products.



MADE IN THE USA

American-made products have to adhere to a very strict set of requirements to be sold legally. Many foreign countries, on the other hand, have fewer safety and quality requirements. This can result in not only less effective products, but also in potentially dangerous ones. However, the benefits of buying American made products don't stop there. Doing so also contributes to the American economy, reduces the pollution made from global transportation, ensures safe and fair working conditions, and helps us to avoid the supporting of child labor exploitation.



CRUELTY FREE

The "Cruelty Free" icon found on cosmetics means that product isn't tested on animals.

Although some of these tests can be harmless, others can be downright cruel. Although not all animals are physically harmed, they are still forced to live in a laboratory setting. Unfortunately, some are intentionally given excessive amounts of a cosmetic or skincare product to see just how much can be applied before their skin becomes irritated. In other situations, the products are intentionally rubbed into their eyes to see how badly it will affect them. In worst cases, they are forced to ingest the product to measure its toxicity. This can result in the animal becoming very sick, or even cause its death.



PARABEN FREE

Parabens are chemical preservatives added to increase the shelf life of many cosmetic products.

They can go by many names, but the ones you're most likely to see on the ingredient list of your favorite products are ethylparaben, propylparaben, butylparaben, and methylparaben. Once parabens are absorbed by our bodies, they mimic the hormone estrogen that our bodies naturally produce. Some studies have shown that exposure to these can not only cause reproductive issues, but can also increase the risk of breast cancer. Although many health advocates have been pressuring the FDA to ban parabens, like the European Union, they have yet to do so.



SULFATE FREE

Sulfates are added to produce a foamy lather, as well as, to better cleanse the skin and hair of dirt and oils. Although sulfates DO make these products into better cleansers, they can go a little overboard on their oil removal crusade. This can cause the product to strip away too much of the natural oils present in our hair and skin, which can be especially troublesome for people that already suffer from sensitive skin or dry and damaged hair. The excessive removal of these natural oils from our skin and hair not only makes them less healthy, but also worsens their appearance. The absence of these essential oils can make our hair frizzy and

brittle, while making our skin itchy, irritated, and dry. Sulfates have also been shown to strip the dye from color treated hair. This means more frequently dyeing your hair to maintain your color of choice, a process which also damages hair.



100% NATURAL & VEGAN

As with all things vegan, these products are animal friendly! Animal products are one of the leading causes of deforestation and greenhouse gas emissions. Aside from being good to our furry friends and the environment, vegan products use a few simple ingredients that offer Nature's gentle benefits while avoiding harsh synthetic chemicals that are more likely to irritate our skin. Plant-based ingredients are packed with vital nutrients that hydrate and strengthen our skin. This makes these products effective for treating the causes of our problems rather than just

sweeping their symptoms under the rug, as many industrially-produced ingredients do. Some synthetic ingredients can also be safe in certain amounts but may build up in our body over time, especially if you're using several products that all contain the same synthetic ingredient. This accumulation in the body can turn a relatively harmless ingredient into one that damages our health over time. Most plant-based ingredients, on the other hand, are easy for our body to handle and can be quickly removed by our body's natural processes if necessary.



ALCOHOL FREE

“Alcohol-free” on a product usually refers to ethyl alcohol and is typically listed as SD alcohol or denatured alcohol on the ingredient list. It remove oils and bacteria from the skin. Although alcohol-based products do seem to get the job done, they really cause long term damage disguised by short term benefits. The matte finish left behind by these products is from the alcohol evaporating once it comes into contact with the skin. As it evaporates, alcohol damages the skin's natural barrier and strips it of its natural moisture, making it more vulnerable to bacteria and other irritants. The loss of moisture is particularly bad for people with already dry skin. Those with oily skin might

temporarily get rid of some excess oil, but the skin will compensate for their removal by kicking its oil production into overdrive. This leads to more clogged pores and even more oil on the skin a few hours later. Regardless of your skin type, evidence shows that alcohols will simply make whatever issues your skin has worse, rather than improving them.



