

DARE

✨7 Ways to Take Care of Your Face ✨

By DARE Clinic

1. Cleanse Properly—Not Aggressively

Why it matters:

Over-cleansing or using harsh soaps strips your skin's natural barrier, leading to dryness, irritation, and even more breakouts. Gentle cleansing removes dirt, oil, and pollution without damaging your skin.

- ✓ Use a mild, pH-balanced cleanser
- ✓ Wash only twice a day

2. Never Skip Sunscreen (Even Indoors)

Why it matters:

UV rays are the #1 cause of premature aging, pigmentation, and skin cancer. Even when indoors, UVA rays penetrate windows and damage your skin over time.

- ✓ Use SPF 30+ daily
- ✓ Reapply every 2–3 hours if outdoors

3. Moisturize Based on Your Skin Type

Why it matters:

All skin types—including oily and acne-prone—need moisture. Without it, your skin produces more oil to compensate, which can worsen breakouts and dullness.

- ✓ Lightweight gel for oily skin
- ✓ Cream-based for dry or aging skin

4. Don't Experiment Too Much with Trends

Why it matters:

TikTok and viral skincare trends can irritate your skin or cause long-term damage when done incorrectly. Mixing actives without guidance often leads to burns, breakouts, or sensitivity.

- ✓ Stick to proven routines
- ✓ Consult a dermatologist before using strong actives

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5. Treat Acne Early—Not Just with Facials

Why it matters:

Untreated acne can lead to permanent scars and pigmentation. Facials may help temporarily, but medical treatment addresses the root cause.

- ✓ Early treatment = fewer scars
- ✓ Medical-grade solutions work deeper

6. Be Gentle with Your Skin

Why it matters:

Frequent scrubbing, picking pimples, or rough towels can damage your skin barrier, causing inflammation and dark marks—especially in Filipino skin.

- ✓ Avoid picking or squeezing
- ✓ Pat dry instead of rubbing

7. Get Professional Skin Guidance

Why it matters:

Every face is different. What works for others may not work for you. A dermatologist can create a personalized plan that saves time, money, and skin damage.

- ✓ Accurate diagnosis
- ✓ Right treatment, right timing
- ✓ Better, longer-lasting results

Want This Personalized for Your Skin?

Get a professional skin assessment at DARE Clinic and find out what your face really needs.



Book a Consultation Today.