

SKIN

TIPS

for beginners

NAKED NINE BEAUTY

NakedNineBeauty.com

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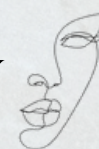


Welcome to your comprehensive guide to achieving radiant, healthy skin! Whether you are a client or not, I want everyone to be able to take and learn from this manual.

In the pages ahead, you'll uncover essential skincare practices, debunk common myths, and learn about the benefits of professional treatments. We'll delve into the science behind effective skincare routines, the importance of sun protection, and the impact of seasonal adjustments on your skin. This guide is crafted to help you make informed decisions, optimize your skincare regimen, and address specific concerns with confidence.

Your journey to glowing, healthy skin starts here. Let's embark on this transformative path together and unlock the secrets to radiant skin!

-Nevada Garcia



IDENTIFYING YOUR SKIN TYPE

Your skin type is the foundation for building an effective skincare routine. By understanding your skin type, you can choose products and treatments that work best for your skin's specific needs. Skin types are generally categorized into five main groups: Normal, Oily, Dry, Combination, and Sensitive. Each skin type has unique characteristics and requires tailored care to maintain balance and health.

To accurately determine your skin type, you can try this method:

The Bare-Face Method:

- Wash your face with a mild cleanser and gently pat it dry.
- Wait for about an hour without applying product, allowing your skin to return to its natural state.

Observe your skin:

- If it looks shiny all over, you likely have **oily skin**.
- If it feels tight or flaky, you likely have **dry skin**.
- If it appears shiny in the T-zone but dry elsewhere, you probably have **combination skin**.
- If your skin feels calm and balanced, you have **normal skin**.
- If your skin feels itchy, red, or irritated, you may have **sensitive skin**.

By understanding your skin type, you can confidently select products and treatments that will work best for your skin's unique needs. This foundational knowledge allows you to create an effective routine that enhances your skin's health and appearance while avoiding common skincare mistakes.

IDENTIFYING YOUR SKIN TYPE

Normal Skin _____

Characteristics:

- Balanced oil and moisture levels
- Few imperfections and minimal sensitivity
- Small, barely visible pores
- Even skin tone and texture with a smooth feel

Care Tips:

- **Cleansing:** Use a gentle cleanser to maintain balance without stripping the skin.
- **Moisturizing:** Choose a lightweight, hydrating moisturizer to maintain your skin's natural moisture barrier.
- **Sunscreen:** Daily SPF is *essential* to prevent damage and maintain the skin's even tone and texture.

Oily Skin _____

Characteristics:

- Overproduction of sebum (oil), particularly in the T-zone (forehead, nose, chin)
- Enlarged, visible pores
- Prone to blackheads, whiteheads, and acne breakouts

Care Tips:

- **Cleansing:** Use a gel or foaming cleanser to remove excess oil without over-drying the skin.
- **Exfoliating:** Regular exfoliation will benefit this skin type, contact Nevada to go over recommended products to avoid trial and error and pick the best product!
- **Moisturizing:** Oily skin still needs moisture, use non-comedogenic moisturizers that hydrate without clogging pores.
- **Sunscreen:** Opt for oil-free or mattifying sunscreens to avoid excess shine to protect the skin.

IDENTIFYING YOUR SKIN TYPE

Sensitive Skin ---

Characteristics:

- Prone to redness, irritation, and discomfort
- Reacts easily to environmental factors (sun, wind, pollution), certain ingredients, or new skincare products
- Skin may feel itchy, tight, or inflamed
- Often associated with conditions like rosacea or eczema

Care Tips:

- **Cleansing:** Use a gentle, fragrance-free cleanser designed for sensitive skin to avoid irritation.
- **Moisturizing:** Apply soothing, hydrating creams to repair and protect the skin barrier.
- **Sunscreen:** Choose a physical (mineral) sunscreen with zinc oxide or titanium dioxide, which are less likely to irritate sensitive skin, reach out to Nevada for product recommendations.
- **Avoid Triggers:** Keep an eye on products containing alcohol, fragrance, or harsh exfoliants that may cause flare-ups.

