

*Unlock Skin Brilliance*

# Congratulations

*A Gift from Dr. Parul,  
Holistic Skin Expert*

"I'm Dr. Parul, a holistic skin expert, on a mission to help 1 millions people to achieve skin brilliance. Healthy skin not only wards off infections but also enhances your beauty."

*GIFT - 1*

## Diagnose/Identify your skin type

Testing skin types involves a simple process that can help you determine whether your skin is dry, oily, combination, or sensitive. Here are steps to help you test your skin type:

**Step 1:** Cleanse your face:

Start with a gentle, pH-balanced cleanser to remove any makeup, dirt, or oil from your face. Make sure your skin is clean and free from any products. Wait for a few hours: Let your skin rest and return to its natural state.

**Step 2:** Perform a blotting paper test :

Press a blotting paper against different areas of your face and observe the amount of oil absorbed.

**Observe your skin's characteristics: You have one of the 5 major skin types:**

- 1.Dry skin:** If your skin feels tight, rough, or flaky, and you don't notice much shine, you likely have dry skin.
- 2.Oily skin:** If your skin appears shiny all over, especially in the T-zone (forehead, nose, and chin), and you notice enlarged pores, you likely have oily skin.
- 3.Combination skin:** If you have an oily T-zone but dry or normal skin on the cheeks, you likely have combination skin.
- 4.Sensitive skin:** If your skin often feels tight, itchy, red, flaky, dry or reacts negatively to new products with redness or irritation, you likely have sensitive skin. They react to even basic skin products.
- 5.Normal skin :** Not so oily or dry , neither sensitive, but looks fine and good. These skin people can use any product on their face.

**Important note** -Consider any skin conditions: Keep in mind that skin types can change due to factors like weather, age, and skincare products.

## GIFT - 2

### Skincare products and routines

Once you've identified your skin type, you can choose appropriate skincare products and routines tailored to your specific needs.

Remember that everyone's skin is unique, so it's essential to adapt your skincare regimen as necessary based on how your skin responds to different products and conditions.

Here are few suggestions of skin morning skin routine for each skin type

#### 1.Oily skin -

- Fash Os face wash/Bioderma sebium
- Excela moisturizer
- Acne UV gel sunscreen.

#### 2.Dry skin -

- Bioderma creamy atoderm face wash
- Cetaphil DAM, Efatop pe cream, emolene
- SUNHEAL 50 spf/Episoft sunscreen

#### 3.Combination skin -

- Actame-C face wash
- Venusia face cream
- Photostable gold sunscreen.

#### 4.Sensitive skin

- Cetaphil gentle cleanser/Bioderma sensibio face wash
- Physiogel moisturizer/sebamed moisturizer cream
- Cera-ve minerals hydrating sunscreen

#### 5.Matured skin -Post 45 years

- Actame -C face wash /Glogeous face wash
- Cera Ve moisturizer/Sebamed Co Q10 cream
- Cetaphil sunscreen 50 spf/Bioderma photoderm

Do connect to us for your skin concerns and sharing content on skin care.

Contact Details - 9326364426

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Thankyou and congratulations once again on this action towards skin health. Also if any still query do connect to us. Wishing lots of skin transformation and love.

*Dr. Parul, Holistic Skin Expert*

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where we are interacting for your skin concerns and sharing content on skin care.



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