

## INTERMEDIATE ROUTINE – 5 STEP

If you've already been using a simple skin care routine for a while, then the next steps to incorporate into your routine are boosters and a good moisturizer.

### 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. 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](#).



#### 4. 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.

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

