

## The ultimate guide to skincare by Skin Doctor

Most individuals aspire to have youthful and flawless-looking skin. But realistically, they all end up having one or more skin concerns like hormonal breakouts, fine lines, pigmentation, and others. When it comes to skin, everyone desires to have a smooth and healthy skin appearance. Only skin professionals can help guide the people based on their skin concerns and give customized skin treatments. Skin experts can specifically tell about the skincare tips for every skin type such as dry, oily, combination, or normal as well as the light and dark skin tone. The ultimate skincare guide suggested by Dr. Vandana malik, [Best Skin Specialist in Noida](#) at Skinlogics Clinic can clearly define skincare for any skin type so that people can provide their skin with exactly what is required to look good.

**Skin Care requisites for all types of skin:**

**The basic tips that must be followed during every skincare routine are detailed below:**

- Every person who uses skincare products (including cleansers and moisturizers) must apply them in the right order i.e. from lightest (gentle) to heaviest (or harsh). They should ensure that between applying products there is some waiting time to maximize effectiveness. Also take some time, for the skin to adjust to new products before changing them around.
- Exfoliation is necessary for every skin type at least once per week. It can help get rid of damaged or dead skin cells but it should not be done extensively as it can make the skin sensitive to acne breakouts or excess sebum production.
- Daily sun protection by wearing sunscreens while outside is always important. Otherwise, sun exposure can damage the skin and make it look dull, aged, dry, or pigmented. Chemical peels and laser treatment in Noida offered at Skinlogics Clinic can help to correct skin tanning and pigmentation concerns.
- Hydration is a must in order to get glowing and healthy skin. It can be kept maintained by increasing the intake of drinking water or other liquids containing electrolytes. Dehydrated skin can only make the skin dull, dry, and itchy.
- A properly balanced diet is also a vital part of a skincare routine to keep the skin well-nourished or healthy.
- Skincare is not only for the face but also for other visible parts like the neck and décolletage. If these areas are neglected, they could be damaged by the sun or show skin aging signs.

### *Tips for taking the skincare to next level:*

- *Double cleanse the skin-* Cleansers can help remove the dirt or debris that clog the skin pores, and also remove makeup and excess oil.
- *Use skin toners-* These can help restore the lost nutrients, cleanse the skin further, and balance the skin complexion. But for certain skin types (sensitive), they can be harsh. Consulting a Dermatologist in Noida at Skinlogics Clinic can help to determine products best for one's skin type.
- *Use Vitamin C serum daily in the morning-* It can protect the skin from sun damage and provide a brighter, glowing complexion. Consult with an expert cosmetic dermatologist at Noida at Skinlogics Clinic to know about the products that can help to reverse aging and rejuvenate the overall facial appearance.
- *Use re-ti-nol-based creams every night-* They can help prevent acne formation and slow the aging process.
- *Massage the skin daily with moisturizers*
- *Use cool or lukewarm water to cleanse the skin instead of harsh hot water.*
- *Eat food that is suitable for the skin and provides the best glow.*
- *A roller or face massage can improve the blood circulation in the skin, thereby making it appear refreshing. Get the professional dermaroller treatment in Noida, Delhi at Skinlogics Clinic that helps correct various skin problems like open pores, acne scar, pigmentation spots, and fine lines.*
- *Make-up should not be kept on the facial skin for long and should be removed only by using a washcloth or cleansing balm.*
- *The skincare routine shall be switched up based on the age, seasons, or cycles.*

*Consult with the best skin care doctor in Noida, NCR, to know the best skincare products and treatments that help to rejuvenate the overall facial appearance.*

### *Skin-care tips for home and outside:*

*At home, the skin experts in Noida recommend the following skin care tips:*

- *Wear an SPF*
- *Have a good sleep*
- *Keep the pillowcase clean*
- *Sleep on the back to avoid wrinkle*
- *Keep the surrounding space dirt-free.*

*After stepping outside, the skin experts suggest:*

- *Keep the sunscreens and lip balms handy*
- *If wearing a face mask, keep it clean*
- *Use moisturizer to protect the skin from dirt particles or air pollutants*
- *Wear caps or sunshades or use an umbrella to limit direct sun exposure.*

*Tips for whole body skin-care:*

- *Go for regular examination of the entire body skin to be able to detect melanoma in the early stage and also keep an eye on any changes in the appearance of moles.*
- *After a hot shower or bath, moisturize the entire body.*
- *Use scrubbers at least once per week to exfoliate the skin.*

*Skin concerns if neglected can worsen with time, if not provided with immediate care. Concerns like melasma, fine lines, and wrinkles can be reversed with the help of advanced dermatological treatments. To reverse skin aging and to get the best treatment for all general and cosmetic skin concerns, consult now with expert skin doctor at Skinlogics Clinic, [Best Skin Clinic in Noida](#).*