PART II — SKINCARE MASTERCLASS

You Have Choices

MySisterSkin — Instagram & YouTube | Doctorly — Instagram & YouTube

The Skincare Layering Rule

Thinnest to thickest — but the bigger issue is using active ingredients appropriately and avoiding unnecessary irritation.

CLEANSE › HYDRATE › TREAT › MOISTURIZE › PROTECT

Your Morning Skincare Routine

SIMPLE STEPS. HEALTHY. RADIANT SKIN.

01 **Cleanser**
Cleanse or rinse if skin is dry/sensitive.

02 **Toner / Essence**
Optional.

03 **Vitamin C**
Morning antioxidant step.

04 **Other serums**
E.g., hyaluronic acid, niacinamide, peptides.

05 **Eye cream**
Optional.

06 **Moisturizer**
As needed.

07 **Sunscreen SPF 30+**
Always last before makeup.

Vitamin C + sunscreen is an excellent morning combination.

Your Nighttime Skincare Routine

SIMPLE STEPS. RESTED SKIN. RADIANT RESULTS.

01 **Remove makeup / cleanse**
Double cleanse if needed.

02 **Toner / Essence**
Optional.

03 **Treatment / active ingredient**
Retinol OR glycolic acid, depending on the night.

04 **Hydrating serum**
As needed.

05 **Eye cream**
Optional.

06 **Moisturizer**
Seal in hydration.

Simple version:
Cleanser → Treatment/Serum → Moisturizer

Helpful Tips & Reminders

- You don't need every step.
- Give products a little time to absorb.
- Sunscreen is the final skincare step in the morning.
- Keep routines simple and consistent.

Daily Skincare Routine & Weekly Treatment Guide

Targeted Care for Renewed, Healthy, Radiant Skin

YOUR WEEKLY SKINCARE PLAN

A simple rhythm that balances active treatments with recovery for healthy, resilient skin.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Retinol	Recovery	Glycolic Acid	Recovery	Retinol	Recovery	Glycolic Acid or Recovery

YOUR TARGETED NIGHT ROUTINES

Three focused routines to renew, exfoliate and restore.

RETINOL NIGHT

Renew • Smooth • Strengthen

1. **Cleanser** — Remove impurities and prepare your skin.
2. **Hydrating Serum** — Add hydration and support.
3. **Retinol** — Use a pea-sized amount (e.g., 0.5%–1%) and introduce slowly.
4. **Eye Cream** — Hydrate and support the delicate eye area.
5. **Moisturizer** — Lock in moisture and reduce potential dryness.

GLYCOLIC ACID NIGHT

Exfoliate • Refine • Brighten

1. **Cleanser** — Gently cleanse to prepare your skin.
2. **Glycolic Acid** — Use a glycolic acid (e.g., 5%–10%) to gently exfoliate and smooth texture.
3. **Hydrating Serum** — Replenish moisture and soothe the skin.
4. **Eye Cream** — Nourish and hydrate the eye area.
5. **Moisturizer** — Restore hydration and support the skin barrier.

RECOVERY NIGHT

Hydrate • Soothe • Restore

1. **Cleanser** — Gently remove makeup, sunscreen and daily buildup.
2. **Hydrating Serum** — Use a hydrating serum (e.g., hyaluronic acid).
3. **Eye Cream** — Support and hydrate the delicate eye area.
4. **Rich Moisturizer** — Nourish and support the skin barrier.
5. **Optional: Mask** — (e.g., 111SKIN NAC Y²) for extra hydration and renewal.

KEY GUIDELINES FOR SUCCESS

- **Alternate active ingredients** — Do not use retinol and glycolic acid on the same night.
- **Use recovery nights** — To keep your skin calm and hydrated.
- **Start slowly** — Introduce actives gradually and increase frequency as tolerated.
- **Be consistent** — Give products time to work (usually 4–8 weeks).
- **Adjust for your skin** — Modify based on your skin's needs, tolerance and any professional guidance.

THE SIMPLIFIED OPTION

A gentle, effective routine if you prefer fewer steps.

Morning: Cleanser → Moisturizer → Sunscreen (SPF 30+)

Evening: Cleanser → Moisturizer



Skincare Product Recommendations

High-Quality Options for Every Budget & Skin Goal

CLEANSER
Remove impurities and prep your skin.





