

ADVANCED ROUTINE – 10 STEP

If you are not new to the world of Korean skin care, then this section might just be review for you. Here we incorporate all the steps, adding a second cleanser, an exfoliation routine, an essence, sheet masks, and an eye cream.

1. BALM AND OIL CLEANSER

- Before cleansing, balm and oil cleansers helps to break down residue from the day more properly. This allows for an overall more thorough cleanse, especially if you have been wearing makeup through the day. These cleansers typically help maintain the skin's moisture balance and work well with sensitive skins, unlike makeup wipes. However, heavy lip and eye makeup is sometimes best removed first before using a balm or oil cleanser. This should be followed by the gel or foam cleanser.

Recommendations

Want a balm cleanser? Try the [Heimish All Clean Balm](#), where a little goes a long way. Just make sure to emulsify into the skin properly for good results. These sometimes work better for oily to combination skin types. Want to try an oil cleanser? [AROMATICA's Natural Coconut Cleansing Oil](#), which is more recommended for dry to combination skin types.

2. CLEANSER

- When choosing a cleanser, for the most part make sure that the pH of the product is low: the pH should stay within the 4-6 range. A low pH will allow your skin to maintain its normal acidic levels by not becoming too alkaline, which in turn, prevents acne, dry skin, and clogged pores in some skin types. Don't aim for that squeaky-clean feeling, as it often means that you've stripped the skin of some of its natural oils and can lead to dryness.

Recommendations

Dry Skin – Look for gel or milk textured cleansers. Johnny recommends the [Low pH Good Morning Gel Cleanser by COSRX](#), which is a gentle cleanser that works well for sensitive skin types and doesn't strip the skin of its oils.

Oily Skin – Due to the increased production of oils, oily skin tends to revert to its original pH levels more easily than other skin types. For this reason, foam cleansers sometimes work better for this skin type. Check out the [Innisfree Jeju Volcanic Pore Cleansing Foam](#), as the volcanic scoria will absorb sebum and purify pores.

Combination Skin – As the most versatile skin type, there is more freedom to choose depending on what you are looking for. We recommend trying [PURITO's From Green Deep Foaming Cleanser](#), with



a gentle foaming formula at a pH of 5.5. This is great for all skin types as well as those with sensitive skin.

3. EXFOLIATION

- Exfoliating helps remove dead skin cells that might be clogging up pores. Depending on the type of exfoliation, it can help to treat black heads and millet seed acne. Exfoliation also helps products penetrate deeper and helps stimulate blood circulation in the face. This in turn can help increase the radiance of the face. This should be done after the gel or foam cleanser.



Recommendations

Dry Skin – Because your skin is already on the dry side, it is best to keep exfoliation down to only once a week. Look for gel chemical exfoliants with a gommage texture. Johnny recommends using the [Beauty of Joseon Apricot Blossom Peeling Gel](#).

Oily Skin – Because of excess sebum production, pores are more likely to be clogged with this skin type, so aim at exfoliating no more than twice a week. As mentioned before, BHA exfoliants work well for this skin type, along with AHA (Lactic acid) peelers, which can be found in Green Tea and Lemongrass. Try [BEOGEN's Demalogy Bio-Peel Gauze Peeling Green Tea](#).

Combination Skin – If you have combination skin, choose an exfoliant by what you are trying to target. Gommage exfoliants work well to combat against acne and whiteheads, whereas volcanic clay masks tend to target pores and blackheads. If you are struggling with blackheads, try [Innisfree's Blackhead Out Balm 2020](#).

4. TONER

- Toners prepare and balance your skin for future steps by removing any remaining impurities stuck in the pores. It also adds a barrier or protection to the skin after cleansing, can help restore the pH level of the skin, and shrinks pores. Think of this as the primer of skin care. Some toners also add extra moisture to the skin and are infused with different ingredients for more targeted use. Try to find a toner with a low alcohol content – aim for water-based toners when possible.



Recommendations



Dry Skin – Johnny recommends looking for toners that have ceramide and aloe vera. Ceramides are lipids that help retain moisture in the skin and provide protection from some irritants. Aloe vera is also highly hydrating and adds a soothing agent to skin care. Check out [Tony Moly's Wonder Ceramide Mochi Toner](#) or [COSRX's Hydrrium Watery Toner](#).

Oily Skin – Because of high sebum production, look for ingredients such as tea tree oil to combat bacteria and oil. Pore balancing toners also work very well for this skin type. Johnny recommends [Secret Key's Tea Tree Refresh Calming Toner](#) or [Mamonde's Pore Clean Toner](#). [Etude House's Wonder Pore](#)

[Toner](#) is also an excellent choice for those struggling with enlarged pores due to high sebum production.

Combination Skin – Have combination skin but are struggling with sensitive skin? Try [Etude House's Soon Jung pH 5.5 Relief Toner](#). In fact, the whole Soon Jung line works very well for those who have sensitive skin. Other good choices for combination skin are [Song & Park's Beauty Water](#) and [Missha's Time Revolution First Treatment Essence Rx](#).



5. ESSENCE

- In the 10-step Korean skin care routine, essence comes right after toner application. Think of the essence as the first layer needed for the skin to properly absorb the rest of the products that will be applied. It almost like the primer of skin care.

Recommendations

Dry Skin – Look for an essence that will boost moisture in the skin. Try [PURITO's Fermented Complex 94 Boosting Essence](#). It is pH balanced and has Niacinamide, an antioxidant also known as Vitamin B3, which improves the skin's texture and is helpful for people with acne and rosacea.



Oily Skin – It sounds repetitive but look for an essence that targets pores. Try [COSRX's Two in One Poreless Power Liquid](#), which helps reduce the appearance of pores but still provides moisture and hydration.



