



5 Skincare Mistakes That Make Oily Skin Worse



Using Harsh Foaming Cleansers

Strips skin,
triggers
rebound oil.



Skipping Moisturizer

Dehydration
leads to
more oil



Using Alcohol based Toners

Damage your
barrier over
time



Over- exfoliating w Scrubs or Acids

Weakens skin,
causes more oil
and breakouts.



Skipping Sunscreen

UV damage
enlarges and
thickens
pores



Dermatologist-Recommended Ingredients for Oily Skin



Niacinamide

Niacinamide
Balances oil,
tightens pores,
fades dark
spots



Salicylic Acid

**Salicylic Acid
(BHA)**
Deep-
cleansing BHA
that clears
clogged pores.



Clay Mask

Clay Mask
Absorbs oil
and detoxifies
without over-
drying.



Centella Leaf

**Centella
Asiatica**
Soothes,
repairs barrier,
calms redness



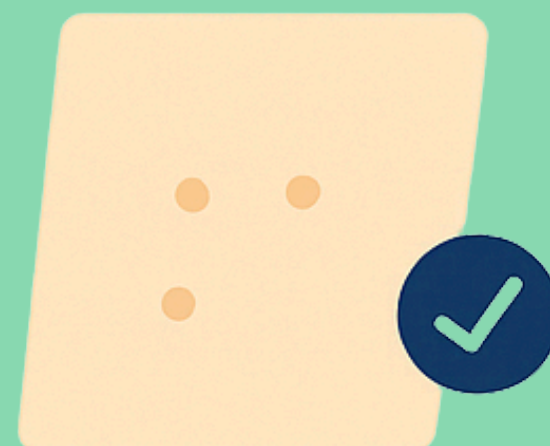
Green Tea

**Green Tea
Extract**
Antioxidant
that calms,
de-greases,
and protects.



Managing oily skin isn't
about stripping your face
"It's about balance"

FLIGHT ROUTINE FOR OIL CONTROL



Blotting paper— but only once a day

More than once triggers
rebound oil.



Cold water rinse

Splashing with cold water
after cleansing helps
tighten pores and refresh.



Hydrate from the inside

I hydrate with caffeine-free
herbal teas or electrolyte
water daily—it supports oil
balance better than you'd think



Avoid pore-filling primers

Most use silicones that
stretch pores and clog, I
use hydrating SPF instead



Weekly reset: Clay mask + calming ampoule

Every Sunday night, like
clockwork. It resets my
whole face