

The 10-Step Home Skincare Routine

A Simple, Repeatable Routine for Healthier, Brighter Skin

You don't need a 10-product shelf or expensive treatments to see real improvement in your skin — you need the right steps, done consistently, in the right order. This guide walks through 10 steps anyone can build into a home routine, colour-coded by what each step actually does, along with when and how often to use it. Follow the steps in order for best results.

Colour Key

Cleanse	Exfoliate	Balance	Treat	Hydrate	Protect	Night Repair	Weekly Boost
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The 10 Steps, In Order

Step	Type	What It Does	When & How Often
1. Double Cleanse	Cleanse	Removes sunscreen, dirt, and excess oil so later steps can actually absorb into the skin instead of sitting on top.	Morning & night. Use a gentle oil or micellar cleanser first, followed by a regular face wash.
2. Exfoliate	Exfoliate	Clears away dead skin cells that make skin look dull and can clog pores over time.	2-3 times a week only, not daily. Use a mild chemical exfoliant (like a low-strength AHA/BHA) or a gentle scrub.
3. Toner	Balance	Rebalances the skin's pH after cleansing and preps skin to absorb serums better.	Morning & night, right after cleansing. Pat gently into skin instead of rubbing.
4. Vitamin C Serum	Treat	An antioxidant that helps protect against free-radical damage from sun and pollution, while gradually brightening skin tone.	Morning only, after toner and before moisturizer. Introduce gradually if new to actives.
5. Niacinamide / Hyaluronic Acid Serum	Treat	Niacinamide helps with oil control and texture, while hyaluronic acid draws in moisture for plumper-looking skin.	Morning and/or night, after toner. Apply hyaluronic acid to slightly damp skin for best absorption.
6. Eye Cream	Hydrate	The skin around the eyes is thinner and needs targeted hydration to look less dry or tired.	Morning & night. Use your ring finger to gently pat, never rub, around the orbital bone.
7. Moisturizer	Hydrate	Locks in the hydration from previous steps and strengthens the skin's natural barrier.	Morning & night, as the second-to-last step. Choose a gel-based one for oily skin, cream-based for dry skin.
8. Sunscreen (SPF 30+)	Protect	Protects against UV damage, which is the single biggest driver of premature ageing, dark spots, and uneven tone.	Every morning, as the last step, rain or shine, indoors or outdoors. Reapply every 3-4 hours if outdoors.
9. Night Treatment (Retinol/Retinoid)	Night Repair	Supports skin cell turnover, which can help with fine lines, texture, and acne over consistent long-term use.	Night only, 2-3 times a week to start. Never combine with vitamin C or exfoliants in the same routine to avoid irritation.
10. Weekly Face Mask	Weekly Boost	Gives a deeper dose of hydration or clarifying ingredients that a daily routine doesn't fully cover.	1-2 times a week. Choose a hydrating mask for dry skin or a clay-based one for oily/acne-prone skin.

Quick tip on order: Go thinnest to thickest — cleanser, toner, water-based serums, eye cream, moisturizer, then sunscreen (AM) or night treatment (PM). Not every step needs to happen every single day; exfoliation, retinol, and masks are intentionally less frequent to avoid irritating the skin.

Note: This is a general routine for healthy skin maintenance, not a treatment plan for a diagnosed skin condition. Patch-test new products, introduce actives one at a time, and consult a dermatologist for persistent acne, pigmentation, or sensitivity issues.