

Sage and Ylang

DIY SELF SKIN ANALYSIS



Mastering your skincare routine starts with understanding the specific needs of your skin. Our easy DIY Self Skin Analysis cuts through the complexity, giving you the tools to identify what your skin truly needs. It's a quick, no-fuss method that puts the power of expert analysis in your hands, helping you choose the right skincare products .

www.sageandylang.com

Step 1: Find Out the Leading Causes of Skin Concerns

Intrinsic Factors:
Things you can't change.

- skin type
- skin colour
- genetic heritage



Extrinsic Factors: Come about by your actions and behaviour.

- nutrition
- lifestyle choices
- working environment
- living environment
- skincare products
- medical history



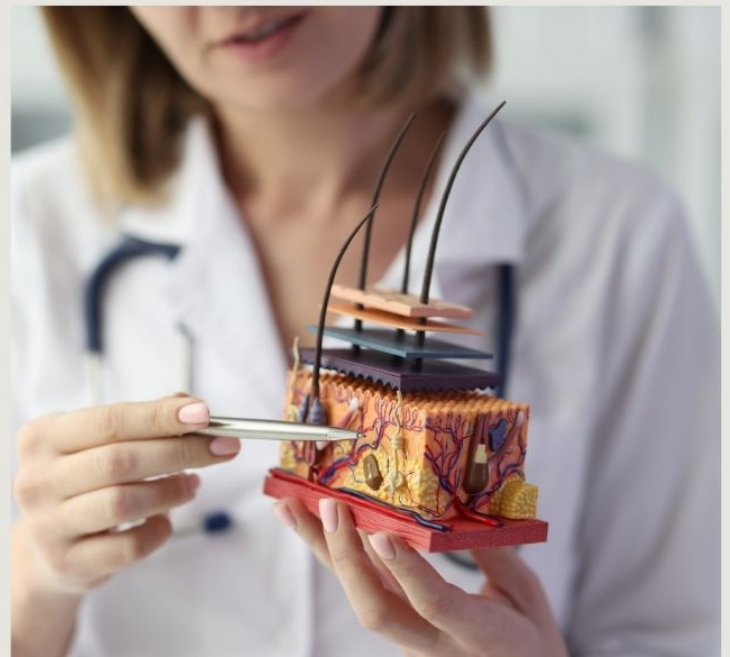
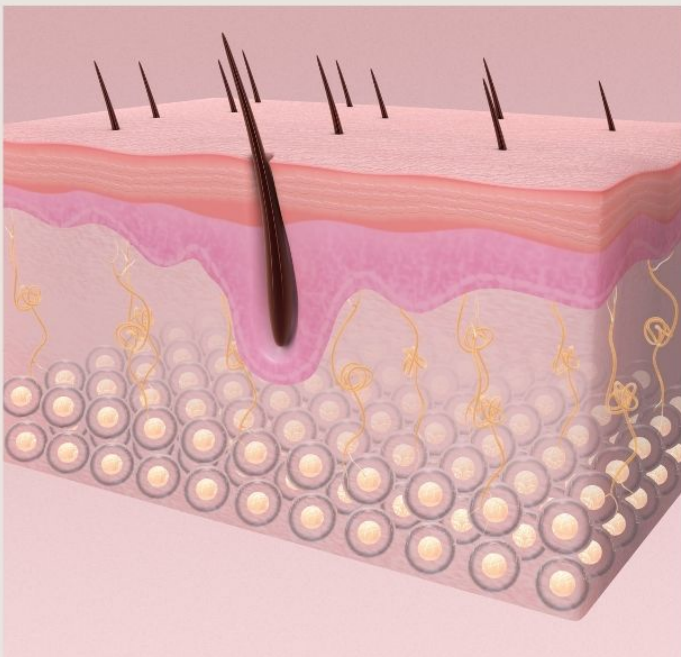
*Identify what are the possible causes of your skin concern.

*Make necessary changes

- nutrition
 - over eating
 - under eating
 - late meals
 - food intolerances
 - food allergies
 - insufficient water intake
 - lacking in vitamins and essential fatty acids
- lifestyle choices
 - lack of sleep
 - smoking
 - excessive alcohol
 - over exposure to the sun
 - lack of exercise
- working environment
 - stress level
 - pollution level
- living environment
 - air conditioned room
 - pollution level
- skincare products
 - harsh chemical
 - incompatible skincare products
 - pore clogging makeup/skincare
- medical history
 - diabetes
 - menopause
 - dermatitis/eczema/psoriasis
- skincare habits
 - over cleansing
 - picking on skin

Step 2: Understanding the Impact of Causes on Skin's Structure and Functions

1. Skin reacts to both internal and external factors. (You are 100% for the external factors)
2. Leading causes can weaken the skin's barrier, acid mantle, and microbiome.
3. Visual changes in skin may indicate deeper skin concerns.
4. Identifying and awareness of these root causes enable you to make informed decisions in your skincare regime.



Step 3: Know Your Basic Skin Type

Each of us is born with a distinct skin type—

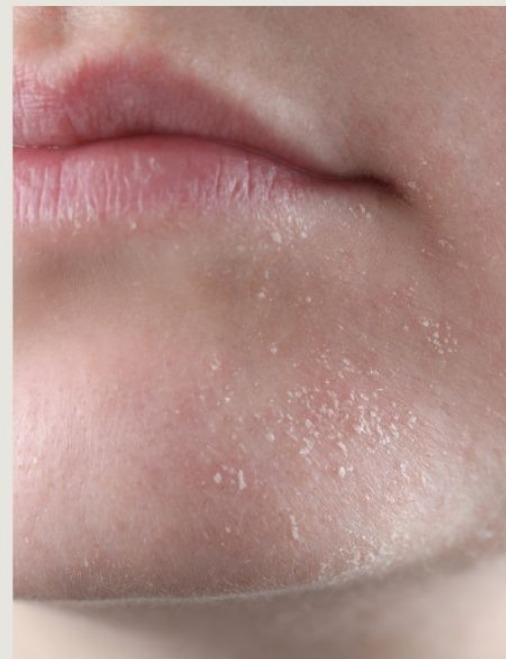
1. Dry Skin

2. Oily Skin

3. Permanent Diffused Redness

The combination of skin types, such as an oily T-zone is often a result from extrinsic factors. Understanding your basic skin type and the extrinsic factors that affect it is crucial for choosing the right skincare products.

Learn to identify skin types by emailing us
hello@sageandylang.com



Step 4: Choosing Skincare Products and Treatment Methods Wisely

1. Learn to read skincare labels

- follow us **@sageandylang** for regular educational content



2. Understanding how certain treatments will affect your skin.

