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# **MORE THAN A** **SkinCare** **Cheat Sheet**

**A SKINFORMATION**  
**GUIDE**  
**for all skin types**

**Rachael V Stirling**



# Welcome

Welcome to Your Ultimate Skincare Cheat Sheet! ✨

Hi there! I'm Rachael, the proud owner of More Than a Pretty Face. As a certified skin specialist and facial expert, I've spent years helping clients achieve glowing, healthy skin, and now I'm so excited to share my knowledge with you!

This Skincare Cheat Sheet is your go-to guide for understanding your skin and giving it the care it truly deserves. Whether you're dealing with acne-prone, dry, oily, aging, combo, or sensitive skin, this guide has you covered. Inside, you'll find:

- ✓ Causes – Learn what's behind common skin concerns.
- ✓ Solutions – Proven tips and treatments to tackle problem areas.
- ✓ Recommendations – Expert advice tailored to every skin type.
- ✓ Product Options – A breakdown of must-have products to level up your skincare routine.

I created this guide because I know skincare can feel overwhelming, but it doesn't have to be. My goal is to simplify the process, boost your confidence, and help you build a routine that works.

I'm so glad you're here—let's get glowing! ✨

With love and great skin,  
Rachael

# Table of Contents

ACNE PRONE SKIN

OILY SKIN

DRY SKIN

COMBO SKIN

AGING SKIN

SENSITIVE SKIN

RESOURCES

SKIN CARE TIPS

SKIN CARE REMINDERS

SKIN CONSULTATIONS

ABOUT ME



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# Acne prone skin

ACNE PRONE SKIN IS USUALLY CHARACTERIZED BY FREQUENT BREAKOUTS, BLACKHEADS, WHITEHEADS, AND SOMETIMES CYSTIC ACNE.

IT IS OFTEN CAUSED BY EXCESS OIL PRODUCTION, CLOGGED PORES, BACTERIA, OR HORMONAL IMBALANCES.

MANAGING ACNE INVOLVES GENTLE CLEANSING, EXFOLIATION, AND ACNE-FIGHTING INGREDIENTS LIKE SALICYLIC ACID OR BENZOYL PEROXIDE.

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## ACNE PRONE

### Possible Causes

- INCREASE IN OIL PRODUCTION
- BACTERIA
- HORMONES

### Solutions/ Products

- IDYLIC CLEANSER
- CBD MIST
- ASTRINGENT NO2
- FULVIC ELIXIR
- OXYGEN CREAM
- SULFUR MASK

### Devices to Use

- SMART GUA SHA BLUE LIGHT
- ICE ROLLER
- PIMPLE PATCHES

### Treatments

- BADASS FACIAL  
(acne facial focused on extractions & high frequency)
- H2GLOW FACIAL  
great for cleaning out the pores

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# Oily skin

PRODUCES EXCESS SEBUM  
ALL OVER THE FACE, LEADING  
TO A SHINY COMPLEXION  
AND A HIGHER CHANCE OF  
CLOGGED PORES AND ACNE.

A BALANCED ROUTINE WITH  
LIGHTWEIGHT, OIL-FREE  
MOISTURIZERS AND  
INGREDIENTS LIKE  
NIACINAMIDE AND CLAY CAN  
HELP REGULATE OIL  
PRODUCTION.

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OILY

## Possible Causes

- GLAND CREATES TOO MUCH OIL
- GENETICS

## Solutions/ Products

- GLYCOLIC FACIAL CLEANSER
- SKIN RECOVERY MIST
- FULVIC ELIXIR
- OXYGEN CREAM

## Devices to Use

- BLOTTING PAPER
- SMART GUA SHA

## Treatments

BADASS FACIAL or  
H2GLOW FACIAL

(focusing on  
extractions and  
hydration)

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# Dry skin

OFTEN FEELS TIGHT, ROUGH,  
FLAKY, OR EVEN ITCHY DUE TO A  
LACK OF MOISTURE AND  
NATURAL OILS.

DRY SKIN NEEDS HYDRATION  
WITH HUMECTANTS LIKE  
HYALURONIC ACID AND  
OCCLUSIVES LIKE CERAMIDES  
TO LOCK IN MOISTURE.

AVOID HARSH CLEANSERS AND  
ALCOHOL-BASED PRODUCTS.