CeraVe Hydrating	Youth to the People Superfood Cleanser	Drunk Elephant Mello Marula Cleanser
Economical ~$22 CAD	Mid-Range ~$39 CAD	Luxury ~$50 CAD

VITAMIN C SERUM
Brighten, protect and support collagen.





Timeless Vitamin C Serum	La Roche-Posay Pure Vitamin C12 Serum	SkinCeuticals C E Ferulic
Economical ~$30 CAD	Mid-Range ~$50 CAD	Luxury ~$230 CAD

HYDRATING SERUM
Add lasting hydration and plumpness.





The Ordinary Hyaluronic Acid 2% + B5	Vichy Minéral 89	SkinCeuticals Hydrating B5 Gel
Economical ~$10–15 CAD	Mid-Range ~$35 CAD	Luxury ~$120 CAD

EYE CREAM
Hydrate, smooth and support the eye area.





RoC Retinol Correxion® Eye Cream	Sunday Riley Auto Correct Eye Cream	Shiseido Vital Perfection Eye Cream
Economical ~$30 CAD	Mid-Range ~$55 CAD	Luxury ~$95 CAD

MOISTURIZER
Lock in hydration and support the skin barrier.





CeraVe Moisturizing Cream	Olay Regenerist Vitamin C + Peptide 24	Skinbetter AlphaRet® Overnight Cream
Economical ~$22 CAD	Mid-Range ~$45 CAD	Luxury ~$180 CAD

SUNSCREEN
Daily protection from UV damage.





La Roche-Posay Anthelios Ultra-Fluid SPF 50+	EltaMD UV Clear	SkinCeuticals Physical Fusion UV Defense SPF 50
Economical ~$22 CAD	Mid-Range ~$55 CAD	Luxury ~$60 CAD

RETINOL (NIGHT)
Renew, smooth and improve skin texture.





CeraVe Resurfacing Retinol Serum	Dermalogica Dynamic Skin Retinol Serum	SkinCeuticals Retinol 1.0
Economical ~$30 CAD	Mid-Range ~$90 CAD	Luxury ~$145 CAD

GLYCOLIC ACID
Gently exfoliate for a brighter, smoother complexion.





The Ordinary Glycolic Acid 7% Toning Solution	Kiehl's Ultra Pure 9.8% Glycolic Serum	Drunk Elephant T.L.C. Framboos™ Glycolic Night Serum
Economical ~$16 CAD	Mid-Range ~$60 CAD	Luxury ~$95 CAD

TONER / ESSENCE
An optional step for added hydration.





The Ordinary Hydrating Toner (Saccharide Isomerate)	Vichy Minéral 89	SK-II Facial Treatment Essence
Economical ~$10–15 CAD	Mid-Range ~$35 CAD	Luxury ~$250 CAD

SHOPPING TIPS

- **Start with the essentials:** cleanser, moisturizer and sunscreen.
- **Add one active at a time** (e.g., vitamin C, retinol or glycolic acid).
- **Choose products** based on your skin goals, tolerance and budget.
- **Give new products time to** work (usually 4–8 weeks).

REMEMBER:

The best skincare routine is the one you will use consistently and that works for your skin.

ROAR

Skincare Product Recommendations

High-Quality Options for Every Budget & Skin Goal

EYE CREAM | *Hydrate, smooth and support the delicate eye area.*

ECONOMICAL ~$30 CAD	MID-RANGE ~$55 CAD	LUXURY ~$95 CAD
		
RoC Retinol Correxion® Eye Cream	**Sunday Riley Auto Correct Eye Cream**	**Shiseido Vital Perfection Eye Cream**

KEY POINTS

- Helps hydrate and plump the eye area.
- Can smooth the look of fine lines and support firmness.
- Look for ingredients such as retinol (gentle eye formulas), peptides or antioxidants.

MY PICK: Shiseido for luxury; RoC for a value option.

MOISTURIZER | *Lock in hydration and support the skin barrier.*

ECONOMICAL ~$22 CAD	MID-RANGE ~$45 CAD	LUXURY ~$180 CAD
		
CeraVe Moisturizing Cream	**Olay Regenerist Vitamin C + Peptide 24**	**Skinbetter Science AlphaRet® Overnight Cream**

KEY POINTS

- Helps maintain the skin barrier and long-lasting hydration.
- Choose a texture that fits your skin type (e.g., gel, cream or richer cream).
- Can include proven ingredients such as ceramides, peptides and antioxidants.

TIP: A good moisturizer keeps skin comfortable, resilient and balanced.