HOW TO STRUCTURE YOUR SKINCARE ROUTINE

Having an effective daily skincare routine, understanding how to layer products correctly, and adjusting your regimen based on seasonal changes are essential steps for maintaining healthy skin year-round. Each aspect plays a crucial role in ensuring your skin stays balanced, hydrated, and protected from environmental stressors. Let's break down these topics to help you understand how to build a personalized routine that works for you.

Morning Routine

1. Cleanser: In the morning, a gentle cleanser is essential to remove any oil or bacteria that accumulated overnight. Don't forget to double cleanse for 60 seconds each. *Tip: use a cleanser containing antioxidants/vitamin C to reduce the amount of products in your AM routine.*

2. Toner: A toner helps restore the skin's pH balance after cleansing, removing any residue from the cleanser, and preparing your skin for the next steps. Some toners also contain other ingredients to help with brightening, acne, dryness, or sensitivity. Why not kill two birds with one stone and use a product that does multiple things at once?!

3. Serum: Serums contain a high concentration of active ingredients that address specific concerns. Vitamin C or antioxidants are recommended in the morning, as they brighten the skin, reduce pigmentation, and protect against environmental stressors. Here is where you can include a product to target the problem(s) you want to resolve, like a tyrosinase inhibitor for pigmentation, powerful acne fighting ingredients to reduce breakouts, moisture gripping ingredients to prevent TEWL (trans epidermal water loss), and more. *Tip: layer serums from thinnest to thickest.*

4. Moisturizer: Regardless of skin type, using a moisturizer helps maintain hydration and strengthen the skin's barrier function. Oily skin types can opt for a lightweight gel or oil-free formula, while dry skin benefits from richer, cream-based moisturizers.

5. Sunscreen: The most crucial step in any morning skincare routine is sunscreen. A broad-spectrum SPF of at least 30 helps protect against harmful UV rays, which cause premature aging, hyperpigmentation, and skin cancer.

HOW TO STRUCTURE YOUR SKINCARE ROUTINE

Evening Routine

1. Cleanser:

In the evening, especially if you wear makeup or sunscreen, a double or even triple cleanse can ensure that all impurities are thoroughly removed. Start with an oil-based cleanser to break down makeup and sunscreen, followed by a water-based cleanser to remove dirt and sweat.

2. Toner:

Similar to your morning routine, a toner prepares the skin for better absorption of serums and treatments. Bonus points if it also includes ingredients to target other skin concerns!

3. Treatment:

This is the time to use any treatments like retinoids or exfoliating acids, since majority of these ingredients are photosensitive, meaning they will have a reaction to sunlight.

4. Serum:

Nighttime serums can focus on repair and recovery, such as those containing hyaluronic acid for hydration or peptides to boost collagen production. This is where you will also apply eye creams/treatments.

5. Moisturizer:

A rich, hydrating cream helps lock in moisture while your skin undergoes repair during sleep. Consider using a heavier night cream since you will not need to worry about wearing makeup or looking “greasy” during the daytime.

HOW TO STRUCTURE YOUR SKINCARE ROUTINE

As seasons change, so do the needs of your skin. Temperature, humidity, and environmental factors can all impact how your skin behaves, so it's important to adjust your routine accordingly.

Winter:

During colder months, the air is typically drier, which can lead to dehydration and irritation.

- **Hydration:** Increase your use of hydrating products like serums and richer moisturizers.
- **Moisturizer:** Switch to a thicker, more occlusive moisturizer to protect against moisture loss and dry air.
- **Exfoliation:** Be gentle with exfoliation, as your skin may be more prone to irritation. Use a gentle exfoliant once or twice a week to prevent flakiness.
- **Humidifiers:** Consider using a humidifier indoors to maintain moisture levels in the air.

Summer:

In warmer months, higher humidity can cause oilier skin, clogged pores, and increased breakouts.

- **Sunscreen:** Sunscreen becomes even more critical in summer due to increased UV exposure.
- **Lightweight Products:** Switch to lightweight, gel-based moisturizers to avoid a greasy feel.
- **Treatments:** Not every treatment can be done in the summertime, so make sure to consult with your esthetician to develop a treatment plan for the summer months.

Spring/Fall:

These transitional seasons are great times to focus on repairing any damage from the extreme conditions of summer or winter.

