Simple Skincare Routine

The Second Bloom - free guide

MORNING: cream cleanser > hyaluronic serum > moisturiser > SPF 30+

NIGHT: balm cleanser > retinoid (2-3x weekly) > ceramide cream

BODY: lukewarm showers, rich fragrance-free cream on damp skin

Introduce one new product at a time, 2 weeks apart.

Patch test new actives behind the ear.