

Skin care

DAILY ROUTINE

★ MORNING ★

1

CLEANSE (60 SECS)

Lukewarm water
Gentle, pH-balanced cleanser
Use fingertips, not harsh washcloths
Pat dry, don't rub

2

HYDRATE & PROTECT

Lightweight, non-comedogenic moisturiser
ALWAYS apply sunscreen (SPF 30+)

★ EVENING ★

1

MAKEUP REMOVAL

Micellar water or gentle makeup remover
Use soft cotton pad
Be extra gentle around eyes

2

DEEP CLEANSE

Remove day's dirt and excess oil
Use cleanser suited to your skin type
Gentle circular motions

3

TREATMENT (OPTIONAL)

Spot treatment for blemishes
Lightweight serum for specific concerns
Moisturise to aid overnight healing and hydration

4

EXFOLIATE (ONCE A WEEK)

Gentle chemical exfoliant
Avoid harsh scrubs
Listen to your skin

5

MASK (EXTRA)

Once a week
Clay mask for oily skin
Hydrating mask for dry skin
10-15 minutes maximum

SQS

DEALING WITH BREAKOUTS

1

WHAT TO DO

Spot treat
Keep hands off face
Stay hydrated
Get enough sleep

2

HYDRATE & PROTECT

Lightweight, non-comedogenic moisturiser
ALWAYS apply sunscreen (SPF 30+)

3

WHAT NOT TO DO

Don't pick or squeeze
Avoid harsh drying products
Don't panic!

4

QUICK SKIN HEALTH HACKS

Drink water
Eat balanced diet
Change pillowcase weekly
Manage stress

5

WHEN IN DOUBT, CONSULT THE PROS!

Sharkra Medi Spa is always here for you

YOUR SKIN JOURNEY
STARTS HERE



Disclaimer: Individual skin needs vary.
Professional consultation recommended.