

## BASIC ROUTINE – 3 STEP

Johnny recommends starting with the basics.

### 1. 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.



### 2. 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](#).



### 3. SUNSCREEN

- 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 \(SPF50+\)](#).