SUNSCREEN | *Daily protection from UV damage.*

ECONOMICAL ~$22 CAD	MID-RANGE ~$55 CAD	LUXURY ~$60 CAD
		
La Roche-Posay Anthelios Ultra-Fluid SPF 50+	**EltaMD UV Clear SPF 46/50**	**SkinCeuticals Physical Fusion UV Defense SPF 50**

KEY POINTS

- Daily broad-spectrum sunscreen is the most important anti-aging skincare step.
- Choose SPF 30 or higher (SPF 50 is ideal).
- Use every morning, year-round — even on cloudy days.
- Reapply during extended time outdoors.

MY ADVICE: Find a sunscreen you will use consistently every day.

KEEP IN MIND

- Prices are approximate (CAD) and may vary by retailer and promotions.
- Choose formulations that fit your skin type, goals and tolerance.
- You do not need luxury products in every category to have an effective routine.

NEXT: *Retinol, Glycolic Acid & Toner / Essence*

Skincare Product Recommendations

High-Quality Options for Every Budget & Skin Goal

RETINOL — YOUR MAIN NIGHTTIME ACTIVE | *Renew, smooth and improve skin texture.*

ECONOMICAL ~$30 CAD	MID-RANGE ~$90 CAD	LUXURY ~$145 CAD
		
CeraVe Resurfacing Retinol Serum	**Dermalogica Dynamic Skin Retinol Serum**	**SkinCeuticals Retinol 1.0**

KEY POINTS

- Helps improve fine lines, texture and overall skin tone.
- Start with a lower strength (e.g., 0.3%–0.5%) and increase gradually.
- Use at night only and introduce slowly (1–2 nights per week to start).

IMPORTANT: *Do not start with the 1.0% product if you are new to retinol.*

GLYCOLIC ACID — FOR TEXTURE AND BRIGHTNESS | *Gently exfoliate for a smoother, brighter complexion.*

ECONOMICAL ~$16 CAD	MID-RANGE ~$60 CAD	LUXURY ~$95 CAD
		
The Ordinary Glycolic Acid 7% Toning Solution	**Kiehl's Ultra Pure 9.8% Glycolic Acid Serum**	**Drunk Elephant T.L.C. Framboos™ Glycolic Night Serum**

KEY POINTS

- Helps remove dead skin cells, smooth texture and brighten skin tone.
- Use 1–3 times per week, depending on your skin's tolerance.
- There is little reason to spend $100+ on a glycolic acid; excellent options exist at every price point.

MY PICK: *The Ordinary 7%*
An effective, economical choice for most people.

TONER / ESSENCE (OPTIONAL) | *An optional step for added hydration and balance.*

ECONOMICAL ~$10–15 CAD	MID-RANGE ~$35 CAD	LUXURY ~$250 CAD
		
The Ordinary Hydrating Toner (Saccharide Isomerate)	**Vichy Minéral 89**	**SK-II Facial Treatment Essence**

KEY POINTS

- Adds an extra layer of hydration and helps the rest of your products work better.
- This is not essential, so you do not need to spend a lot here.
- If you are simplifying your routine, this is one of the first steps you can remove.

MY ADVICE: *Skip toner/essence first if you want a streamlined routine.*

KEY TAKEAWAYS

- **Focus** on what your skin needs: hydrate, protect, renew and maintain.
- **Introduce** active ingredients gradually and listen to your skin.
- **Excellent options exist at every** price point.
- You do not need every product to achieve healthy, radiant skin.

ROAR

Smart Skincare Shopping Priorities

Spend Wisely. Build a Routine That Works.



1. **Sunscreen** — Your daily essential. The most important anti-aging step. — PRIORITY INVESTMENT
2. **Vitamin C** — Brightens, protects and supports collagen. — WORTHWHILE SPLURGE
3. **Retinol** — Renews skin, smooths texture and improves firmness. — WORTHWHILE SPLURGE
4. **Moisturizer** — Locks in hydration, supports the skin barrier and keeps skin resilient. — SAVE
5. **Cleanser** — Removes impurities and prepares your skin for treatment. — SAVE
6. **Glycolic Acid** — Gently exfoliates to smooth texture and brighten skin tone. — SAVE
7. **Hydrating Serum** — Adds deep, lasting hydration (e.g., hyaluronic acid). — SAVE
8. **Eye Cream** — Targets the delicate eye area (e.g., hydration, fine lines, firmness). — OPTIONAL SPLURGE
9. **Toner / Essence** — Adds an extra layer of hydration and can enhance product absorption. — OPTIONAL

THE BIG PICTURE

A strategic way to get high-performance results without a luxury-only price tag.

