

The Skincare Layering Cheat Sheet

The golden rule: thinnest texture first, thickest last.

MORNING

Protect. Every step builds toward the SPF.

- 1 **Cleanser** ☐
Gentle, or a plain water rinse if skin is dry.
- 2 **Toner or essence** ☐
Optional. Preps skin so serums absorb better.
- 3 **Vitamin C serum** ☐
Antioxidant. Wait 1 to 2 minutes before the next step.
- 4 **Hydrating serum** ☐
Hyaluronic acid works best on slightly damp skin.
- 5 **Eye cream** ☐
Pat gently with your ring finger. Do not rub.
- 6 **Moisturiser** ☐
Seals everything underneath it in.
- 7 **Sunscreen** ☐
SPF 30 or higher. Always last. Never skip it.

NIGHT

Repair. This is when actives do their work.

- 1 **Oil or balm cleanser** ☐
Only if you wore makeup or sunscreen that day.
- 2 **Water-based cleanser** ☐
The second cleanse actually cleans the skin.
- 3 **Toner or essence** ☐
Optional. Skip on nights you use a strong active.
- 4 **Treatment** ☐
Retinoid OR an exfoliating acid. Never both same night.
- 5 **Hydrating serum** ☐
Buffers the treatment and cuts down irritation.
- 6 **Eye cream** ☐
Same gentle patting motion as the morning.
- 7 **Moisturiser** ☐
Go richer than your daytime one if skin feels tight.
- 8 **Face oil** ☐
Optional, and always last. Nothing absorbs through it.

NEVER LAYER THESE TOGETHER

- × Retinoid + exfoliating acid
- × Retinoid + benzoyl peroxide
- × Two exfoliating acids at once
- × Vitamin C + strong acids
- × Any new active + another new active

HOW LONG TO WAIT

- Vitamin C 1 to 2 minutes
- Exfoliating acid 5 to 10 minutes
- Retinoid apply to fully dry skin
- Hyaluronic acid seal within 60 seconds
- Sunscreen 15 minutes before sun

Introduce one new product at a time and give it two weeks. Patch test actives before full use. For persistent acne, rosacea or reactions, see a dermatologist.