

5 steps and 1 'hot' morning habit to help you have smooth, bright skin

By focusing on essential steps and clean ingredients, you can easily maintain healthy, radiant skin. Here is a simple morning skin care routine that will give you glowing skin every day.

Minimalist skincare is about using fewer products while still getting the maximum benefits. This approach not only saves time and money, but also reduces the risk of skin irritation from using too many products. By focusing on essential steps and clean ingredients, you can easily maintain healthy, radiant skin. Here is **a simple morning skincare routine that will give you glowing skin every day**.



Gently cleanses skin without water

Start your day with a gentle cleanser to remove any impurities and excess oil that has built up overnight. Look for a cleanser with natural ingredients like chamomile or aloe vera, which will soothe and hydrate your skin without stripping it of its natural moisture.

One beauty blogger credits the French approach to skin care—essentially embracing the idea of ??not over-cleansing—as the catalyst for her simplified routine. She found that skipping her morning wash helped keep her skin soft and balanced. Instead, she started gently applying micellar water to her face every morning, which effectively refreshes her skin without stripping it of its natural oils.

PH balancing toner

Toners and essences are the cornerstones of any Korean skincare routine. Alicia Yoon, a respected Korean skincare expert and founder of Peach & Lily, explains that toners are designed to balance the skin's pH levels, while essences provide a significant boost of hydration. Together, these products help to enhance the absorption of subsequent skincare treatments, resulting in plump, glowing skin.

Understanding their importance, this blogger tested out different hydrating toners and found that incorporating one of the following into both her morning and evening skincare routine is essential:



Moisturizing toners: These help maintain your skin's moisture balance without stripping it of its natural oils. Look for ingredients like hyaluronic acid or glycerin to keep your skin soft and hydrated all day long.

By incorporating this step into your daily skin care routine, you can easily achieve radiant and healthy skin.

Exfoliating Toner: Experts recommend tailoring your use of exfoliating toners to your specific skin type for optimal results. For those with oily skin, exfoliating toners should be applied one to three times a week to help control excess oil and prevent breakouts. Those with normal skin should use this toner once or twice a week to maintain balanced skin. If you have dry or sensitive skin, it is best to limit your use of exfoliating toners to once a week or once every two weeks to avoid irritation and protect your skin's natural moisture barrier.

Morning Serum with Antioxidants

Vitamin C is hailed as one of the top skin-brightening and antioxidant ingredients available, according to licensed dermatologist Corey L. Hartman, MD, in Alabama. So adding vitamin C to your morning skin-care

routine is a big help. To complement your focus on hydration, you can also incorporate a hyaluronic acid serum. Alternate between vitamin C and hyaluronic acid each morning to ensure your skin stays radiant and hydrated.

Moisturize to "lock" in nutrients for the skin in the previous steps



Imagine being stranded on a desert island with only one skincare product to rely on. For the beauty blogger, that essential item would definitely be her facial moisturizer. This essential product does more than just hydrate; its carefully crafted formula offers a whole host of benefits, including improving skin texture and smoothing out fine lines. By effectively locking in moisture, the facial moisturizer ensures that all the nourishing ingredients from previous steps like toner and serum are retained. This not only maximizes the effectiveness of her entire skincare routine, but also keeps her skin looking radiant and healthy, even in the harshest of environments.

Sunscreen with SPF of at least 50

A minimum SPF 50 sunscreen and a creamy formula that doesn't leave a white cast is a must for every girl. This simple way to protect your skin from the sun without compromising your daily beauty routine.

Above are **morning skin care tips to help you have a radiant face every day** . If you have any other tips, please share them with us!

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