



BY SPRING DAVISON

The Complete *Skincare* *Ingredient* *Decoder* Guide

The good bad and ugly
ingredients!

WELCOME



I am a skin care specialist. I have certifications in glycolic acid and salicylic acid peels, microdermabrasion, science of essential oils. I worked for over 15 years with clients helping them to have healthy skin. I created a course to teach about skin, how it works, the layers, the types of skin, skin care routines for each type, nutrition for healthy skin, what to eat and not to eat, essential oils that are anti-aging, etc!

I love to share and teach so you gain an understanding on what kinds of products to use and what ingredients to not use. I love to collect information and help simplify processes to make things easier for you to understand. I wanted to give you a useful tool to help educate you so you are aware of what does your skin good and bad. Please enjoy this comprehensive list of ingredients and how to use them... or not!

Spring Davison



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How to Use this Guide

Green Light ● = Safe and beneficial for your skin type

Red Light ● = Avoid or use with extreme caution

Simply find your skin type below and reference this guide while shopping for skincare products!



NORMAL SKIN TYPE

Balanced, rarely sensitive, handles most ingredients well

● GREEN LIGHT INGREDIENTS

Hyaluronic Acid:

What it does: Holds up to 1,000 times its weight in water *Effect:* Plumps skin and provides deep hydration without heaviness

Niacinamide (Vitamin B3)

What it does: Regulates oil production and strengthens skin barrier. *Effect:* Minimizes pores, evens skin tone, reduces inflammation

Vitamin C (L-Ascorbic Acid, Magnesium Ascorbyl Phosphate)

What it does: Powerful antioxidant that stimulates collagen production. *Effect:* Brightens skin, fades dark spots, protects against environmental damage

Ceramides

What it does: Natural lipids that restore and maintain skin barrier. *Effect:* Locks in moisture, prevents water loss, strengthens skin's defense

Peptides

What it does: Amino acid chains that signal skin to produce collagen. *Effect:* Firms skin, reduces fine lines, improves elasticity

Glycerin

What it does: Humectant that draws moisture from air to skin. *Effect:* Keeps skin hydrated and soft without clogging pores

● RED LIGHT INGREDIENTS

High Concentration Alcohol (Denatured Alcohol)

What it does: Strips natural oils and disrupts skin barrier

Effect: Causes dryness, irritation, and premature aging

Synthetic Fragrances

What it does: Added for scent but can trigger sensitivities

Effect: May cause irritation, redness, or allergic reactions over time



OILY/ACNE-PRONE SKIN TYPE

Excess sebum production, enlarged pores, prone to breakouts

● GREEN LIGHT INGREDIENTS

Salicylic Acid (BHA)

What it does: Oil-soluble acid that penetrates deep into pores. *Effect:* Unclogs pores, reduces blackheads, prevents new breakouts

Niacinamide (Vitamin B3)

What it does: Regulates sebum production and reduces inflammation. *Effect:* Controls oil, minimizes pore appearance, calms active breakouts

Zinc Oxide

What it does: Mineral that provides sun protection and has antibacterial properties. *Effect:* Protects skin while reducing acne-causing bacteria

Tea Tree Oil (Melaleuca)

What it does: Natural antimicrobial and anti-inflammatory agent. *Effect:* Kills acne bacteria, reduces redness without over-drying

Retinol/Retinoids

What it does: Increases cell turnover and unclogs pores. *Effect:* Prevents new breakouts, fades acne scars, improves skin texture

Benzoyl Peroxide

What it does: Kills acne-causing bacteria (P. acnes). *Effect:* Clears existing breakouts and prevents new ones

Witch Hazel

What it does: Natural astringent that tightens pores. *Effect:* Reduces excess oil and minimizes pore appearance

● RED LIGHT INGREDIENTS

Heavy Oils (Coconut Oil, Olive Oil)

What it does: Thick, comedogenic oils that can clog pores

Effect: Triggers more breakouts and increases blackheads

Isopropyl Myristate

What it does: Synthetic oil used as emollient

Effect: Highly comedogenic, almost guaranteed to cause breakouts

Sodium Lauryl Sulfate (SLS)