KEY GUIDELINES

- Start with the essentials: cleanser, moisturizer and sunscreen.
- Add one active at a time (e.g., vitamin C, retinol or glycolic acid).
- Choose products based on your skin goals, tolerance and budget.
- Keep your routine consistent and allow 4–8 weeks to see results.

KEY TAKEAWAYS

- Focus on what your skin needs: hydrate, protect, renew and maintain.
- Introduce active ingredients gradually and listen to your skin.
- Excellent options exist at every price point.
- You do not need every product to achieve healthy, radiant skin.

ROAR

Luxury Skincare Shortlist

High-Performance Favourites for Visible, Lasting Results



CLEANSER
Gentle, effective and skin-friendly.



- SK-II Facial Treatment Cleanser
- La Prairie Foam Cleanser

VITAMIN C SERUM
Brightens, evens tone and supports collagen.



- SkinCeuticals C E Ferulic®
- Estée Lauder Advanced Night Repair

HYDRATING SERUM
Deep hydration, plumps and improves texture.



- Lancôme Rénergie H.C.F. Triple Serum
- Sisley Hydra-Global

MOISTURIZER
Nourishes, firms and strengthens the skin barrier.



- La Mer Crème de la Mer™
- Tatcha The Dewy Skin Cream

EYE CREAM
Targets firmness, fine lines and under-eye hydration.



- Estée Lauder Revitalizing Supreme+ Eye Balm
- Clinique Smart Clinical Repair™ Eye Cream

NIGHT TREATMENT (RETINOL)
Renews, smooths and improves skin texture.



- ZO® Skin Health Retinol Skin Brightener
- Alastin® Renewal Retinol

WHY LUXURY?

- Advanced, clinically proven ingredients and higher concentrations.
- Refined formulations that deliver visible and lasting results.
- A worthwhile investment, especially for mature and changing skin.

ROAR

Your Personal Skincare Plan

From Learning to Action — Building a Routine That Works for You

1. MY SKIN'S CURRENT NEEDS

Check all that apply:

- ☐ Dryness / Dehydration
- ☐ Sensitivity / Reactivity
- ☐ Uneven Tone / Dark Spots
- ☐ Fine Lines / Wrinkles
- ☐ Loss of Firmness / Elasticity
- ☐ Uneven Texture / Pores
- ☐ Dullness / Lack of Radiance
- ☐ Other: _____

2. MY THREE ESSENTIAL PRODUCTS

My daily foundation for healthy, resilient skin:

- ☐ **Cleanser:** _____
- ☐ **Moisturizer:** _____
- ☐ **Sunscreen (SPF 30+):** _____

3. MY MORNING & EVENING ROUTINE

***Morning Routine** (Protect & Hydrate)*

1. _____
2. _____
3. _____
4. _____

***Evening Routine** (Cleanse & Renew)*

1. _____
2. _____
3. _____
4. _____

4. TREATMENTS I'D LIKE TO EXPLORE

Consider introducing one at a time, as tolerated.

- ☐ **Vitamin C** (brighten & protect)
- ☐ **Retinol** (renew & improve texture)
- ☐ **Glycolic Acid** (exfoliate & smooth)
- ☐ **Hydrating Serum** (deeper, lasting hydration)
- ☐ **Eye Treatment** (firm & refresh)
- ☐ Other: _____

5. MY SKINCARE SHOPPING PRIORITIES

The next 1–3 products I plan to purchase:

Product	Goal / Benefit	Budget (CAD)
1.		
2.		
3.		

6. MY FOUR-WEEK PROGRESS REVIEW

After 4 weeks, note what you're noticing:

- ☐ Improvements: _____
- ☐ Any Irritation / Sensitivity: _____
- ☐ What's Working Well: _____
- ☐ Adjustments I Plan to Make: _____

SKIN SAFETY REMINDERS

- **Introduce new products** slowly (one at a time).
- **Patch test first** (e.g., behind the ear or on the jawline).
- **Avoid overuse** of active ingredients (e.g., retinol, glycolic acid).
- Use daily **sunscreen** (SPF 30+), even on cloudy days.
- Seek professional advice for persistent irritation, reactions or concerning skin changes.