CHILD PROOF

The often attractive packaging and colors of skincare products can be very tempting for kids to play with, particularly if they see their parent using it. Without child-proof packaging, an unsupervised child might consume these products or get them in places that can cause severe irritation or pain such as the eyes. Many skincare or over-the-counter products contain ingredients that are completely harmless when used on the skin, however, when they are eaten, they can make a child very sick or, in extreme cases, even result in their death.

TOP MYTHS ABOUT
SKINCARE DEBUNKED



You may have come across several blogs on the internet or people providing you with weird skincare advice. But, do you find them useful? Let's look at the top 7 skincare myths that are all over the internet.

MYTH#1 – IF YOU WEAR MAKEUP EVERY DAY, YOU'LL AGE FASTER.

Don't worry, makeup alone will not make your skin old. In fact, as you've seen in this guide, there are several beauty products that come with anti-aging properties. The only thing you need to do is cleanse your skin at least two times a day and remove makeup that can clog your skin pores.

MYTH#2 – IF YOU DON'T WASH YOUR FACE, YOU'LL GET ACNE.

This is one of the most common skincare myths. Acne breakouts are caused by different factors such as excessive sebum oil production, clogged skin pores, dehydrated skin, bacterial infections of the skin, etc. So, not washing your face regularly is not at all a reason why you are getting acne.

MYTH#3 – EXPENSIVE SKINCARE PRODUCTS PROVIDE BETTER RESULTS.

Wrong again! Expensive products are not always the best. Skincare products that contain useful ingredients such as retinol, hyaluronic acid, glycerin, etc. are good for all types of skin. No matter what the price of your skincare product is, if it has the right ingredients, it can do wonders to your skin.

MYTH#4 – "CHEMICAL-FREE" OR "NATURAL" SKINCARE PRODUCTS ARE ALWAYS THE BEST.

Everything depends on your skin type. Some people with sensitive skin also face problems with skincare products termed as "natural" or "chemical-free."

While it is true that products containing parabens, sulfates, phthalates, etc., are harmful to the skin, the possibility of a skin reaction depends upon your skin. Even though it is recommended to go the "natural" and "chemical-free" route, don't pick such products blindly.

MYTH#5 – EXFOLIATING YOUR SKIN ROUGHLY CAN MAKE YOUR SKIN LOOK BETTER.

Exfoliating your skin roughly is a big "NO." Scrubbing your skin too roughly can cause rashes or skin inflammation. Whether your skin is dry or oily, make sure you scrub your skin gently to avoid any skin damage. Moreover, exfoliating your skin regularly can remove skin moisture and make

your skin dry, clog your skin pores, and make your skin susceptible to bacterial infections.

MYTH#6 – RUBBING ALCOHOL ON YOUR SKIN CAN REDUCE ACNE.

Another dangerous advice! Alcohol can dry out your skin or cause irritation and redness. In fact, dryness caused by alcohol can lead to secretion of excess sebum oil that can block your skin pores and lead to acne breakouts.



Alcohol can also strip your skin of moisture and essential oils that keep your skin healthy and glowing. So, alcohol does not prevent acne; it leads to acne.

MYTH#7 – OILY SKIN DOES NOT REQUIRE MOISTURIZATION.

Whether you have dry skin or oily skin, all skin types need some amount of moisturization to remain healthy and nourished. All you need to do is pick the right moisturizer for oily skin. Moisturizers that are labeled as “non-comedogenic” are good for oily skin. Avoid heavy creams and lotions, go for lightweight creams instead.

ANSWERS TO COMMON QUESTIONS

Faq's



HOW MUCH PRODUCTS DO YOU REALLY NEED?

