

A close-up photograph of a woman with dark hair wrapped in a white towel, applying a white cream to her cheek with her fingers. The background is dark and out of focus.

## The Ultimate K-Beauty Guide 2.0

A Korean skincare guide by

PROPR  
LIFE ÷ STYLE

# 10 Step Korean Skincare Routine

\*INTERACTIVE \* Click on products to view them

## 1 Oil Cleanser

Oil cleansers melt onto the skin to gently, yet effectively cleanse the skin of makeup, oil-based impurities and dirt while hydrating.



## Water Based Cleanser 2

Water based cleansers are usually in a foam, cleansing water or gel format. They are used to get rid of residue dirt, pollution or water based grime left on the skin. The key is to pick a low pH water based cleanser to preserve your skin's pH balance of 5.5.

## 3 Exfoliator (1-2 times per week)

Exfoliators remove dead skin cells to help speed up cell turnover and reveal healthy glowing skin. Dead skin cells can clog pores and cause breakouts so exfoliating regularly can be essential to your skins health.



## Toner 4

Toners are very important because after cleansing, the pH on your skin becomes more alkaline and needs to be reset to a 5.5 pH balance. Korean brands believe that toners should soften, and not strip or irritate the skin.

## 5 Essence

Essence is one of the cornerstones to the Korean Skincare routine. They are formulated for all skin types and contain antioxidants and vitamins to help plump the skin texture, reduce fine lines and optimize skin cell renewal.

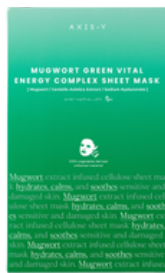


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## 6 Serums & Ampoules

Serums and ampoules are highly concentrated and are used to target specific skin concerns such as acne scars, aging spots, sunspots, wrinkles, fine lines, dryness and more.



## 7 Sheet Masks

Korean sheet masks lock in hydration to improve the skin barrier. Sheet masking can be done once a week or daily depending on your skin's needs.

## 8 Moisturizer

Moisturizers are essential in maintaining the moisture in your skin to avoid wrinkles, dry patches and thinning.



## 9 Eye Cream

Eye creams are very important for treating dryness, wrinkles and dark circles under the eye area. The earlier one can start using eye creams, the better to delay the aging process. The skin around the eye is very delicate and requires lighter creams.

## 10 SPF (Daytime)

Korean sunscreens are more advanced in formulation compared to western sunscreens. They protect the skin from UVA and UVB ray damage without leaving a white cast. Using an SPF is essential in maintaining an even skin tone and fading dark spots.



# Top K-Beauty Ingredients



## Snail Mucin

Snail mucin has been hailed as the secret to anti-aging. Korean Skincare brands claim that snail mucin improves skin texture, helps to heal damaged skin; treats acne prone skin and acne scars and supports natural cell regeneration.

## Propolis

Propolis is a well-known healing ingredient that contains anti-bacterial properties. It is derived from the honey comb. Propolis is good for sensitive and acne prone skin.



## Ginseng

Ginseng is used as an anti-aging ingredient because it has so many phyto-nutrients, and because it helps to tone and brighten our skin. Ginseng also helps to counteract dryness, promotes elasticity and rejuvenates tired skin.



## Heartleaf

Heartleaf contains antioxidants and reduces acne, inflammation and scars on the skin.



# Skin Types + Skin Concerns



## Normal

Normal skin is balanced, producing sufficient natural oils and retains adequate moisture. This skin type would benefit from a light cleanser, hydrating toner and moderate moisturizer.



## Oily

Oily skin experiences an overproduction of natural oils that can lead to visible shininess, large pores and frequent breakouts. This skin type would benefit from a double cleanse and a gel based moisturizer.



## Combination

Combination skin is usually dry in cheek areas while oily in the T-zone (forehead, nose and chin). Pores can be enlarged in the T-zone while dryness and flakiness can occur on the cheeks. This skin type would benefit from using sheet masks 3 times per week to balance the skin.



## Dry

Dry skin lacks natural oils which can lead to tightness and dryness in the skin. The skin can appear dull, and fine lines and wrinkles may appear more pronounced. This skin type would benefit from hydrating toners, humectant based serums and thick creams.



## Acne Prone

Acne prone skin is prone to frequent breakouts. Acne can be in the form of superficial whiteheads, blackheads, and generalized congestion; or in the form of cysts that occur under the surface of the skin. This skin type would benefit from gentle exfoliation and sheet masking.



## Sensitive

Sensitive skin is very reactive to products and different ingredients, which can result in redness and irritability. The skin can be thin and dry. This skin type would benefit from anti-inflammatory ingredients such as green tea, tea tree, and propolis.

# Types of Acne

## Cystic Hormonal Acne



Hormonal Acne can occur in anyone at anytime whether you are 14 or 49 years old, male or female. The recurrence of acne in response to hormonal changes can range from mild to severe, usually occurring around the jawline. It's estimated that 25% of women ages 20 to 29 have acne. It affects about 25% of women ages 40 to 49.

### The Fix

- Cut back on sugar and cows milk
- Exfoliate 2 times per week (AHA & Salicylic Acid)
- Use sheet masks regularly



**Try the Some By Mi AHA BHA PHA 30 Days Miracle Toner**

# Types of Acne

## Inflammatory Acne



Inflammatory acne can be in the form of red pustules that are swollen and tender from excess sebum oil. Pustules are filled with pus and are yellow in colour.

### The Fix

- Soothe skin to reduce inflammation (Aloe, honey, centella asiatica)
- Use sheet masks regularly
- Gentle exfoliation (AHA & Salicylic Acid)



**Try the SKIN1004 Madagascar Centella Watergel Sheet Ampoule Mask**

# Types of Acne

## Comedonal Acne



Whiteheads are small closed pores filled with sebum oil & dead skin cells; while Blackheads are small open pores (exposed to oxygen) filled with sebum oil & dead skin cells. The clogged pores turn black through oxidation.

### The Fix

- Massage in Oil Cleanser for 2 mins, then rinse.
- Use a clay mask
- Exfoliate 2 times per week (AHA & Salicylic Acid)
- Use sheet masks regularly



**Try the I'm From Beet Purifying Mask**



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My name is Althea Johnson. I'm a Skincare blogger and the founder of Propr Lifestyle, a K-beauty oasis based in Toronto, Canada. A trip to Seoul, Korea in 2017 turned into an exploration of the Korean skincare traditions, technologies, and advancements. I created Propr Lifestyle to share the best of the Korean skincare market with beauty buffs across Canada.

Our online store [Shop.proprlifestyle.com](http://Shop.proprlifestyle.com) offers award-winning Korean skincare products that combine plant-based ingredients with the latest formulation advancements, which are suitable for sensitive skin types including eczema. All of our curations are free from harmful parabens, sulphates and synthetics.