- **Exfoliation:** Fall is a good time to introduce more exfoliation, like chemical peels to address any sun damage from summer, while spring calls for gentler exfoliation to refresh the skin and prepare for heightened UV rays.
- **Serums:** Boost your use of antioxidant-rich serums in spring to prepare for increased sun exposure. In fall, focus on repair serums with ingredients like peptides and retinoids.
- **Moisturizer:** Transition to a medium-weight moisturizer in these months as the temperatures and humidity fluctuate.

IMPORTANCE OF SUN PROTECTION

Sun protection is a critical component of any skincare routine and one of the most effective measures you can take to maintain your skin's health and appearance. The sun's ultraviolet (UV) rays can cause significant damage to the skin, leading to premature aging, hyperpigmentation, and an increased risk of skin cancer. Understanding how to properly protect your skin from the sun and incorporating sun safety habits into your daily routine can help prevent both short-term and long-term damage.

Understanding UV Rays and Their Effects

The sun emits two main types of harmful ultraviolet (UV) rays that reach the Earth's surface:

- UVA Rays: These rays penetrate deep into the skin's layers and are responsible for premature aging, wrinkling, and sunspots. UVA rays are present throughout the day, even on cloudy or rainy days, and can penetrate windows.
- UVB Rays: These rays are responsible for sunburn and play the most significant role in causing skin cancer. UVB rays vary in intensity depending on the time of day, season, and location. They are strongest during midday in the summer.

Both UVA and UVB rays contribute to the breakdown of collagen and elastin, leading to visible signs of aging, and can damage skin cells at a DNA level, increasing the risk of developing melanoma and other skin cancers. Protecting your skin from these harmful rays is essential for maintaining its health and youthful appearance.

Risks of Sun Damage

Premature Aging (Photoaging):

One of the most noticeable effects of sun damage is premature aging of the skin, also known as photoaging. Over time, repeated exposure to UV radiation causes the breakdown of collagen and elastin, which are essential proteins that keep the skin firm and elastic. As a result, fine lines, wrinkles, sagging, and loss of skin tone occur. Photoaging can also cause uneven skin texture and enlarged pores.

Hyperpigmentation and Dark Spots:

UV exposure triggers an increase in melanin production, which can lead to hyperpigmentation. This can result in dark spots, uneven skin tone, and conditions like melasma.

IMPORTANCE OF SUN PROTECTION

continued

Sun exposure worsens existing pigmentation issues and makes it harder for the skin to heal from blemishes or inflammation, leading to more noticeable scars or discoloration.

UVB rays, offering comprehensive protection. The SPF (Sun Protection Factor) rating indicates how well the sunscreen protects against UVB rays. A minimum of SPF 30 is recommended for daily use, as it blocks 97% of UVB rays, while higher SPFs offer slightly more protection. Apply sunscreen to all exposed areas of the skin, including the face, neck, ears, and hands. Don't forget about often-overlooked areas like the lips, which can burn easily.

Skin Cancer:

Prolonged and repeated exposure to UV radiation is the leading cause of skin cancer. There are three main types of skin cancer:

- Basal Cell Carcinoma (BCC): This is the most common form of skin cancer, often caused by cumulative sun exposure. It typically appears as a small, pearly bump or a red patch on sun-exposed areas of the skin.
- Squamous Cell Carcinoma (SCC): This form of skin cancer is also related to long-term sun exposure and may appear as a rough, scaly patch or a sore that doesn't heal.
- Melanoma: The most dangerous type of skin cancer, melanoma develops in the cells that produce pigment. It can spread quickly to other parts of the body and is often fatal if not detected early.

How to Protect Your Skin from the Sun

Use Broad-Spectrum Sunscreen:

A broad-spectrum sunscreen protects against both UVA and UVB rays, offering comprehensive protection. The SPF (Sun Protection Factor) rating indicates how well the sunscreen protects against UVB rays. A minimum of SPF 30 is recommended for daily use, as it blocks 97% of UVB rays, while higher SPFs offer slightly more protection. Apply sunscreen to all exposed areas of the skin, including the face, neck, ears, and hands. Don't forget about often-overlooked areas like the lips, which can burn easily.

Reapply Regularly:

Sunscreen must be reapplied every two hours, or more frequently if you're swimming, sweating, or wiping your face. Even water-resistant sunscreens can lose their effectiveness after exposure to water or sweat. For convenience, consider using a spray or powder sunscreen for touch-ups throughout the day.

