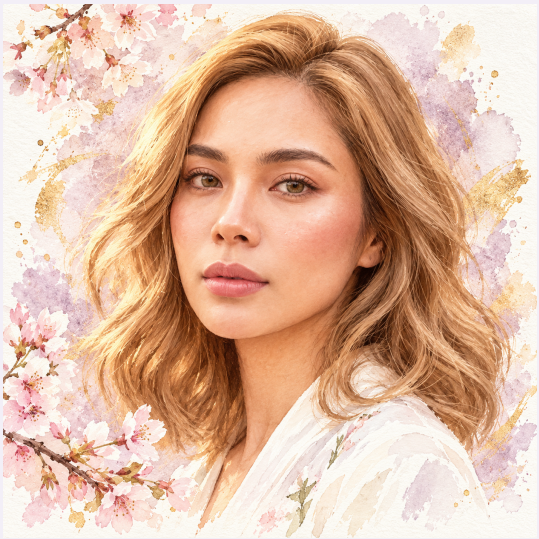
A BEAUTY AND SKIN CARE GUIDE



Glow Beyond Perfect

Know your skin. Build your routine.
Nourish your wellbeing.

by MARI DELLE

Skin Care Formulator/Founder

A practical chapter-by-chapter handbook

Illustrated edition • October 2026

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START HERE

Your guide to a healthier glow

Beautiful skin has texture, pores, and changing needs. This book helps you understand those needs, choose a manageable routine, and support your wellbeing with food and everyday habits. The goal is comfortable, well-cared-for skin and confidence in your natural complexion.

How to use this book

Begin with Chapters 1 to 6 to understand your skin and the three foundations of care: cleansing, moisturizing, and sun protection. Read the concern-specific chapters next. Use the worksheets to build a routine that fits your budget and schedule.

Set a realistic goal

Choose one priority, such as less tightness, fewer breakouts, or more consistent sunscreen use. Assess comfort and consistency before adding more products. A routine you can repeat is more useful than a shelf of products you rarely use.

A note on health guidance

This is general education for adult beginners, not a diagnosis or an individual treatment plan. Skin diseases, persistent symptoms, pregnancy, and medication use may require advice from a qualified clinician. No cosmetic routine guarantees a result, and this book does not establish the safety or effectiveness of any particular brand.

About this edition

By MARI DELLE. This first edition brings together practical skin care education and everyday planning tools. The health information is supported by the public dermatology and health resources listed at the end. Sources were checked on 7 October 2026.

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Your starting question

What would make your skin feel healthier or your routine easier this month? Write one specific answer before you begin.

CONTENTS

Chapter by chapter

01 Understanding your skin · 4

02 Knowing your skin type · 6

03 Skin types and skin concerns · 8

04 The art of gentle cleansing · 9

05 Hydration and the skin barrier · 11

06 Sun protection every day · 12

07 Acne and clogged pores · 13

08 Dark spots and uneven tone · 14

09 Sensitive skin and irritation · 15

10 Understanding active ingredients · 16

11 Building your personal routine · 17

12 Diet and nutrition for wellbeing · 19

13 Sleep stress and everyday habits · 21

14 Skin care through life changes · 23

15 Choosing products wisely · 24

16 Your four-week glow plan · 25

17 Begin your glow with the Perfect Set · 26-27

Illustrated guides follow Chapters 1, 2, 4, 11, 12, and 13.
Bonus meal ideas · 28
My skin and routine worksheet · 29
Weekly progress tracker · 30
Meet the author · 31
Sources and further reading · 32-34

CHAPTER 01

Understanding your skin

Care starts with protecting what your skin already does.

Your skin is a living barrier

The outer skin barrier helps keep moisture in and irritants out. Natural fats, including ceramides, help hold its outer cells together. When this barrier is disrupted, skin may become dry, itchy, rough, or more reactive. These symptoms can also come from skin conditions, so persistent discomfort deserves assessment. [1]

Oil and moisture have different roles

Sebum is the oil your skin produces. Water helps keep the outer skin hydrated. A shiny face can still feel tight or irritated; oiliness does not mean that moisturizer is unnecessary. Support skin with gentle washing and an appropriate moisturizer rather than trying to remove every trace of oil. [2]

Normal skin is not flawless skin

Visible pores and occasional changes do not mean that you have failed at skin care. Your complexion is affected by age, weather, health, and the products you use. Lighting and filters can make comparisons misleading. Choose goals based on your own comfort and concerns.

A useful first step

Make a list of everything that touches your face: cleanser, moisturizer, sunscreen, makeup, hair products, and treatments. Beside each, write how often you use it and whether you notice discomfort. This simple inventory gives you a clearer starting point than buying another serum.

Try this today
Choose one routine habit to make more consistent. Keep the rest steady so that you can understand your skin’s response.

Reading notes: [1] Cleveland Clinic on the skin barrier; [2] AAD on oily skin. Full links are at the end of this book.

ILLUSTRATED GUIDE

Your skin barrier

A simplified view of cells and the fats between them.



Lavender blocks: outer skin cells

Gold spaces: barrier lipids, including ceramides

The outer barrier is often compared with a brick wall: cells are the bricks, and lipids fill the spaces between them. This is an explanatory schematic, not an anatomical drawing to scale. [1]

Support the barrier

Use gentle cleansing and a comfortable moisturizer. If new products make your skin sting or flake, simplify and assess the reaction rather than scrubbing harder.

Reading notes: [1] skin barrier; [12] ceramides. Full links are at the end of this book.