Combination Skin – An essence should be chosen according to your skin's needs. Try [COSRX's Advanced Snail 96 Mucin Power Essence](#). Snail Mucin is

said to enhance healing in the skin and acts as an antioxidant as it can stimulate collagen production.

6. BOOSTERS/AMPULES/SERUMS

- Think of this as a more targeted step into skin concerns. This step is often focused on adding an antioxidant to the skin. Antioxidants are useful to fight against environmental factors and free radicals, which can trigger damage and cause stress to the skin. Some antioxidants also help with fighting inflammations and the production of collagen while other help with hydration and the retention of moisture. This step should be added after the toner.

Recommendations



Dry Skin – Hyaluronic acid and Centella (Centella asiatica) are both great for hydration. Hyaluronic acid helps to reduce fine lines and alleviates dry skin, and typically reacts well with sensitive skin. Centella is rich in amino acids and helps with collagen production, making it a popular ingredient in skin care products. Check out [COSRX's Triple Hyaluronic Moisture Ampoule](#) and [Centella Aqua Soothing Ampoule](#).

Oily Skin – Salicylic acid and Vitamin A (also known as Retinols) work very well for oily skin, even when paired together. Both act as exfoliants and penetrate deeply into the skin. Salicylic acid, often found in products labeled as BHA, is anti-inflammatory and fights off excess oil. Retinols help to repair the skin and improve skin tone, and it is a powerful antioxidant. Keep in mind this combination is not recommended for sensitive skin types. Try [Some By Mi's AHA-BHA-PHA 30 Days Miracle Serum](#).

Combination Skin – Vitamin C is by far one of the most recommended antioxidants in the skin care world. It is associated with boosted collagen production and fights against skin pigmentation and dark spots. It is also paired well with other antioxidants such as Vitamin A and Hyaluronic acid. However, it is best to avoid using vitamin C after exfoliating, as it can be too harsh on the skin, and should always be paired with sunscreen if worn during the day. Make sure to also keep products with Vitamin C in a cool, dark place so that it maintains its integrity. For those interested, Johnny recommends trying [PURITO's Pure Vitamin C Serum](#).





7. SHEET MASKS

- Sheet masks add extra moisture to the skin, and depending on the texture of the mask (such as rubber masks and molding masks) they can help to prevent product evaporation. Therefore, masks allow products to be better absorbed by the skin. Try putting them in the fridge before use for a cooling effect. These should be done after applying the booster/serum/ampule.

Recommendations

Dry Skin – Look for masks that focus on moisture, nutrition, and brightness. Think Hyaluronic Acid, Avocado, Aloe Vera, Cucumber, Rose, and Bamboo.

Oily Skin – Look for masks that focus on purifying, clarifying, and balance. Think Cica, Green Tea, Tea Tree, Fig, Cactus, Acai, Strawberry, and Rice.

Combination Skin – Alternate between a variety of sheet masks depending on the needs of your skin. Want to combat aging? Focus on Collagen, Royal Jelly, Gingseng, Hanuka Honey, Pomegranate, Snail, and Shea Butter.

[Shop Sheet Masks Here](#)

8. EYE CREAM

- The skin around the eyes is more sensitive and fragile, which is why it shows signs of aging and fatigue quicker. Eye creams can help reduce dark circles and puffiness, as well as reduce the appearance of fine lines and wrinkles. Eye creams should be chosen in accordance to skin type and age to be most effective.

Recommendations

Eye creams are chosen similar to how moisturizers are chosen. Dry skin types should use thicker cream eye creams, whereas oily skin types have better results with more water-based creams. If you are struggling with dark circles, try [COSRX's Advanced Snail Peptide Eye Cream](#). Want to reduce wrinkles and fine lines? Focus on products with collagen, and try [Etude House's Moistfull Collagen Eye Cream](#).



9. MOISTURIZER

- Regardless of skin type, moisturizing every day helps to combat against both dryness and oiliness. This helps skin remain healthy especially after washing, as it restores moisture and adds a layer of protection for the skin. It also helps to fight against premature aging. This step should be added after the serum/booster/ampule.

Recommendations

Dry Skin – Look for moisturizers that have more of a cream-like texture. Look for ingredients previously mentioned such as Ceramide, Hyaluronic acid, and Centella. Johnny recommends [Atopalm's Face Cream](#). This is an intensive moisturizing cream that works for people with dry and sensitive skin.

Oily Skin – It is a common misconception that people with oily skin don't need moisturizer; however, this could not be further from the truth. Look for moisturizers with a more gel-like or liquid texture, as these will help with excessive sebum production and not be too heavy on the skin. Lotions also work well for people with oily and sensitive skin because they tend to be lighter. Try [Nature Republic's Aqua Super Aqua Max Fresh Watery Cream](#).

Combination Skin – If your combination skin leans more on oily, then aim for a slightly lighter textured cream. If it leans more on the dry side, then aim for a richer cream. The [Centella Green Level Recovery Cream by PURITO](#) is a well-balanced cream that isn't too thick or too light, and it's a best seller at Hallyu Cosmetics.



10. SUNSCREEN (AM ONLY)

- This step is only necessary for the morning, even if you don't plan to go outside for a long time. This helps protect the skin from UV rays, but also keeps the complexion of the skin even and can protect against premature aging.

Recommendations

The main concern when looking for the right sunscreen is looking for proper SPF protection and irritants for those who have sensitive skin. At Hallyu Cosmetics, [Missha's Aqua Sun Gel \(SPF50+\)](#) is a best seller. Johnny also recommends [PURITO's Centella Green Level Unscented Sun \(SPF50+\)](#).

