



Sensitive Skin Glow Starter Guide

A gentle guide to building a simple, effective routine

Created by the Founder of Yakamoz Aesthetics

Beauty, skin health and women's wellbeing - with a soft, evidence-informed approach.

Start With The Basics

A good skincare routine does not need to be complicated. In fact, for many people - especially those with sensitive, redness-prone or easily irritated skin - a simple routine is often the most effective place to begin.

This guide is designed to help you understand the core steps of a gentle daily routine, what each step does, and how to build consistency without overwhelming your skin.

Your Morning Routine

1. Gentle cleanse

Use a mild cleanser or simply rinse with water if your skin is very dry or sensitive.

2. Hydrate & support

Choose a moisturiser that supports the skin barrier and keeps the skin comfortable.

3. Daily SPF

Apply broad-spectrum SPF every morning. This is one of the most important steps for long-term skin health.

4. Keep it simple

Avoid layering too many active ingredients at once, especially if your skin is reactive.

Your Evening Routine

- Cleanse gently to remove SPF, makeup and daily build-up.
- Apply hydrating or calming products if your skin tolerates them well.
- Use active ingredients slowly and avoid starting several new products at the same time.
- Finish with a moisturiser to support your skin barrier overnight.

Sensitive or Redness-Prone Skin

If your skin often feels hot, tight, itchy, flushed or easily irritated, your routine should focus on calm, comfort and barrier support. Less is often more.

Look For

- Fragrance-free or low-fragrance formulas
- Gentle cleansers
- Barrier-supporting moisturisers
- Hydrating ingredients such as glycerin or hyaluronic acid
- Daily SPF suitable for sensitive skin

Be Careful With

- Harsh scrubs and aggressive exfoliation
- Strong acids used too often
- High-strength retinoids introduced too quickly
- Alcohol-heavy or heavily fragranced products
- Trying too many new products at once

Yakamoz note: If your skin is reacting, burning or stinging, pause the extras and return to the basics: gentle cleanse, moisturiser and SPF. Give your skin time to settle before adding anything new.

Patch Testing & Product Changes

Before introducing a new product, patch testing can help reduce the chance of a full-face reaction. It is not a guarantee, but it is a helpful habit - especially for sensitive skin.

Simple Patch Test Steps

- Apply a small amount of the product to a discreet area, such as behind the ear or along the jawline.
- Leave it and observe for 24-48 hours, unless irritation appears sooner.
- Look for redness, itching, burning, swelling or discomfort.
- If your skin reacts, stop using the product and seek professional advice if symptoms persist.

Mini Skin Tracker

Date	Product / Treatment	Skin response

Use this tracker when starting something new. It helps you notice patterns and avoid guessing what may have triggered a flare-up.

Your Simple Routine Checklist

- ☐ I cleanse gently without stripping my skin.
- ☐ I use a moisturiser that keeps my skin comfortable.
- ☐ I apply SPF every morning.
- ☐ I introduce active ingredients gradually.
- ☐ I avoid starting multiple new products at the same time.
- ☐ I pay attention to triggers such as sun, heat, stress and harsh products.
- ☐ I seek professional advice when symptoms are persistent or worsening.

Final Thought

Healthy skin is not about having a perfect ten-step routine. It is about understanding your skin, protecting your barrier and being consistent with the basics. Small daily habits can make a meaningful difference over time.

Disclaimer

This guide is for general educational purposes only and does not replace medical advice, diagnosis or treatment. If you have persistent skin symptoms, a diagnosed skin condition, pregnancy-related skincare concerns, or are using prescription medication, please seek advice from a qualified healthcare professional or skin specialist.

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