

# SKIN CARE INGREDIENTS

## 1.Cleanser

This is the base of your skin type management

I will share what texture to look for versus ingredients as it will be much easier for you to identify what you need this way.

- **Dry skin:** Oil or balm pre-cleansers followed by a cream cleanser. A double cleansing technique is the best for your skin type.
- **Oily skin:** A gel or foaming cleanser works best.,the foaming agent in the cleanser will help dissolve the extra oil in your skin.
- **Combination skin:** It is best to have a variety of cleansing products in hand. Oil or balm cleanser followed by a gel cleanser when you are drier. Oil or balm cleanser followed by a foaming cleanser when you are oilier.

\*\*All skin types must feel comfortable after cleansing and should not feel the need to immediately moisturize\* \*

## 2.Exfoliant

- **Physical exfoliants:** Rice bran, jojoba beads or silicone brushes like Foreo. Skin that gets red easily or sensitive skin should never use a physical exfoliant.
- **Chemical exfoliant:** Glycolic acid - smallest particles so it is able to absorb into the skin the deepest.  
Salicylic acid- breakout prone skin  
Lactic acid - sensitive skin

\*\* Protect against sun exposure daily\*\*

## 3.Moisturizer

- **Humectants :** Hyaluronic acid or Glycerin (vegan alternative).
- **Moisturizers:** Oily or combination skin - Argan oil, safflower oil, sunflower oil, sweet almond oil, and grapeseed oil.

Dry skin - Shea butter, jojoba oil, olive oil, tamanu oil, and sweet almond oil.



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