




haven
by Camila

Facials
Skincare
Brows
Lashes
Waxing

 (503) 741 7265  @havenbycamila  havenbycamila.com

SKINCARE ROUTINE

oily and/or congested skin

LIST OF PRODUCTS

Cleanser

- CeraVe Acne Foaming Cream - <https://a.co/d/Og9tg7g5> OR
- Differin Acne Face Wash - <https://a.co/d/O2XRNzdc>

Moisturizer

- Prequel Skin Half and Half - <https://a.co/d/OOZwEdgd>
- Vanicream Daily Facial Moisturizer - <https://a.co/d/O7TLTqF>

SPF

- Biore UV Aqua Rich - <https://a.co/d/O5Ssvvkh>
- Eucerin Sun Clear Skin Face Sunscreen - <https://a.co/d/O3V7CpKc>

Night treatment (exfoliant)

- Differin Acne Treatment Gel - <https://a.co/d/Ob25lbwZ> OR
- Prequel Barrier Therapy Cream - <https://a.co/d/OggWFlbD>

DAY ROUTINE

1. Cleanser
2. Moisturizer
3. SPF

Bonus Tips

- ☆ Reapply sunscreen every 2 or 3 hours if you're outdoors — pigmentation darkens fast with UV exposure since you're exfoliating your skin at night with adapalene.
- ☆ Allow each product to absorb for 30–60 seconds before applying the next.
- ☆ Keep the morning routine simple and lightweight to avoid congestion in oily areas.

NIGHT ROUTINE

1. Cleanser
2. Differin Acne Gel – **only 2 nights per week**
3. Moisturizer

On non-exfoliation nights:

Just cleanse → moisturize.

These nights allow the skin barrier to repair itself, which is essential for reducing congestion and keeping your skin hydrated.

How to Start:

- ☆ Begin using the gel twice a week (example: Tuesday & Friday).
- ☆ After 3–4 weeks, if the skin is tolerating it well, increase to three times a week.
- ☆ Use only one pea-sized amount for your entire face. Avoid applying on the lips and around the eyes. Apply on clean and dry skin
- ☆ Let it sit on the skin for a couple of minutes before and then apply the moisturizer.

IMPORTANT

- ☆ Begin using the exfoliant twice a week (example: Tuesday & Friday).
 - ☆ After 2–3 weeks, if the skin is tolerating it well, increase to three times a week.
 - ☆ This gel treatment is strong — a mild tingling sensation is normal, and always wash your hands after applying it.
 - ☆ If irritation or sensitivity occurs, reduce use or take a break.
 - ☆ Always listen to your skin.
 - ☆ Apply SPF in the morning – exfoliated skin is more sun-sensitive.
 - ☆ Any other questions, text me on (503) 741-7265 😊
-



**FOR MORE SKINCARE TIPS,
FOLLOW ME ON INSTAGRAM**

[@havenbycamila](#)



SUPPORT MY SMALL BUSINESS
IF YOU ENJOYED YOUR EXPERIENCE,
SPREAD THE WORD AND LEAVE A NICE REVIEW!

[GOOGLE REVIEW](#)