CHAPTER 02

Knowing your skin type

Use skin type as a starting guide, then listen to your current needs.

Common skin-type labels describe patterns of oiliness, dryness, and reactivity. They help guide product choices, but they are not medical diagnoses. Sensitive skin can overlap with oily, dry, or combination skin. [3]

Pattern	What you may notice	Starting approach
Normal	Usually comfortable, without persistent oiliness or dryness	Maintain a simple routine
Dry	Tightness, roughness, or flaking	Gentle cleansing and richer moisturizer
Oily	Shine and oil across much of the face	Gentle cleanser and light moisturizer
Combination	Oily T-zone with drier cheeks	Adjust moisturizer by area
Sensitive	Stinging, burning, or reactions	Simplify and choose fragrance-free care

Observe without stressing your skin

Notice how your face feels during several ordinary days with your current gentle routine. Record which areas shine, flake, or sting and when. There is no need to leave uncomfortable skin unmoisturized to perform a home “skin test.”

Adapt your texture choices

Lighter gels or lotions may feel better on oily areas, while creams can suit dry areas. Combination skin may need more moisturizer on the cheeks than on the forehead. Product texture is a preference and a starting point, not a guarantee of tolerance. [4]

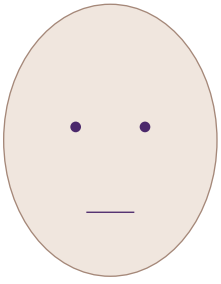
Reflection
Which description fits you most often? Is it different from how your skin feels this week?

Reading notes: [3] AAD on skin care on a budget; [4] AAD on moisturizers. Full links are at the end of this book.

ILLUSTRATED GUIDE

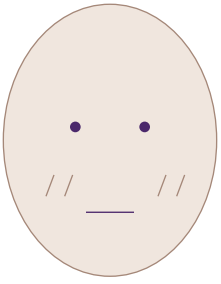
Map your skin pattern

Use these visual clues alongside how your skin feels.



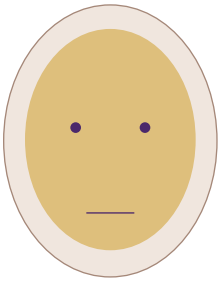
Normal

Usually comfortable



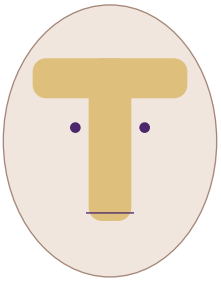
Dry

May feel tight or flaky



Oily

Shine across the face



Combination

Oilier T-zone

Gold shading shows the usual oily areas. These simplified maps illustrate common patterns, not a diagnostic test. Your skin may vary by area or season.

Sensitivity can overlap with any pattern. Stinging, burning, or repeated reactions call for gentle care and, when persistent, professional assessment. [3]

Reading notes: [3] skin care on a budget; [4] moisturizers. Full links are at the end of this book.

CHAPTER 03

Skin types and skin concerns

Identify the problem before choosing a solution.

A skin type describes your usual pattern. A concern describes something you want to manage. Dry skin can have acne, and oily skin can be irritated. Avoid buying every product marketed for your skin type without deciding what you actually need.

Concern	What it can look or feel like	First direction
Acne	Blackheads, whiteheads, inflamed bumps	Gentle care and a suitable acne treatment
Post-acne marks	Flat dark areas after inflammation	Control the cause and protect from sun
Dryness	Roughness, flakes, tightness	Moisturize and reduce drying habits
Persistent sensitivity	Burning, itching, rash, or flushing	Stop triggers and seek assessment
Visible pores	Noticeable openings, sometimes with clogs	Gentle cleansing; avoid picking

These descriptions are clues, not a diagnostic checklist. Rosacea, eczema, and other conditions can resemble common cosmetic concerns. A clinician can identify what is happening and choose an appropriate treatment. [5, 6]

Work on one priority

Write your main concern, how long it has been present, and what you have tried. If discomfort is present, address that before focusing on exfoliation or tone. Improving your routine starts with a clear question, not a long ingredient list.

Recognize the limits of cosmetics

Products can help make pores less noticeable, but scrubbing and squeezing can irritate skin. Deep acne and scars often need professional care. Do not treat a changing spot as a simple pigmentation problem. [7, 8]

Reading notes: [5] AAD on rosacea; [6] AAD on eczema; [7] AAD on pores; [8] AAD on acne treatment. Full links are at the end of this book.

CHAPTER 04

The art of gentle cleansing

A clean face should feel comfortable after washing.

Use a gentle method

Wet your face with lukewarm water, apply cleanser with your fingertips, rinse thoroughly, and pat dry with a soft towel. Avoid scrubbing with rough cloths or brushes. Hot water and repeated rubbing can add irritation. Washing up to twice daily and after sweating is usually sufficient; more washing is not necessarily better. [9]

Match the cleanser to your experience

Choose a cleanser that removes the day's buildup without leaving persistent tightness or burning. A gentle foaming formula may suit oily skin; a creamier formula may feel better on dry skin. Strong fragrance and an aggressive "squeaky clean" finish are not measures of effectiveness. [2, 10]

Remove makeup thoughtfully

Remove makeup before bed. If one gentle cleanser does not remove a long-wear product, use a suitable makeup remover and then wash gently. A second cleansing step is optional; stop if the process makes skin uncomfortable. Avoid repeated wiping to force waterproof makeup off. [11]

Make it easy to repeat

Keep cleanser and a clean towel accessible. After a late shift, a short wash followed by moisturizer is a practical routine. A complicated evening ritual is not necessary to care for your skin.