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**DRY**

## Possible Causes

- HARSH SOAP
- HOT SHOWERS
- LOW HUMIDITY
- LACK OF HYDRATION

## Solutions/ Products

- MEGA CREAM CLEANSER
- SKIN RECOVERY MIST
- MTAPF HYALURONIC ACID
- DAILY REPAIR CREAM
- BEAUTY OIL

## Devices to Use

- SMART GUA  
SHA

## Treatments

- H2GLOW FACIAL  
or  
-BUCCAL FACIAL

(focus on hydration  
and circulation)

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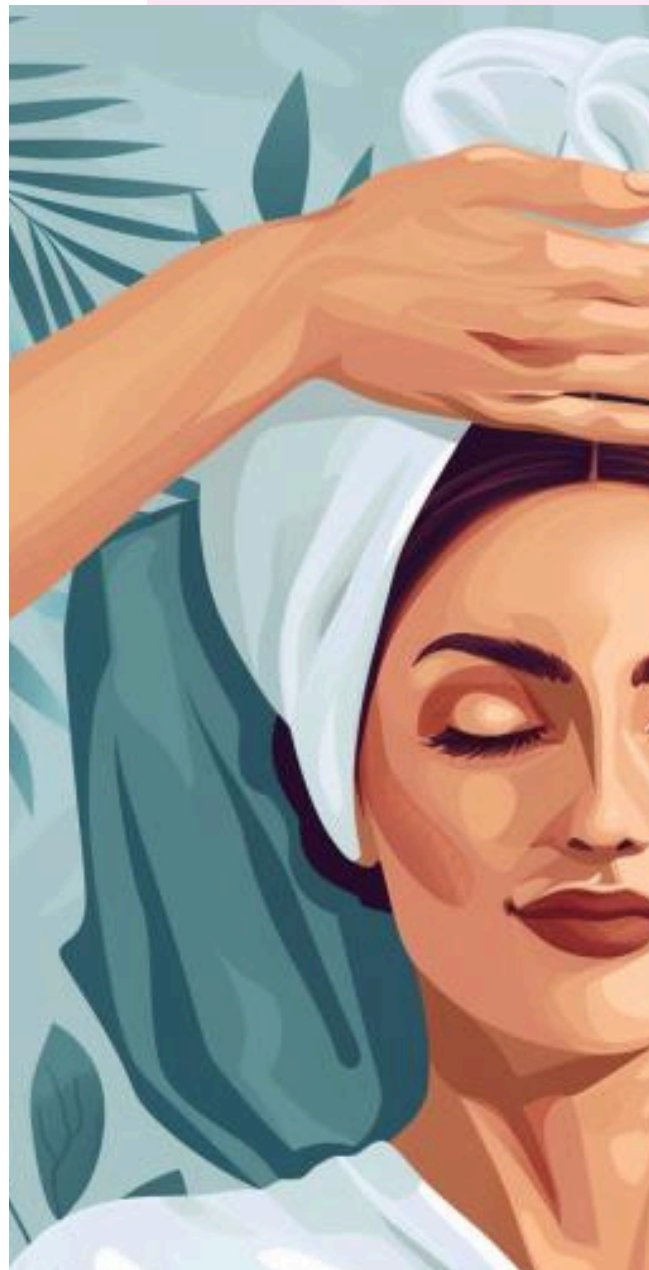
# Combo skin

COMBINATION SKIN IS CHARACTERIZED BY A MIX OF DRY AND OILY AREAS. TYPICALLY, THE T-ZONE (FOREHEAD, NOSE, AND CHIN) IS OILY, WHILE THE CHEEKS AND OTHER AREAS MAY BE DRY OR NORMAL.

THIS SKIN TYPE OFTEN REQUIRES A TAILORED APPROACH TO BALANCE THESE VARYING NEEDS.

SKINCARE SHOULD FOCUS ON BALANCING HYDRATION AND OIL CONTROL WITH LIGHTWEIGHT, NON-COMEDOGENIC PRODUCTS.

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**COMBO**

## Possible Causes

- GENETICS
- HORMONAL IMBALANCE
- WRONG SKINCARE PRODUCTS
- DIET AND LIFESTYLE

## Solutions/ Products

- MEGA CREAM CLEANSER
- SKIN RECOVERY MIST
- ASTRINGENT NO2
- MTAPF HYALURONIC ACID
- FULVIC ELIXIR
- OXYGEN CREAM
- MTAPF RETINOL AND PEPTIDE SERUM

## Devices to Use

- SMART GUA  
SHA

## Treatments

- H2GLOW FACIAL or  
BADASS FACIAL  
(focus on removing clogged  
pores and hydrating skin)