What it does: Harsh surfactant that strips skin aggressively

Effect: Over-dries skin, causing rebound oil production and irritation

Lanolin

What it does: Wool-derived moisturizer

Effect: Too heavy for oily skin, can clog pores and cause breakouts



DRY SKIN TYPE

Lacks oil and water, feels tight, may flake or appear dull

● GREEN LIGHT INGREDIENTS

Hyaluronic Acid

What it does: Binds water molecules to skin
Effect: Provides intense hydration and plumps fine lines

Ceramides

What it does: Rebuilds skin's protective barrier
Effect: Prevents water loss and strengthens skin's natural defenses

Squalane

What it does: Lightweight oil that mimics skin's natural sebum. *Effect:* Deeply moisturizes without feeling greasy or heavy

Glycerin

What it does: Pulls moisture from environment into skin. *Effect:* Maintains hydration levels throughout the day

Shea Butter

What it does: Rich emollient with anti-inflammatory properties. *Effect:* Softens rough patches and soothes irritated skin

Lactic Acid (Low %)

What it does: Mild alpha hydroxy acid that gently exfoliates. *Effect:* Removes dead skin cells while providing hydration

Jojoba Oil

What it does: Technically a plant wax that closely matches skin's sebum. *Effect:* Balances skin's oil production while providing moisture

● RED LIGHT INGREDIENTS

Alcohol-based Toners

What it does: Strips away natural oils and moisture

Effect: Worsens dryness and can cause flaking or cracking

Strong Acids (High % Glycolic, Salicylic)

What it does: Aggressively exfoliates already compromised skin

Effect: Increases sensitivity, redness, and peeling

Menthol/Peppermint

What it does: Creates cooling sensation but irritates dry skin

Effect: Causes stinging, burning, and further dryness

Retinoids (without proper hydration)

What it does: Increases cell turnover rapidly
Effect: Can worsen dryness and cause severe peeling if not buffered



SENSITIVE SKIN TYPE

Reacts easily to products, prone to redness, stinging, or burning

● GREEN LIGHT INGREDIENTS

Aloe Vera

What it does: Natural anti-inflammatory and cooling agent. *Effect:* Soothes irritation and reduces redness immediately

Colloidal Oatmeal

What it does: Forms protective barrier while calming inflammation. *Effect:* Relieves itching, burning, and sensitivity

Centella Asiatica (Cica)

What it does: Herb with powerful healing and anti-inflammatory properties. *Effect:* Reduces redness, speeds healing, strengthens skin barrier

Chamomile Extract

What it does: Natural anti-inflammatory and antioxidant. *Effect:* Calms irritated skin and reduces sensitivity reactions

Zinc Oxide

What it does: Gentle mineral sunscreen with soothing properties. *Effect:* Protects without irritation while calming existing inflammation

Panthenol (Pro-Vitamin B5)

What it does: Converts to Vitamin B5 in skin, aids healing. *Effect:* Reduces irritation and helps repair damaged skin barrier

● RED LIGHT INGREDIENTS

Fragrance (Natural and Synthetic)

What it does: Added for scent but highly allergenic. *Effect:* #1 cause of contact dermatitis and allergic reactions

Some Essential Oils (Citrus, Peppermint, Eucalyptus) (never use undiluted on skin)

What it does: Concentrated plant extracts that can irritate. *Effect:* Often cause burning, stinging, or allergic reactions

Alpha Hydroxy Acids (Glycolic, Lactic)

What it does: Chemical exfoliants that can be too harsh

Effect: Causes burning, peeling, and increased sensitivity

Retinoids

What it does: Powerful active that increases skin turnover

Effect: Often too strong, causing severe irritation and peeling

Sulfates (SLS, SLES)

What it does: Harsh cleansing agents that strip skin

Effect: Disrupts skin barrier, leading to increased sensitivity



COMBINATION SKIN TYPE

*Oily T-zone (forehead, nose, chin)
with normal to dry cheeks*

● GREEN LIGHT INGREDIENTS

Niacinamide (Vitamin B3)