Common mistake
Washing repeatedly to control oil or acne. Try a gentler, consistent schedule and evaluate the cleanser rather than increasing the number of washes.

Try this today
Notice how your face feels after cleansing. Comfortable skin is a better guide than the amount of foam.

Reading notes: [9] AAD Face washing 101; [2] oily skin; [10] dry skin tips; [11] makeup and acne. Full links are at the end of this book.

ILLUSTRATED GUIDE

Gentle cleansing in practice

Use fingertips and light pressure, then rinse and pat dry.



Comfort is your guide

A little lather is enough to illustrate the method. Avoid rough scrubbing and repeated washing to chase a squeaky-clean feel. [9]

Conceptual illustration. Skin texture, needs, food choices, and routines vary from person to person.

Reading notes: [9] Face washing 101. Full links are at the end of this book.

CHAPTER 05

Hydration and the skin barrier

Moisturizer belongs in routines for oily skin too.

Understand the ingredients

Humectants such as glycerin and hyaluronic acid help attract water. Emollients soften skin, and occlusive ingredients help limit water loss. Ceramides support the skin’s natural barrier lipids. Many moisturizers combine several of these functions; a separate hydrating serum is optional. [1, 12]

Choose comfort over a trend

A gel or lotion may suit oily skin, while a cream or ointment can help drier skin. Fragrance-free formulas are a sensible starting choice for reactive skin. Apply moisturizer after cleansing, while skin is still slightly damp, unless a treatment’s directions require a different approach. [4, 10]

Adjust by area and season

If your cheeks feel dry and your forehead feels oily, use a little more moisturizer on your cheeks. Cold air, low humidity, and indoor heating can increase dryness. A richer texture may be more comfortable in winter, while a lighter one may feel better during humid weather. [4, 13]

Respond to discomfort

When skin begins to sting or flake after adding products, pause the new nonessential products and simplify. A bland moisturizer and gentle care may help, but persistent symptoms should be assessed. Do not keep increasing acids or scrubs to remove the flakes. [1]

Try this today

Check your moisturizer’s label and note whether it feels comfortable for several hours. You do not need to buy a separate product for every moisturizing ingredient.

Reading notes: [1] skin barrier; [12] ceramides; [4] moisturizers; [10] dry skin; [13] cold weather. Full links are at the end of this book.

CHAPTER 06

Sun protection every day

Protecting your skin is a foundation, not a finishing touch.

Know what to look for

Choose broad-spectrum SPF 30 or higher. Broad-spectrum protection covers UVA and UVB. A water-resistant formula is useful for swimming or sweating; follow its stated 40- or 80-minute water-resistance directions. Sunscreen works alongside shade, clothing, a hat, and sunglasses. [14]

Apply enough and reapply

Apply before outdoor exposure, following the label; AAD advises about 15 minutes before going outside. Most adults need roughly one ounce for exposed body skin. Cover missed areas such as the ears, neck, hands, and feet. Reapply about every two hours outdoors and after swimming, sweating, or towel drying, according to the label. [14]

Make the routine practical

Use sunscreen as the final skin care step before makeup. Select a texture and finish you can apply generously. A comfortable formula at an affordable price is easier to maintain. A high SPF number does not remove the need to reapply. [15]

If pigmentation is a priority

A tinted sunscreen with iron oxides can add visible-light protection, which is useful for melasma and some dark marks. Choose a shade you can wear in an adequate amount. [16]

Myth to leave behind
“My skin is dark, so I do not need sun protection.” Sun protection matters across skin tones. [17]

Try this today
Put your sunscreen where you get ready, and plan how you will carry it on outdoor days.

Reading notes: [14] sunscreen application; [15] sunscreen mistakes; [16] melasma self-care; [17] skin cancer in darker tones. Full links are at the end of this book.

CHAPTER 07

Acne and clogged pores

Treat acne gently and give the plan time to work.

Choose one suitable treatment

For mild acne, salicylic acid can help blackheads and whiteheads. Benzoyl peroxide is useful for inflamed pimples; a lower strength such as 2.5% can reduce irritation. Adapalene is a retinoid used for acne, and azelaic acid can help acne and the dark marks it leaves. Availability and medicine rules vary; ask a pharmacist or dermatologist. [8]

Use it as directed

Keep a gentle cleanser, moisturizer, and sunscreen as your foundation. Follow the medicine label for age, frequency, and application area. Avoid starting several acne treatments at once. Give a well-tolerated treatment around six to eight weeks before judging it; more complete improvement can take longer. Stop and seek advice for significant irritation. [38, 39]

Avoid habits that add inflammation

Picking and squeezing can increase scarring. Harsh scrubs, repeated washing, and frequent product changes can worsen irritation. Choose makeup and skin care labeled non-comedogenic, while recognizing that individual reactions still occur. [18]

Get help early when needed

Deep painful acne, scarring, persistent dark marks, or acne that affects your wellbeing deserves professional care. You do not have to wait for acne to become severe to see a dermatologist. Pregnancy or trying to conceive requires treatment advice before using acne medicines. [38, 34]

Try this today

Write the name and start date of your treatment. Keep a weekly record of tolerance rather than changing products after every new pimple.

Reading notes: [8] adult acne treatment; [18] acne habits; [38, 39] acne overview and treatment; [34] pregnancy. Full links are at the end of this book.