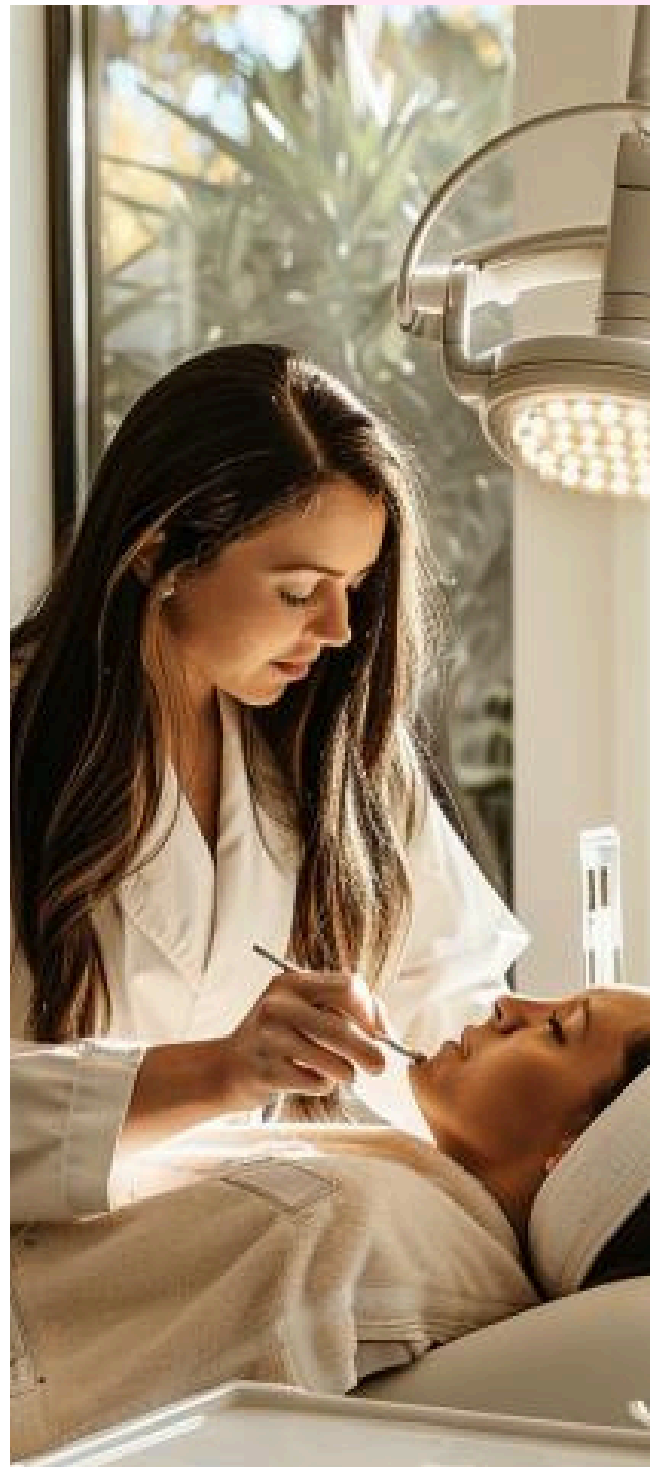
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# Aging skin

SHOWS SIGNS OF FINE LINES, WRINKLES, AND LOSS OF ELASTICITY DUE TO REDUCED COLLAGEN PRODUCTION.

HYDRATION, ANTIOXIDANTS, AND INGREDIENTS LIKE RETINOL, PEPTIDES, AND HYALURONIC ACID HELP MAINTAIN A YOUTHFUL APPEARANCE.

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## AGING

### Possible Causes

- SUN EXPOSURE
- DECREASE IN COLLAGEN PRODUCTION
- ENVIRONMENTAL FACTORS
- STRESS
- LIFESTYLE

### Solutions/ Products

- PEPTIDE FIRMING CLEANSER
- CBD MIST
- MTAPF RETINOL AND PEPTIDE SERUM
- MICRO LIFT SERUM
- AGE DELAY CREAM

### Devices to Use

- SMART GUA SHA
- RED LIGHT
- THE EYEHANCER MASK
- LED FACE MASKS

### Treatments

- BUCCAL FACIAL  
lift, tone, and lymphatic drainage
- ANTIAGING FACIAL  
Radio Frequency treatment
- MICRONEEDLING  
collagen production to tighten and tone skin

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# Sensitive skin

EASILY IRRITATED BY SKINCARE PRODUCTS, ENVIRONMENTAL FACTORS, OR CERTAIN INGREDIENTS.