What it does: Balances oil production across different face zones

Effect: Controls T-zone oil while not over-drying cheek areas

Hyaluronic Acid

What it does: Provides hydration without adding oil

Effect: Hydrates dry areas without making oily zones greasier

Salicylic Acid (Low %)

What it does: Gently unclogs pores in oily areas

Effect: Treats T-zone breakouts without irritating drier cheeks

Glycerin

What it does: Lightweight humectant suitable for all face zones

Effect: Hydrates without heaviness or pore-clogging

Zinc

What it does: Regulates oil production and has anti-inflammatory properties

Effect: Balances sebum while soothing any irritation

● RED LIGHT INGREDIENTS

Heavy Creams All Over Face

What it does: Provides too much moisture for oily T-zone

Effect: Clogs pores in oily areas while potentially helping dry areas

Harsh Astringents

What it does: Over-strips oil from entire face

Effect: Over-dries cheeks while causing T-zone to produce more oil

One-Size-Fits-All Products

What it does: Addresses only one skin concern

Effect: Either too heavy for T-zone or too light for dry areas



BONUS: ANTI-AGING POWERHOUSE INGREDIENTS

*The most effective ingredients for
preventing and reversing signs of aging*

Retinol/Retinoids ★★★★★

What it does: Increases cell turnover and stimulates collagen production

Effect: Reduces fine lines, wrinkles, age spots, and improves skin texture

Pro tip: Start slow (2x/week) and always use sunscreen

Vitamin C (L-Ascorbic Acid) ★★★★★

What it does: Powerful antioxidant that protects and repairs

Effect: Brightens skin, fades dark spots, stimulates collagen, prevents damage

Pro tip: Use in morning with sunscreen for maximum protection

Peptides ★★★★★

What it does: Signal skin to produce more collagen and elastin

Effect: Firms skin, reduces wrinkles, improves elasticity

Pro tip: Great for sensitive skin that can't tolerate retinoids

Alpha Hydroxy Acids (AHA) ★★★★★

What it does: Exfoliates surface dead skin cells

Effect: Reveals brighter skin, reduces fine lines, improves texture

Pro tip: Glycolic acid is strongest, lactic acid is gentler

Hyaluronic Acid ★★★★★

What it does: Holds up to 1,000x its weight in water

Effect: Plumps skin, reduces appearance of fine lines

Pro tip: Apply to damp skin and seal with moisturizer

Niacinamide ★★★★★

What it does: Stimulates collagen production and improves skin barrier

Effect: Minimizes pores, evens tone, reduces inflammation

Pro tip: Pairs well with all other ingredients

Bakuchiol ★★★

What it does: Natural, gentle alternative to retinol

Effect: Stimulates collagen, reduces fine lines without irritation

Pro tip: Perfect for sensitive skin or pregnancy

Ceramides ★★★★★

What it does: Restore and maintain skin barrier function

Effect: Prevents moisture loss, keeps skin plump and healthy

Pro tip: Essential for mature skin that's lost barrier strength

QUICK REFERENCE: INGREDIENT COMPATIBILITY

GREAT COMBINATIONS:

- Vitamin C + Sunscreen (morning)
- Retinol + Hyaluronic Acid (evening)
- Niacinamide + anything (very compatible)
- Ceramides + Hyaluronic Acid

USE SEPARATELY:

- Vitamin C + Retinol (use at different times)
- AHA/BHA + Retinol (alternate nights)
- Benzoyl Peroxide + Retinoids (can cause irritation)



Thank you

FOR BEING PART OF MY COMMUNITY

I teach from the heart. I love sharing things
that help you look better, feel better, and
bring you JOY!

Spring Davison

REMEMBER: ALWAYS PATCH TEST NEW INGREDIENTS AND INTRODUCE ONE
NEW ACTIVE INGREDIENT AT A TIME. WHEN IN DOUBT, CONSULT WITH A
SKINCARE PROFESSIONAL FOR PERSONALIZED ADVICE.

READY TO DIVE DEEPER INTO CREATING YOUR PERFECT SKINCARE
ROUTINE? THIS IS JUST THE BEGINNING OF UNDERSTANDING HOW TO CARE
FOR YOUR UNIQUE SKIN!

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My favorite daily products!