CHAPTER 08

Dark spots and uneven tone

Aim for your natural complexion with less unwanted discoloration.

Find the cause first

Flat marks after acne or irritation are often post-inflammatory hyperpigmentation. Melasma commonly appears as darker patches and may be influenced by hormones and sunlight. A new or changing spot needs assessment rather than automatic treatment with a fading cream. [19, 20]

Start with protection and prevention

Control the acne, rash, or irritation that creates new marks. Use sun protection consistently. For melasma and dark spots, a tinted sunscreen with iron oxides can be helpful. Do not pick healing skin or keep using products that burn. [19, 16]

Consider one targeted ingredient

Azelaic acid, vitamin C, and some retinoids or exfoliating acids may help uneven pigmentation. The best choice depends on the cause, skin tolerance, and formulation. More irritation can create further discoloration, so adding many “brightening” products may be counterproductive. Prescription treatment and procedures need professional guidance. [8, 23, 24, 20]

Expect gradual change

Some superficial dark marks fade over six to twelve months once their cause is controlled; deeper pigment can take longer. Melasma can recur. A few weeks of photographs may show tolerance and consistency better than final pigment results. [19, 20]

Beauty principle
Healthy skin does not require a lighter natural skin color. Focus on comfort and the specific marks that concern you.

Try this today
Identify whether new marks are still forming. Addressing the source is as important as fading existing marks.

Reading notes: [19] fading dark spots; [20] melasma treatment; [16] melasma self-care. Full links are at the end of this book.

CHAPTER 09

Sensitive skin and irritation

Discomfort is information. Do not push through it.

Separate a reaction from a cosmetic goal

Burning, itching, swelling, or a persistent rash should not be treated as proof that a product is working. If a new cosmetic causes a reaction, wash it off gently and stop using it. Seek medical advice if symptoms are significant, persistent, or worsening. [21]

Test a new cosmetic carefully

AAD recommends applying a normal amount to a small area, such as the underside of the arm, twice daily for seven to ten days. Rinse off cleansers according to their directions. For active treatments, do not exceed label instructions. A home tolerance test cannot rule out allergy and is different from medical patch testing. [21]

Simplify reactive skin care

Use fragrance-free products and avoid harsh scrubs. With rosacea, some acids, toners, and fragranced products may trigger irritation. Repeated flushing, facial burning, or acne-like bumps may need a diagnosis. Eczema can cause itchy, inflamed skin and may need treatment in addition to moisturizer. [5, 6]

Introduce fewer variables

Test one new product at a time and keep a written record. If you add three products together, it is difficult to know which caused a reaction. Bring the ingredient lists and your notes to an appointment if you keep reacting.

Seek urgent help

Trouble breathing, throat tightness, faintness, or rapidly developing facial or lip swelling after a product can signal a serious allergic reaction. Get emergency care. [22]

Reading notes: [21] testing products; [5] rosacea; [6] eczema; [22] anaphylaxis. Full links are at the end of this book.

CHAPTER 10

Understanding active ingredients

Choose an ingredient for a defined need, not its popularity.

Ingredient group	Possible role	Main caution
Glycerin and hyaluronic acid	Hydration within a moisturizer	A serum does not replace all moisturizing needs
Ceramides	Support the moisture barrier	The complete formula matters
Vitamin C	May help dark spots and aging signs	Some formulas can irritate
AHA such as glycolic acid	Surface exfoliation and some pigment concerns	Overuse can irritate
Salicylic acid	Clogged pores and mild acne	Follow label; avoid overuse
Retinoids	Some acne, fine lines, and pigment concerns	Can irritate; avoid during pregnancy

Learn the limits

Ingredients with related names are not interchangeable. Different retinoids have different uses and strengths. A percentage alone cannot predict effectiveness: the formula, delivery, and directions also matter. [23, 24]

Keep exfoliation optional

Skin does not need a daily scrub or acid to be clean. If you exfoliate, use a gentle approach and avoid irritated, wounded, or sunburned skin. Combining exfoliation with other irritating treatments can increase problems. [25]

A beginner’s approach

After the basic routine feels comfortable, select one active for one concern. Start according to its instructions. Using exfoliating acids and a retinoid on different nights can reduce complexity, but some people should skip them entirely.

Reading notes: [12] ceramides; [23] retinoids; [24] skin care in your 20s; [25] safe exfoliation; [8] acne. Full links are at the end of this book.

CHAPTER 11

Building your personal routine

The core routine is small. Additions should earn their place.

Morning	Evening
Gentle cleanse as tolerated	Remove makeup if worn; gently cleanse
Moisturizer suited to your skin	Optional treatment as directed
Broad-spectrum SPF 30 or higher	Moisturizer

Cleansing, moisturizing, and protecting skin are a practical foundation. Toner, essence, sheet masks, eye cream, and separate serums are optional. A product set is not automatically suitable for every person. [3]

Adjust the foundation

For dry skin, favor a non-drying cleanser and a richer moisturizer. For oily skin, try a light non-comedogenic moisturizer and gentle wash. Combination skin can use different amounts by area. Reactive skin benefits from fewer products and fragrance-free choices. [2, 4]

Add a treatment with a reason

If acne is your priority, choose a suitable acne treatment with professional advice where needed. If uneven tone is the concern, prioritize sun protection and control of irritation before adding a targeted product. Follow the product or prescription directions; there is no universal layering order for every medicine.

