



Let's Talk About Skincare

ANTI-AGING SERIES GUIDE

IQ DERMA
Cape Town

Step 1

Know Your Skin Type

Every skin is different.

Some need more moisture, others need balance or extra soothing care. Take time to understand whether your skin is oily, dry, combination, or sensitive.

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Understand What Your Skin Actually Needs

Before choosing products or routines, you need to understand your skin type. This is the foundation of everything.

Skin types explained:

- Oily skin: Shiny, especially in the T-zone, prone to breakouts
- Dry skin: Feels tight, may flake, lacks natural glow
- Combination skin: Oily in some areas (usually T-zone), dry elsewhere
- Sensitive skin: Easily irritated, red, reactive to products

What to do:

- Wash your face with a gentle cleanser and skip products for 24 hours
- Observe how your skin feels: tight, oily, balanced, or reactive
- Check how your skin behaves by midday (this tells you more than first impressions)

Tip: Your skin can change with seasons, stress, hormones, and age, reassess regularly instead of sticking to one label forever.

NEVER FOLLOW TRENDS

Different skin types need different support:

- Dry skin → moisture + barrier repair
- Oily skin → lightweight hydration + oil balance
- Combination skin → targeted care (light + richer in different areas)
- Sensitive skin → calming, fragrance-free, barrier-strengthening care

How to apply this in real life:

- Choose a cleanser that doesn't strip your skin
- Moisturise even oily skin (just choose lighter textures)
- Avoid over-exfoliating — this damages the skin barrier
- Introduce one new product at a time

Tip: If your skin feels tight, stinging, or suddenly oily, your barrier is likely compromised.

Step 2

Ingredients Matter

Not all skincare is created equal.

Learn to read ingredient lists and
choose what benefits your skin most.

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Learn to Read Ingredient Lists

Good skincare is not about branding, it's about ingredients.

What to look for:

- Hydration: Hyaluronic acid, glycerin, panthenol
- Barrier repair: Ceramides, fatty acids, niacinamide
- Soothing: Aloe vera, centella asiatica, allantoin
- Anti-ageing support: Retinoids, peptides, antioxidants (vitamin C)

What to avoid (if sensitive or ageing-prone skin):

- High alcohol content (can dry and irritate)
- Heavy fragrance loads
- Over-exfoliating acids used daily without guidance

Tip: If the first 5–10 ingredients are beneficial, the product is usually worth your attention.

Step 3

Protection Over Perfection

*Perfect skin doesn't exist, but
protected skin lasts longer.*

Daily sunscreen is the most
powerful anti-aging step you can
take.

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Sunscreen: Your Strongest Anti-Ageing Tool

If you do only one thing — make it this. APPLY SUNSCREEN!

Why it matters:

- UV exposure is responsible for up to 80% of visible skin ageing
- It breaks down collagen and elastin
- It causes pigmentation, fine lines, and texture changes

How to use it properly:

- Apply every morning (rain or shine)
- Reapply every 2–3 hours if outdoors
- Use enough (most people apply too little)
- Don't forget neck, chest, and hands

Tip: Think of SPF as your daily “invisible anti-ageing shield.”

Step 4

Keep It Simple

Good skincare is about consistency, not complexity.

Be kind to your skin, listen to how it feels, and let time do the rest.

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Keep Skincare Simple & Consistent

More products do NOT mean better skin.

A simple effective routine:

Morning:

- Cleanser
- Moisturiser
- SPF

Evening:

- Cleanser
- Treatment (if needed)
- Moisturiser

Golden rule:

Stick to what works for at least 6–8 weeks before changing anything.

Tip: Skin improves from consistency, not constant switching.

Step 5

Book an appointment

*Dr. Oxana Lewis is a qualified
Dermatologist.*

Get professional guidance on your
skin care routine.

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Need Professional Guidance for Your Skin?

Your skin is unique and sometimes it needs more than guesswork and general advice.

For personalised skincare planning, advanced treatment recommendations, and professional dermatological support, book a consultation with Dr. Oxana Lewis, qualified Dermatologist.

Whether you're looking to target ageing, improve skin health, or build the right routine for your skin type, expert guidance ensures you get real, visible results.

Book your appointment today

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