SYMPTOMS INCLUDE REDNESS, ITCHING, BURNING, OR DRYNESS. GENTLE, FRAGRANCE-FREE, AND HYPOALLERGENIC PRODUCTS WITH SOOTHING INGREDIENTS.

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## SENSITIVE

### Possible Causes

- COMPROMISED SKIN BARRIER
- ALLERGIES
- ENVIRONMENTAL FACTORS

### Solutions/ Products

- MEGA CREAM CLEANSER
- SKIN RECOVERY MIST
- CELL PROTECTION SERUM
- COMFORT CREAM

### Devices to Use

- SMART GUA SHA RED LIGHT
- ICE ROLLER

### Treatments

- BASIC FACIAL  
(focus on repairing the skin barrier with light treatment)
- THE RIGHT SKINCARE ROUTINE FOR YOUR SKIN

# Resources

SMART GUA SHA

EYEHANCER

LED FACE MASK (omnilux)

-10% off with this link

GLYMED PLUS

(medical grade  
skincare)

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FACE SKINCARE

PIMPLE PATCHES

HYPOCHLOROUS ACID SPRAY

-Hale Derma (recommended for all)

Become an affiliate of More Than A Pretty  
Face and earn commission!



# Resources

## CA AMAZON LINKS

[Blotting Papers](#)

[Blotting Papers](#)

[Ice Roller](#)

[Ice Roller](#)

[Pimple Patches](#)

## US AMAZON LINKS

[Blotting Papers](#)

[Ice Roller](#)

[Pimple Patches](#)

# SKINCARE STEPS

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## STEP 1 - CLEANSE

(Removes oil, makeup, dead skin cells, environmental pollutants, and debris)

## STEP 2 - TREAT

(Targeted and effective ingredients to care for a specific condition)

## STEP 3 - Balance

(Vital ingredients that restore, repair and rejuvenate the skin)

## STEP 4 - PROTECT

(Protects skin cells from harmful pollutants, free radicals and ultraviolet rays)

## STEP 5 - TOOL

(Use devices like LED light and gua sha to help further treat specific concerns)

\*Bonus (Monthly facials)

# SKINCARE REMINDERS

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- Double cleanse your skin in the evening. Use a creamy cleanser for the 1st cleanse and either a foaming/gel or active cleanser for the 2nd cleanse
- Apply sunscreen daily and re-apply every 2 hours while outside
- Exfoliate 2-3 times a week using either a chemical, enzymatic or physical exfoliant as recommended by your skincare professional
- Apply your serums, thinnest to thickest
- Use active serums and treatment products in the evening
- Do not forget your eyes, lips, neck, decollete, and hands along with body care
- Do not pick acne - ice or masque instead

# SKINCARE REMINDERS

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## Disclaimer:

While this guide outlines the most common causes and treatment options for various skin concerns, it's important to remember that everyone's skin, lifestyle, and needs are unique. What works for one person may not work for another.

For personalized advice and tailored recommendations, we always recommend booking a skin consultation with myself or a trusted skin specialist of your choice.

See next page for skin consult options.



# Skin Consult

**CLICK [HERE](#) TO SET UP  
YOUR SKIN  
CONSULTATION!**

**[MY STORE](#)**

**[MY BLOG](#)**

**[THE SPA](#)**

I offer virtual and in person skin consultations. The fee for the skin consult will go towards any products purchased from me that I recommend during our consult, so if you decide to make a purchase the skin consultation becomes free!

# About Me

HI! I'M RACHAEL, THE OWNER OF MORE THAN A PRETTY FACE. I AM A CERTIFIED SKINCARE SPECIALIST, FACIAL EXPERT, AND BEAUTY SPA COACH. I AM ALSO CERTIFIED IN BUCCAL FACIAL MASSAGE, LASH LIFTS, BROW LAMINATIONS, BODY SCULPTING, TEETH WHITENING, AND MORE. I ABSOLUTELY LOVE MY CLIENTS AND HAVE SUCH A PASSION FOR WHAT I DO, HELPING PEOPLE LOOK AND FEEL MORE CONFIDENT!

I HAVE SENSITIVE SKIN MYSELF AND PERSONALLY STRUGGLED WITH ACNE SO I CAN UNDERSTAND WHAT MY CLIENTS ARE GOING THROUGH. EDUCATING OTHERS ON SKINCARE AND ALWAYS LEARNING MORE IS MY TOP PRIORITY,

THERE IS NO SUCH THING AS PERFECT SKIN, BUT WE CAN CARE FOR IT PERFECTLY!



*Rachael*

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Follow me!