Example of a manageable evening

On an ordinary evening, cleanse and moisturize. On a treatment evening, add the one treatment according to its directions. If your face is uncomfortable, leave out nonessential actives and seek advice when symptoms persist. The routine should adapt to your skin rather than to a rigid number of steps.

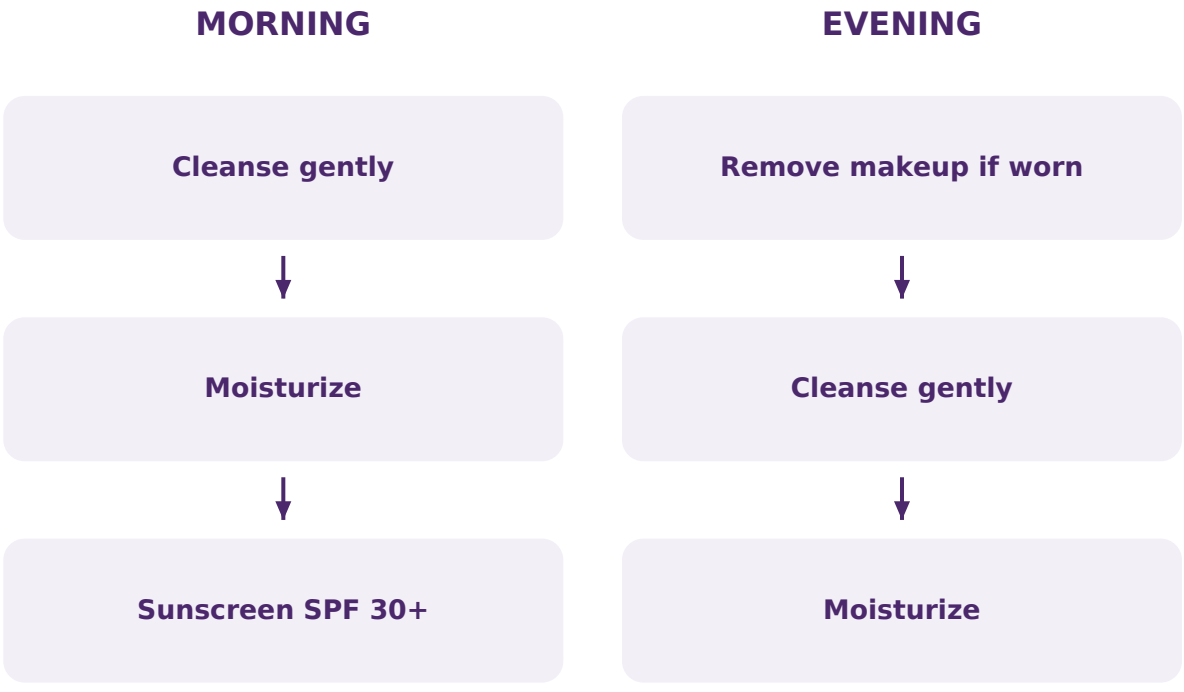
Try this today
Choose your three foundation products and write their names on the worksheet. Add a treatment only when you can explain its purpose.

Reading notes: [3] budget skin care; [2] oily skin; [4] moisturizers. Full links are at the end of this book.

ILLUSTRATED GUIDE

Your routine at a glance

Keep the foundation clear before adding optional steps.



An optional treatment belongs where its product or prescription directions specify. Toners, essences, separate serums, and masks are optional. [3]

Outdoor protection

Reapply sunscreen according to the label, about every two hours outdoors and after swimming or sweating. Use shade and protective clothing too. [14]

This diagram is a basic routine map. It does not replace medicine instructions or an individual treatment plan.

Reading notes: [3] budget skin care; [14] sunscreen application. Full links are at the end of this book.

CHAPTER 12

Diet and nutrition for wellbeing

Food supports your body. It is not a guaranteed skin treatment.

Build variety into everyday meals

Include vegetables, fruit, fibre-rich starches, protein foods, and dairy or fortified alternatives. Choose mostly unsaturated fats and have foods high in added sugar, salt, and saturated fat less often. Nutritional balance matters across days and weeks, not at every single meal. [26, 27]

Choose familiar nourishing foods

Protein choices include fish, eggs, tofu, beans, and lean meat. Add vegetables such as pechay, malunggay, cabbage, carrots, or broccoli. Fruit can include guava, citrus, kiwi, or papaya. Rice can remain part of a balanced meal; vary the portions and pair it with protein and vegetables. These are flexible meal ideas, not a prescription.

Understand diet and acne

Some small studies suggest a lower-glycemic eating pattern may help acne. Cow’s milk has been associated with acne in some studies, but this does not prove it causes acne in everyone. Diet alone is not a substitute for acne treatment. If you notice a pattern, record it and discuss it before excluding a whole food group. [28]

Hydrate and be careful with supplements

Drink fluids regularly, with extra needs during heat or activity. Follow any medical fluid limits. Water supports hydration but does not replace moisturizer. For healthy people without deficiencies, a balanced diet is usually the best source of nutrients; ask a clinician before taking beauty supplements. [29, 30]

Try this today

Add one vegetable to a meal and plan a convenient protein option for your busiest day.

Reading notes: [26, 27] NHS healthy eating; [28] acne and diet; [29] hydration; [30] supplements. Full links are at the end of this book.

ILLUSTRATED GUIDE

Nourish your everyday routine

Build variety with familiar foods you enjoy.



A flexible meal idea

Pair rice or another staple with protein and vegetables. Fruit, water, and varied foods can fit around meals. This illustration is an example, not a prescribed portion plan or an acne treatment. [26, 27]

Conceptual illustration. Skin texture, needs, food choices, and routines vary from person to person.

