



Skincare Routine for Dry, Menopausal Skin

Time of day	Skincare Step	Why?
Morning (a.m.)	Wash skin with lukewarm water	Avoid extreme temperatures—hot or cold water strips moisture from the skin.
(Before and After exercise) if applicable	Apply 2-3 drops of rosewater on a cotton pad all over the face	Rosewater is anti-inflammatory and soothes redness while hydrating the skin.
During shower	Use fragrance-free shower gel/soap and a fragrance-free shower oil	After showering, apply a fragrance-free shower oil to areas that need extra care (arms, legs, chest). The shower oil absorbs better when the skin is still warm and damp, helping lock in moisture. Tip: Be careful as oils can make the tub/shower slippery.
Post-shower	Apply 2-3 drops of rosewater on a cotton pad all over the face	The benefits of rosewater are numerous – its hydrating, anti-inflammatory, antibacterial, anti-ageing and balances your skin tone. Also the cooling sensation feels nice!
	Apply Vitamin C serum	Vitamin C helps brighten the skin, boost collagen, and protect from environmental damage.
	Layer with a fragrance-free, low comedogenic facial oil	Facial oils help lock in moisture, improve hydration, and create a barrier to prevent water loss. They also help skin appear plumper and reduce fine lines.
	Apply SPF 50 sunscreen	Sunscreen is essential every single day. Korean sunscreens often have a lightweight, non-greasy formula that blends easily into the skin.
	Moisturiser (if needed)	To seal in all the products and provide additional hydration.
Daytime	Top-up SPF throughout the day (if needed)	Protect your skin from UV damage throughout the day.
Evening (p.m.)	Remove makeup (if applicable) with micellar water and apply rosewater	Micellar water gently cleanses, and rosewater hydrates and soothes.
	Apply a couple of drops of hyaluronic acid serum	Hyaluronic acid is a humectant, which draws water to the skin. Applying it to damp skin helps increase absorption for deeper hydration
	Layer with a fragrance-free, low comedogenic facial oil	This locks in moisture overnight and keeps the skin hydrated.
	Gua Sha routine	I'm obsessed with gua sha. It sculpts the jawline, lifts cheekbones, and promotes lymphatic drainage to reduce puffiness and inflammation. Plus, it can help reduce wrinkles (more on this in Chapters 5 and 6).
	Apply eye cream	The skin around your eyes is more delicate and prone to dryness, so a good eye cream can help reduce puffiness, Gently dab a pea-sized amount of eye cream around your orbital bone, tapping it in with your ring finger for light pressure.
	Use a thick moisturiser with beeswax	Beeswax locks in moisture, strengthens the skin barrier, and protects against environmental stressors. It enhances elasticity and keeps the skin soft.