IMPORTANCE OF SUN PROTECTION

Wear Protective Clothing:

In addition to sunscreen, wearing protective clothing is a highly effective way to shield your skin from the sun. Look for tightly woven fabrics, wide-brimmed hats, and sunglasses with UV protection. Clothing with a UPF (Ultraviolet Protection Factor) rating is designed specifically to block UV rays.

Be Mindful of Reflective Surfaces:

Water, sand, snow, and even concrete can reflect UV rays, increasing your exposure and the likelihood of sunburn. When spending time near reflective surfaces, take extra precautions by applying more sunscreen and wearing protective clothing.

Incorporate Antioxidants in Your Skincare Routine:

Antioxidants like Vitamin C and Vitamin E can help neutralize free radicals generated by UV exposure. Using products with antioxidants, either in your serum or moisturizer, adds an additional layer of defense against sun damage.

PROPER AFTERCARE POST-TREATMENT

Post-care treatment is a critical component of any skincare procedure, whether it's a professional treatment like chemical peels, microdermabrasion, laser therapy, or even daily skincare routines. Proper post-care not only enhances the benefits of the treatment but also helps prevent complications and supports the skin's healing process. Understanding and following post-care instructions ensures that your skin remains healthy and that you achieve the best possible outcomes.

Importance of Post-Care Treatment

Promotes Healing:

Post-care treatment is designed to accelerate the healing process after a skincare procedure. It helps repair the skin barrier, reduces inflammation, and minimizes the risk of adverse reactions such as irritation, redness, or infection.

Enhances Results:

Proper post-care maximizes the benefits of the treatment. It supports the skin's recovery and ensures that the results, such as improved texture, tone, or reduction of blemishes, are long-lasting.

Prevents Complications:

Following post-care guidelines reduces the risk of complications such as excessive peeling, scarring, or pigmentation changes. It helps manage side effects and ensures a smoother recovery.

Maintains Skin Health:

Post-care treatments help maintain overall skin health by addressing issues that may arise after a procedure, such as dryness, sensitivity, or uneven skin tone. It ensures that the skin remains balanced and protected.

Key Post-Care Guidelines

Avoid Direct Sun Exposure

Follow a Gentle Skincare Routine

Stay Hydrated

Avoid Touching or Picking at the Skin

Follow Treatment-Specific Instructions

Schedule Follow-Up Appointments

Avoid Heat and Sweating

Monitor for Adverse Reactions

Gradual Reintroduction of Active Ingredients

Use Prescribed Products

PROPER AFTERCARE

POST-TREATMENT

Common Post-Treatment Issues and Solutions

Redness and Swelling: Mild redness and swelling are common after many skincare treatments. Use soothing products and cool compresses to alleviate discomfort. If redness or swelling persists or worsens, consult your esthetician.

Dryness and Flaking: Post-treatment dryness and flaking can occur as the skin heals. Apply a rich moisturizer and hydrating serums to keep the skin hydrated and comfortable. Avoid exfoliating the skin until it has fully recovered or until advised otherwise.

Sensitivity and Irritation: Choose gentle, fragrance-free products and avoid known irritants. If sensitivity persists, seek advice from your skincare professional.

Hyperpigmentation: Some treatments may increase the risk or heighten the chance of hyperpigmentation or dark spots if not properly taken care of. Use sunscreen diligently to protect the skin from UV rays.

Long-Term Skin Care After Treatment

Maintain a Consistent Skincare Routine: Continue with a consistent skincare routine that includes sun protection, hydration, and gentle cleansing to support long-term skin health and maintain the results of the treatment.

Adjust Skincare Products as Needed: As your skin heals and adapts, you may need to adjust your skincare products to address any new concerns or enhance your routine. Consult with your skincare professional for personalized recommendations.

Prioritize Skin Health: Prioritize overall skin health by adopting healthy lifestyle habits, such as a balanced diet, adequate hydration, and regular exercise. These habits contribute to maintaining healthy skin and supporting the benefits of your treatments.

DEBUNKING TRENDS AND MYTHS

Myth 1: "I don't need sunscreen on cloudy days."

Up to 80% of UV rays can penetrate clouds, meaning your skin is still exposed to harmful rays, even when the sun isn't visible. Wearing sunscreen every day, regardless of the weather, is essential.