Reading notes: [26, 27] balanced eating. Full links are at the end of this book.

CHAPTER 13

Sleep stress and everyday habits

Build habits that support wellbeing without demanding perfection.

Protect time for sleep

Most adults need at least seven hours of sleep, with needs varying by age. A consistent bedtime and wake time, a quieter wind-down period, and fewer late stimulants can help. If you work shifts, protect a regular sleep opportunity as much as your schedule allows. Sleep is a health habit, not a promise of clear skin. [31]

Keep care manageable during stress

On demanding days, use the core routine. Place products together, keep instructions simple, and set a realistic bedtime reminder. Brief walks, breathing exercises, or time away from your phone can support a calmer routine. Persistent anxiety or distress deserves support rather than another beauty purchase.

Use gentle hygiene habits

Remove makeup before sleeping, avoid picking your face, and clean makeup brushes regularly. AAD advises washing brushes every seven to ten days. Do not share tools that can transfer germs. After sweating, wash gently rather than rubbing the skin aggressively. [32, 18]

Reduce comparison and over-checking

Assess progress weekly in consistent lighting instead of examining every pore throughout the day. Filters and edited photographs are poor standards for normal skin. If checking your skin is becoming distressing, limit mirror time and consider seeking support.

Try this today

Choose one habit that supports your routine: an earlier wind-down, a brush-cleaning reminder, or placing moisturizer beside your cleanser.

Reflection

Which part of your routine becomes difficult when you are tired? Simplify that step first.

Reading notes: [31] CDC on sleep; [32] healthier-looking skin habits; [18] acne habits. Full links are at the end of this book.

ILLUSTRATED GUIDE

Make room for rest

Small daily habits support your wellbeing.



Keep evenings manageable

A simple routine and a regular wind-down can make care easier on busy days. Most adults need at least seven hours of sleep; individual needs vary. Sleep does not guarantee clear skin. [31]

Conceptual illustration. Skin texture, needs, food choices, and routines vary from person to person.

Reading notes: [31] CDC on sleep. Full links are at the end of this book.

CHAPTER 14

Skin care through life changes

Your needs can change. Your routine can change with them.

Teenage skin

A young person does not need an elaborate anti-aging routine. Gentle cleansing, moisturizer, and sun protection are a sensible starting point. Acne medicines should be suitable for the person’s age and used according to the label, with parent or clinician involvement where appropriate. Seek help early for painful acne or scars. [33]

Pregnancy and breastfeeding

If pregnant or trying to conceive, avoid retinoids, including cosmetic vitamin A derivatives, and hydroquinone. Review acne and pigment treatments with your obstetrician or dermatologist. During breastfeeding, discuss medicines and active products individually; keep products away from areas that contact the baby’s mouth. A simple routine is often easiest. [34]

Aging skin

Skin may become drier, and fine lines or uneven pigmentation may become more visible. Sun protection and moisturizer remain useful. Retinoids may help some concerns when appropriate and tolerated, but irritation can limit use. Aging is normal; care can support comfort without promising to erase age. [23, 35]

Climate and travel

In Japan’s colder months, richer moisturization may improve comfort. In humid weather, a lighter texture may be easier to wear. Keep sun protection consistent, including while traveling. Avoid introducing several new treatments just before an event or trip when reactions would be harder to manage. [13]

Try this today

Check whether a recent life change, medication, or season has changed your skin. Review your routine instead of assuming your old products must still be right.

Reading notes: [33] tween and teen care; [34] pregnancy care; [23] retinoids; [35] aging care; [13] cold weather. Full links are at the end of this book.

CHAPTER 15

Choosing products wisely

Spend on products you understand and can use consistently.

Read beyond the front label

Check the full ingredient list, intended use, directions, warnings, expiry information, and seller details. Buy from a source you can contact. Keep the packaging so you can identify a product or batch if you have a reaction. Avoid products with missing labels or unclear ingredients.

Translate the marketing

“Natural” does not guarantee that a product will be gentle. “Unscented” can still contain fragrance-related ingredients, so fragrance-free is a better starting label for sensitive skin. Non-comedogenic products are sensible for acne-prone skin, but no label predicts every individual response. [21, 18]

Avoid risky shortcuts

Unregulated skin-lightening products may contain undeclared mercury or steroids. Do not use household bleach, toothpaste, or strong home peels as skin treatments. Prescription creams should be used for the diagnosed condition and under appropriate guidance. [19, 8, 36]

Keep the budget realistic

Prioritize cleanser, moisturizer, and sunscreen. Then consider one treatment for a clearly defined concern. Compare price per amount and how long the product will last; a small attractive package may not be the most practical daily choice. Expensive packaging does not establish superior results. [3]

A purchase checklist

What is this for? Is it suitable for me? Can I follow the directions? Do I already have something doing the same job? Can I keep buying it if it works?

Try this today

Review what you already own before adding a product to your shopping basket.

Reading notes: [21] testing products; [18] acne habits; [19] dark spots; [8] acne; [36] chemical peels; [3] budget care. Full links are at the end of this book.

CHAPTER 16

Your four-week glow plan

Use the first month to establish habits and check tolerance.

Week 1 Understand your starting point

Complete your skin profile and product inventory. Identify one goal. Keep any prescribed treatment as instructed. Build around well-tolerated cleansing, moisturizer, and sunscreen. If symptoms are significant, start with a clinical consultation rather than a new product.