Now that you know the order in which you should apply the products, let's look at the quantity of each product you really need per application. Too much product can be harmful and too less product will not be beneficial. Here's a quick table to show you how much products you really need for each step:



SPRINKLE

RETINOL



CORN KERNEL

EYE CREAM



PEA

SERUM



ALMOND

MOISTURIZER



NICKEL

SUNSCREEN



QUARTER

CLEANSER

DO YOU REQUIRE A PATCH TEST?

A patch test is a significant aspect before committing to any skincare product especially if your skin is sensitive. Patch testing is vital to avoid allergic reactions. Many skincare products contain allergens that can cause “allergic contact dermatitis” or a rash that itches. Some ingredients cause more allergies than others. The common ingredients that cause allergies are phthalates, parabens, sulfates, fragrances, preservatives, etc. If you suffer from acne breakouts, heavy creams can worsen your acne breakouts. So, a patch test is important before you buy a skincare product.

Patch test for skin allergies

There are two areas on your skin where you must conduct a patch test – a hidden area in your body and an area close to your face. For instance, if you plan to apply the skincare product on your face, you can conduct the patch test behind the ear. Other areas where you can conduct the patch are your belly area, the area behind your knees, and your wrist. How to conduct the patch test for allergies? Once you’ve chosen the patch test area, apply a small amount of skincare product to the area. Make sure you do not apply any other product on the patch tested area for at least 24 hours.

Patch test for acne breakouts

The patch test for checking acne breakouts will be slightly different. So, the first thing you need to do is apply the skincare product to your chin, cheek, or face. These areas are highly prone to acne due to the increased concentration of oil glands in these areas.

Reactions that can occur

Once you’ve performed the patch test, here are a few reactions that you may observe depending upon your skin type:

- Mild reaction

A mild reaction may be accompanied by slight rashes. It is short-lived and occurs soon after applying the product. The maximum time the reaction can take to appear is half an hour. If the reaction worsens with time, it’s better to drop the product.

However, if the rashes vanish after half an hour, the product is good to go.

- Severe reaction

A severe allergic reaction will be clearly visible. Your skin may

appear red with raised bumps and severe itching. In this case, you should immediately discontinue the product. Treat the allergy with a soothing ingredient such as Aloe Vera to reverse the allergic reaction.

- Acne breakout

If you have acne-prone skin, a new product can cause acne-breakout or clogged pores within a few hours after application. Watch out for blackheads, pimples, and whiteheads. If there's no reaction, it's good news! You can

buy the product and start using it immediately. Now that you know the importance of a patch test, make sure you don't skip it to avoid unforeseen allergic reactions.



SKINCARE ADJUSTMENTS ACCORDING TO SEASONS

If you're an avid traveler or someone with a skin type that gets affected by seasons, this section is important for you. Even a minor change in the climate can impact your skin. Here's a few useful tips to adjust your skincare regimen according to seasons.

FIRST THINGS FIRST – REVERSE THE SEASONAL IMPACT

As soon as you notice even a slight seasonal impact on your skin, without much ado, prepare a skincare plan to reverse the impact. Restoration should be on top your mind. To reverse any impact on your skin, use antioxidants such as serums. Nourish your skin with essential nutrients as much as you can.

HYDRATE, MOISTURIZE, HYDRATE

Whether it's winter or summer, make sure you hydrate your skin as much as you can. If your skin has enough moisture, no seasonal change will be able to damage it. Especially during winter, you must moisturize your skin at least 3 to 4 times every day. Pick hydrating products containing heavy lipids and skincare ingredients such as cocoa glycerides and Vitamin B.

ALTER THE INTENSITY OF YOUR CLEANSER

The most significant skincare alteration is decreasing the intensity of your cleanser from summer to the fall months. You always need a heavyweight cleanser during summer and a lightweight cleanser during winters. It's a good idea to used cream or oil-based cleansers during the winter months when your skin is already dry.



MODIFY THE EXFOLIATION TECHNIQUE

Your skin needs more exfoliation during summer and less exfoliation during the winter months. However, make sure you scrub your skin gently whenever you are exfoliating.

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