Myth 2: "Darker skin tones don't need sunscreen."

While melanin does provide some natural protection from UV rays, it is not enough to prevent skin damage or skin cancer. People with darker skin tones are still at risk for hyperpigmentation, sunburn, and skin cancer, so sunscreen is just as important.

Myth 3: "Expensive Skincare Products Are Always Better Fact"

The effectiveness of skincare products is determined by their ingredients and formulation, not their price. While high-end products may contain quality ingredients, many affordable products are equally effective. As your esthetician, I will always have your best interest in mind while curating a routine. I can definitely work on a budget, and will not choose products just to cut myself a better check, that would not be fair to you as the consumer.

Myth 4: "Natural Ingredients Are Always Safe and Effective Fact"

Natural ingredients can be beneficial, but they are not always safer or more effective than synthetic ingredients. Some natural ingredients can cause allergic reactions or irritation. It's important for your esthetician to assess the safety and efficacy of each ingredient individually.

DEBUNKING TRENDS AND MYTHS

Myth 5: “You Don’t Need to Moisturize if You Have Oily Skin Fact”

Even oily skin requires hydration. Skipping moisturizer can lead to increased oil production as your skin tries to compensate for the lack of moisture. Choose a lightweight, non-comedogenic moisturizer that won’t clog pores. Proper hydration helps maintain the skin’s balance and improves overall skin health.

Myth 6: You Should Use a Higher SPF for Better Protection Fact

An SPF of 30 to 50 provides adequate protection for most people. I go into more detail on my instagram post: <https://www.instagram.com/p/C-EZv8pPRsX/?igsh=MzRIODBiNWF1ZA==>

The key is to apply sunscreen generously and reapply it regularly, especially after swimming or sweating. The effectiveness of sunscreen also depends on consistent and proper application.

Myth 7: You Can Treat Wrinkles with Skincare Products Alone Fact

Skincare products can help reduce the appearance of wrinkles and improve skin texture, but they are not a *cure-all*. A combination of skincare, lifestyle changes (such as avoiding smoking and excessive sun exposure), and professional treatments (like chemical peels or SWiCH) may be needed for more significant wrinkle reduction.

Myth 8: “Exfoliating More Often Will Improve Skin Texture”

Exfoliating too frequently can irritate the skin and damage its protective barrier, leading to sensitivity and inflammation. Stick to recommended exfoliation guidelines based on your esthetician’s recommendation and the product’s instructions.

UNDERSTANDING THE BENEFITS OF PROFESSIONAL HELP

As my client, I will always start our services by asking if you'd like to relax or have me explain and educate during our treatment. I love to educate and pour the knowledge I have amount skin and ingredients into my clients, so that even if you stop coming to be treated, you still know what ingredients to use and not use for your skin type and how to properly maintain your skin's health.

Using professional skincare products recommended by an esthetician offers numerous benefits that can significantly enhance your skincare routine. I have to undergo extensive training and have in-depth knowledge of skincare ingredients, formulations, and treatments tailored to various skin types and concerns ensuring that I suggest the best products for your skin.

Professional products are carefully formulated with high-quality, clinically proven ingredients that are often more concentrated and effective than over-the-counter options. They are designed to address specific skin issues such as acne, aging, hyperpigmentation, and sensitivity, providing targeted solutions that yield visible results. As an esthetician, I can assess your skin's condition and recommend products tailored to your unique needs, ensuring you achieve optimal outcomes.

By being a client of mine, you receive an infinite amount of ongoing support. Even after we treat your skin concern(s) and you might only see me for maintenance 2x a year, I still care about you and things you have going on. You can ask me all the questions, and if I don't have an answer, I will make sure to get you the right answer. You are not just a way to pay my bills, you become a friend and we go through your skin healing journey together!

SKIN TIPS FOR BEGINNERS

I hope you get the absolute most out of this ebook! If you have any questions or if something sparks your attention, please feel free to ask me for further information.

As an esthetician, I want to make you feel comfortable and happy in your own skin. I can do treatments and get you on a good routine, but having the knowledge and education does just as much justice as anything physical. This book is meant for you to look through at any stage of your skin healing journey, feel free to reference it whenever you'd like.

nakedninebeauty@icloud.com

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