

What You Need to Know About Skincare Routine Order

With so many different options available for skincare, you may be unsure about what products to use and what skincare routine order to implement when using these products each day. Among other things, your regimen may include a cleanser, exfoliator, active treatments, toner, eye cream, moisturizer, as well as makeup. In this article we will demystify these skincare products and go over the order in which to use them. Implementing a consistent daily regimen helps to keep your skin healthy and looking its best.

Step 1: Cleanse

First in the order of skincare products is to use a cleanser. Start your day off on the right foot with a gentle refreshing face cleanser that is best for your skin type. Washing your face helps to wake you up in the morning and cleans your pores, removing any substances that may have accumulated in your skin during the night. Remember to cleanse your face again in the evening to remove any buildup from the day. Here are the types of cleansers that we recommend for various skin types:

Normal: A cream or foaming cleanser.

Combination: A foaming or non-stripping gel cleanser.

Dry / Mature: A cream or balm cleanser.

Oily: A foaming or gel cleanser.

Step 2 (Optional): Exfoliate / Use Active Treatments

Next up in your skincare routine order is exfoliating your skin and using active treatments, which are optional. For every skin type, we recommend exfoliating 2-3 times a week and using spot treatments with Vitamin C to brighten, and Vitamin A for fine line control.

We also recommend using skin lightening products for hyperpigmentation.

Step 3: Apply a Serum

As we say here at Eighteen B, “A serum a day keeps the lines away.” For every skin type, we advise using a serum in the morning and evening to maintain the skin’s barrier, lock in helpful ingredients, and sustain hydration. The [Firm + Replenish Serum](#) from Eighteen B helps you to maintain beautiful and healthy skin.

Step 4: Administer Eye Cream

The fourth item in your skincare routine order is administering an eye cream. Because the skin around the eyes is thin and can show lines the most, we advise everyone to use a skin cream in the morning and evening. Our [Defend + Nourish Eye Cream](#) supports, protects, and hydrates the eye area.

Step 5: Apply a Moisturizer

Fifth in the order of skincare products is your moisturizer, which helps to keep your skin hydrated. This is especially important as we age because the skin’s ability to maintain moisture is diminished. Our moisturizer products help to supplement natural substances within the skin, such as ceramides. These are lipids that are part of your skin and help it to operate and to maintain its hydration. Our products improve the skin’s firmness, texture, and elasticity.

At Eighteen B, the moisturizers we offer include the [Hydrate + Restore Rich Cream](#) and the [Revitalizing Hydrogel Moisturizer](#).

Step 6: Sunscreen

The next step is to apply your sunscreen. There are many important reasons to use sunscreen including:

- Protection from UV rays.
- Maintaining an even skin tone by preventing dark spots and discoloration.
- Helping to prevent the premature aging of the skin.
- Helping to reduce the risk of skin cancer.

Step 7: Apply Makeup

The seventh and final step in your skincare routine order is to apply your makeup.

Click here to [view our full selection](#) of products at Eighteen B.