Week 2 Make the basics easier

Keep your schedule consistent. Note dryness, stinging, oiliness, and how easy the routine is to follow. Arrange sunscreen for outdoor days. Choose a repeatable breakfast or lunch that includes protein and produce. Avoid adding products simply because a week has passed.

Week 3 Consider one addition

If your skin is comfortable and a concern remains, decide whether one targeted product is worthwhile. Test new cosmetics and follow medicine instructions. Adding nothing is also a valid choice. If you are already treating acne, continue the tolerated plan rather than repeatedly replacing it.

Week 4 Review and keep what works

Compare comfort, consistency, and any symptoms with your first week. Take a photograph in the same light if useful. Record which habits you want to maintain. Four weeks is a routine-building period, not a deadline for acne clearing or pigment fading.

What progress can look like

You cleanse without rushing, your moisturizer feels comfortable, sunscreen is part of getting ready, and you understand why each product is in your routine. These are meaningful achievements even when visible changes take longer.

When to change course

Do not wait for the plan to finish if a product causes significant irritation, acne is painful or scarring, or a rash persists. Seek advice and adjust the plan to your needs.

CHAPTER 17

Begin your glow with the Perfect Set

Kabogera Beauty Perfect Skin Essentials Set



A glowing-skin journey begins with a routine you understand and can repeat. The Perfect Set brings five products into one coordinated collection, helping you organize cleansing, targeted care, daytime protection, and evening care.

Product	Its place in your routine
Perfect Bar Soap · 75 g	Cleanses surface oil and everyday residue. Rinse thoroughly; switch to a gentler cleanser if it leaves skin tight.
Perfect Multi Action Essence · 60 ml	Contains 5% glycolic acid for surface exfoliation. May help dull skin look smoother; introduce gradually.
Perfect Ultimate Serum · 15 ml	The set’s targeted cosmetic step, positioned to support radiance and a more even-looking complexion.
Perfect Illuminating UV Gel · 20 ml	The set’s daytime sunscreen, labeled SPF 50. Apply as directed and check the label for UVA/broad-spectrum protection.
Perfect Renew & Resurfacing Night Cream · 10 g	Evening care containing retinyl palmitate, a vitamin A derivative. Introduce slowly and follow the label.

Product details are supplied by Kabogera Beauty. Benefits depend on the complete formula, correct use, and individual tolerance; this chapter does not establish clinical results for the set.

CHAPTER 17 · CONTINUED

Why the set works as a routine

Give each product a purpose, and give your skin time.

Complementary roles make the routine easier

Cleansing removes surface residue; exfoliation addresses dull surface buildup; the serum adds targeted cosmetic care; sunscreen supports daytime protection; and the cream provides evening care. Keeping these roles together can make planning and consistency simpler. Using one collection is a practical choice, but does not prove extra effectiveness compared with suitable products from other brands.

How it can support your glow

For skin that tolerates the formulas, regular cleansing and appropriate exfoliation can support a fresher, smoother-looking surface. The serum is intended to support radiance, while consistent sun protection helps limit UV damage that can contribute to uneven tone. These steps support the appearance of well-cared-for skin over time; visible results vary. [14, 25]

Start with comfort, then introduce the active steps

Test new products on a small area as described in Chapter 9, and add one at a time. Establish comfortable cleansing, moisturizer, and sunscreen first. Because the essence contains glycolic acid and the night cream contains a vitamin A derivative, a cautious starting approach is to use them on different evenings, following their labels. Avoid adding scrubs, other acids, or extra retinoids while introducing them. [21, 25]

Time	A flexible starting routine
Morning	Cleanse if needed → tolerated serum → moisturizer if needed → sunscreen. Keep sunscreen as the final skin care step.
Evening	Cleanse → one introduced active step, such as essence OR night cream → a bland moisturizer as needed. Use the serum only as directed and tolerated.

Using the set together does not require applying all five products at once or every day. Exfoliation is optional, and the night cream is an active product rather than a substitute for every skin’s moisturizing needs. Follow the latest packaging instructions and adjust to your skin.

Care reminders: Reapply sunscreen about every two hours outdoors and after swimming or sweating; use shade and protective clothing. Stop products that cause persistent burning, marked redness, swelling, or peeling. Avoid the retinyl-palmitate night cream during pregnancy; consult a clinician when planning pregnancy, breastfeeding, treating a skin condition, or using prescription treatments. [14, 21, 25, 34]
Reading notes: [14, 21, 25, 34] General AAD guidance; not brand testing or endorsement. Full links are at the end of this book.

BONUS 01

Simple meal ideas

Flexible options for busy days in Japan and the Philippines.

These meal combinations illustrate variety. Adjust amounts to your appetite, activity, budget, cultural preferences, and any medical dietary needs. They are not designed to treat a skin disease or promote weight loss.

Meal	Philippines-inspired idea	Japan-inspired idea
Breakfast	Oats with fruit, plus egg or unsweetened fortified soy drink	Rice, egg or tofu, and vegetables
Lunch	Fish or tofu, rice, pechay or other vegetables	Grilled fish or tofu, rice, and a vegetable side
Dinner	Monggo with vegetables and a suitable protein side	Vegetable and tofu bowl with rice or noodles
Snack	Fruit and a small portion of nuts if tolerated	Fruit, edamame, or plain yogurt if tolerated

Plan for your busiest day

Keep one convenient protein, one vegetable, and one staple available. Frozen vegetables, beans, tofu, eggs, and canned fish can make meal preparation easier. Choose options that fit your dietary needs and compare labels where useful.

