

A DR. LURIE SKINCARE GUIDE

The Simple Skincare Routine I'd Choose

A practical morning-and-evening routine built around consistency, comfort, and sun protection.

DR. LURIE SKINCARE

THE PHILOSOPHY

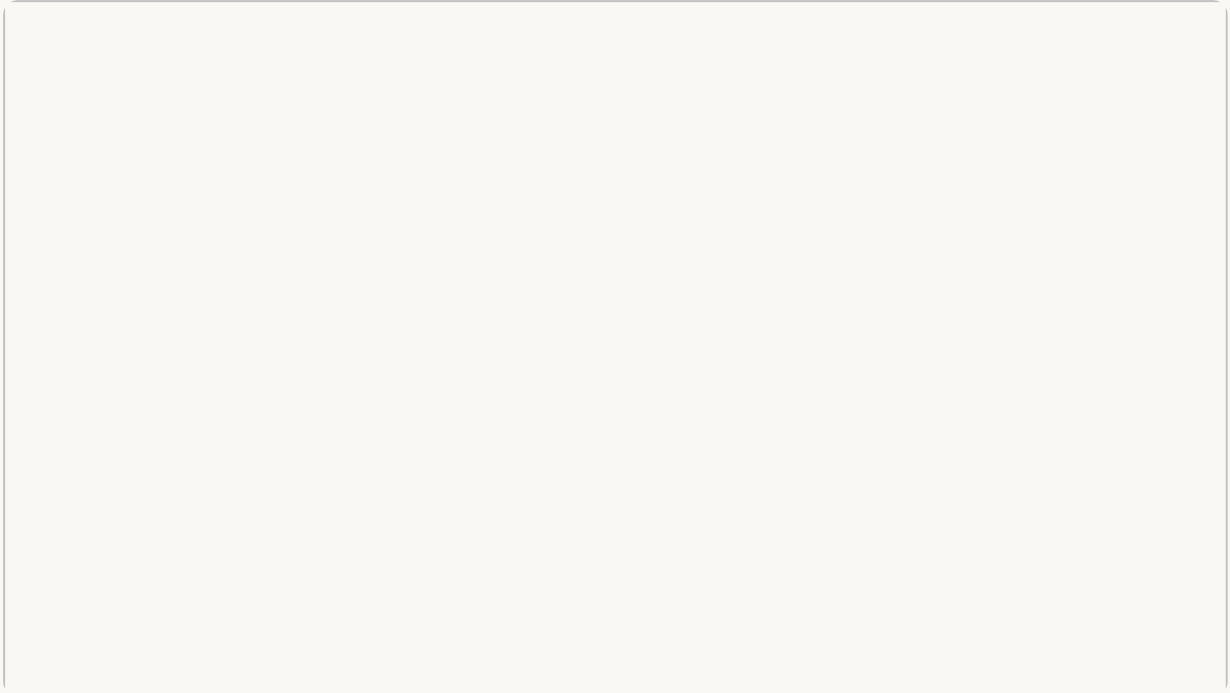
Simple on purpose

If I were building a skincare routine for myself, I would make it deliberately boring. Skin usually does not need a crowded shelf or a new experiment every week. I would choose a few comfortable products, use them consistently, and change only one thing at a time.

DAYTIME

Morning

I would start with a gentle cleanse, or simply rinse if my skin felt dry or comfortable from the night before. Next would come a plain moisturizer when needed. The final step would be broad-spectrum sunscreen with SPF 30 or higher on exposed skin. I would treat sunscreen as the non-negotiable part, not the decorative finale.



NIGHTTIME

Evening

At night, I would remove sunscreen, makeup, and the day with a gentle cleanser. Then I would moisturize while the routine was still easy to remember. If I wanted to address a specific concern, I would add only one targeted product, introduce it slowly, and watch for persistent stinging, redness, or peeling instead of assuming discomfort means it is working.

WHAT I WOULD SKIP

I would skip harsh scrubs, frequent product switching, and the urge to copy every trending routine. A short routine is easier to evaluate: when something helps or irritates, the cause is clearer. I would also give ordinary habits time to work before buying another solution.

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A calmer, more consistent routine

The most effective routine is the one you will actually keep. Choose a few products you enjoy, protect your skin from the sun every day, and let consistency do the quiet work.

That is the routine I would choose for myself, and the one I would recommend to you.

This is a general routine, not individualized medical advice. Ongoing acne, rashes, pain, or significant irritation deserve guidance from a qualified clinician.