



# **The complete guide for managing oily skin.**

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# THE COMPLETE GUIDE FOR MANAGING OILY SKIN.

(INCLUDING ROUTINE STEPS AND RECOMMENDED  
TYPES OF PRODUCTS)

## APPETIZER

## OILY SKIN IS THE BEST TYPE OF SKIN

Yup! you read that right. Oily skin is the best type of skin because it ages much slower than the rest of the other skin types, due to its oiliness, it moisturizes the skin naturally. The major challenge with oily skin is balancing the sebum in such a way that it's not over-producing oils.

I have shown in this guide how to manage and balance the oil production using products, and in the right consistent routine; morning, evening, weekly, and monthly routine. Without further ado, let's dive right into it.

## MAIN COURSE

### Morning Routine

#### 1. Cleanser

- **Use:** Warm water only (no soap or cleanser) - I mostly don't recommend the use of cleansers in the morning 'if you have already cleansed or washed your face the night before during your night routine'. Over-cleansing is a thing, and it makes your skin drier. The only situation I recommend cleansing in the morning is if you didn't do your night routine.
- **Frequency:** Every morning.
- **Purpose:** It gently removes products applied on the face the night before, without stripping the skin.

#### 2. Toner

- **Use:** Alcohol-free or witch hazel-free toner. Instead, use one with good hydrating ingredients like dl-panthenol, glycerin, hyaluronic acid etc. You want to either spray it on your face, spray on your hands and pat your face, or spray on a cotton pad and gently pat your face. You want the hydrating ingredients in the toner to stay and remain on your face.
- **Frequency:** Every morning after washing your face with water only.
- **Purpose:** Balances skin pH and keeps the skin hydrated.
- **Recommended Product:** [Radiance Face Toner](#) – This contains niacinamide which is a great sebum balancer. It controls the oil on your face without drying it out.

#### 3. Serum

- **Use:** Lightweight, oil-free serum. Still introducing more hydration into your skin, embrace a product that contains a class of ingredients known as 'humectants', which help keep your moisture barrier strong and hydrated by attracting as well as binding water onto your skin.
- **Frequency:** Daily.
- **Purpose:** Hydrates and controls oil production.
- **Recommended Product:** [Firming Face Gloss](#) - contains hyaluronic acid, glycerin, ferulic acid, and resveratrol, which are all great anti-aging and skin-rejuvenating ingredients.

#### 4. Moisturizer

- **Use:** Non-comedogenic and sebum-balancing moisturizer. Moisturizer delivers moisture to your skin, but you particularly need one that delivers moisture at just the right amount.
- **Frequency:** Daily.
- **Purpose:** Keeps skin moisturized and hydrated with just the right quantity of light oils and solvents.

- Recommended Product: Flawless Face Mousse – It contains alpha arbutin, which gently brightens the skin, as well as sebum-balancing niacinamide coupled with N-acetyl glucosamine that helps gently exfoliate fine lines and wrinkles to diminish fine lines and wrinkles.

#### 5. Sunscreen

- **Use:** Oil-free, matte-finish sunscreen. Better to use a broad-spectrum sunscreen that is hybrid which means it will not give you a white cast. You have the benefits of both a mineral sunscreen and a chemical sunscreen.
- **Frequency:** Daily.
- **Purpose:** Protects skin from UV damage.
- **Recommended Product:** Cica Sunscreen Cream – This full spectrum hybrid sunscreen cream also contains calming centella asiatica as a star ingredient which is an antioxidant, anti-inflammatory, anticellulite, and antiaging activity.

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### Evening Routine

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#### 1. Cleanser

- **Use:** A gentle face wash that removes dirt and excess oils without stripping the skin.
- **Frequency:** Every evening.
- **Purpose:** Removes makeup, oil, and impurities.
- **Recommended Product:** Brightening Body Polish This is a gentle Face and Body cleanser made with African black soap (yes! ABS, honey glycerin, shea butter and nourishing oils. You will never regret using this product. It is the absolute best. Or any PH balancing face wash, with restoring ingredients like hyaluronic acid, ceramides, amino acids, panthenol or niacinamide.

#### 2. Toner

- **Use:** Same as in the morning.
- **Frequency:** Every evening after cleansing.
- **Purpose:** Balances skin pH and keeps the skin hydrated.
- **Recommended Product:** Same as in the morning.

#### 3. Serum

- **Use:** Same as in the morning.
- **Frequency:** Every evening.
- **Purpose:** Hydrates and repairs skin overnight.
- **Recommended Product:** Same as in the morning.

#### 4. Moisturizer

- **Use:** Same as in the morning.
- **Frequency:** Every evening.
- **Purpose:** Keeps skin moisturized, rejuvenated, and restored for the next day.
- **Recommended Product:** Any retinoid cream (Make sure you are not pregnant or not planning to be).

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### Weekly Routine

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#### Exfoliator (2-3 times a week)

- **Use:** Chemical exfoliator.
- **Frequency:** 2-3 times a week.
- **Purpose:** Removes dead skin cells and unclogs pores.
- **Recommended Product:** Any AHA or BHA peeling mask. (Used as directed and can be used during the day, but best used at night, and sunscreen use during the day is a must.)

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## Quarterly Routine

I didn't recommend any monthly routine because, if you follow all the other recommendations listed above correctly, you shouldn't have any serious skin concerns. To further boost your skin regenerative process, you can try some skin regenerative procedures like

- Microneedling
- Microdermabrasion
- Chemical peels

Be sure to get them done by a licensed esthetician or dermatologist. There are other skin regenerative procedures you can get done, but these are the major ones I advise. Speak to your dermatologist about the best procedures that will be suited to you and your needs.

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## SIDE ATTRACTIONS

### General tips and recommendations

- **Avoid Over-Washing:** Washing your face too often can strip your skin of natural oils, causing it to produce more oil.
- **Stay Hydrated:** Drink plenty of water to keep your skin hydrated from the inside out.
- **Diet:** Eat a balanced diet rich in fruits, vegetables, and lean proteins. Avoid excessive consumption of greasy and sugary foods.
- **Exercise:** Regular exercise detoxes the body and, in the process, balances your hormones which could be causing oiliness, or excess sebum production, or acne.
- **Reduce stress:** I cannot over-emphasize this point. When you are stressed and not sleeping, or not creating a time to calm yourself, your whole body pays for it, your cortisol level rises and then every other thing follows, like hormonal imbalance and inflammation.

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## ICING ON THE CAKE

I congratulate you once more on learning how to care for your skin. Having great skin starts with knowledge and I hope you put this information to vital use.

You see, I am rooting for you Sister, because I know and believe that you can have it all, great life, good health, sound mind, and great skin. I specially curated a program for you that can help you better manage your skin, diet, and lifestyle. If you'd like to be part of us, kindly click on the link below to join the waiting list. If you think you gained value from this free guide, be sure you are in for a treat in this program. I assure you; It will be worth your time, effort, and money.

Here's the link to join my inner circle: <https://swanproinc.com/elementor-landing-page-14226/>

With all my love,

Evolve!  
Funmi Sewa Adeola (FSA)

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