Make changes without guilt

You do not need to remove rice, enjoy only expensive “superfoods,” or make every meal perfect. Improve what is practical, keep variety across the week, and enjoy food socially. If you avoid dairy, consider a fortified alternative so the replacement supports your nutritional needs.

My meal habit this week

I will add: _____

My easy protein choice: _____

My convenient vegetable: _____

Reading notes: [26, 27] NHS balanced eating. Full links are at the end of this book.

BONUS 02

My skin and routine worksheet

Use this page before adding another product.

My skin today

Usual skin pattern: _____
Current comfort or symptoms: _____
Areas that feel different: _____

My main concern

My priority: _____
How long it has been present: _____
Treatments already tried: _____

My morning routine

Cleanser: _____
Moisturizer: _____
Sunscreen and SPF: _____

My evening routine

Cleanser or makeup remover: _____
Treatment, if needed: _____
Moisturizer: _____

Before I add an active

Allergies or past reactions: _____
Medicines or relevant health conditions: _____
Pregnancy or breastfeeding review needed: _____
Question for a pharmacist or clinician: _____

Seek prompt assessment for a changing mole or spot, unexplained bleeding, or a sore that does not heal. Persistent rashes and painful or scarring acne also need attention. [37, 8]

BONUS 03

Weekly progress tracker

Record patterns without judging your appearance.

Week	Routine followed	Comfort and symptoms	One habit to keep
1	_____	_____ _____	_____
2	_____	_____ _____	_____
3	_____	_____ _____	_____
4	_____	_____ _____	_____

Use photographs fairly

If you choose to take progress pictures, use the same room, light, camera, and approximate time of day. Leave filters off. You can also track comfort and routine consistency without photographs. Your wellbeing matters more than creating an impressive before-and-after image.

Prepare for a skin appointment

Bring a list of products and medicines, when symptoms began, and any reaction photographs. Note whether the problem itches, hurts, burns, or changes with your cycle or activities. Ask what the diagnosis is, how to use the treatment, what side effects to watch for, and when to return.

Notice important warning signs

The ABCDE guide flags concerning moles: asymmetry, an irregular border, varied color, diameter that may exceed 6 mm, and evolution over time. Melanoma can be smaller, so size alone cannot reassure you. A changing or unusual spot needs assessment. [37]

My next step
One habit I will continue: _____
One question I still have: _____
My next review date: _____

Glow Beyond Perfect
Care for the skin you have, give changes time, and build confidence through understanding.

MEET THE AUTHOR

MARI DELLE

Skin Care Formulator/Founder



Founder of Kabogera Beauty

Mari Delle is the founder of Kabogera Beauty. Glow Beyond Perfect brings together practical guidance on understanding your skin, building a manageable routine, and supporting everyday wellbeing.

This ebook encourages informed skin care choices, consistency, and confidence in your natural complexion.

Author portrait illustrated from a photo supplied by Mari Delle.

SOURCES 1 OF 3

Sources and further reading

AAD means the American Academy of Dermatology. NHS is the UK National Health Service; CDC is the US Centers for Disease Control and Prevention. Numbered notes point to these public resources. Links were checked for this edition on 7 October 2026.

[1] Cleveland Clinic · Signs Your Skin Barrier Is Damaged

[2] AAD · How to control oily skin

[3] AAD · Skin care on a budget

[4] AAD · How to pick the right moisturizer for your skin

[5] AAD · 7 rosacea skin care tips

[6] AAD · Atopic dermatitis skin care

[7] AAD · What can treat large facial pores

[8] AAD · Adult acne treatment dermatologists recommend

[9] AAD · Face washing 101

[10] AAD · Dermatologists tips for relieving dry skin

[11] AAD · Is it okay to wear makeup with acne

[12] Cleveland Clinic · What Do Ceramides Do for Your Skin

[13] AAD · Cold weather and your skin

SOURCES 2 OF 3

Sources and further reading

[14] AAD · How to apply sunscreen

[15] AAD · 5 common sunscreen mistakes

[16] AAD · Melasma self-care

[17] AAD · Finding skin cancer in darker skin tones

[18] AAD · 10 skin care habits that can worsen acne

[19] AAD · How to fade dark spots in darker skin tones

[20] AAD · Melasma diagnosis and treatment

[21] AAD · How to test skin care products

[22] NHS · Anaphylaxis

[23] AAD · Retinoid or retinol

[24] AAD · Skin care for your 20s

[25] AAD · How to safely exfoliate at home

[26] NHS · Eating a balanced diet

SOURCES 3 OF 3

Sources and further reading

[27] NHS · 8 tips for healthy eating

[28] AAD · Can the right diet get rid of acne

[29] NHS · Water drinks and hydration

[30] AAD · Should I take vitamins or supplements for my skin

[31] CDC · About Sleep

[32] AAD · 10 skin care secrets for healthier-looking skin

[33] AAD · Skin care for tweens and teens

[34] AAD · Dermatologist-approved pregnancy skin care

[35] AAD · How to maximize results from anti-aging products

[36] AAD · Chemical peels overview

[37] AAD · What to look for ABCDEs of melanoma

[38] AAD · Acne overview

[39] AAD · Acne diagnosis and treatment

Evidence and scope

This handbook summarizes general public health and dermatology guidance. The planner, reflections, and meal combinations are practical editorial examples. Individual results depend on the diagnosis, product formula, treatment, and adherence. Local medicine availability and professional advice take precedence over generic examples.