

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

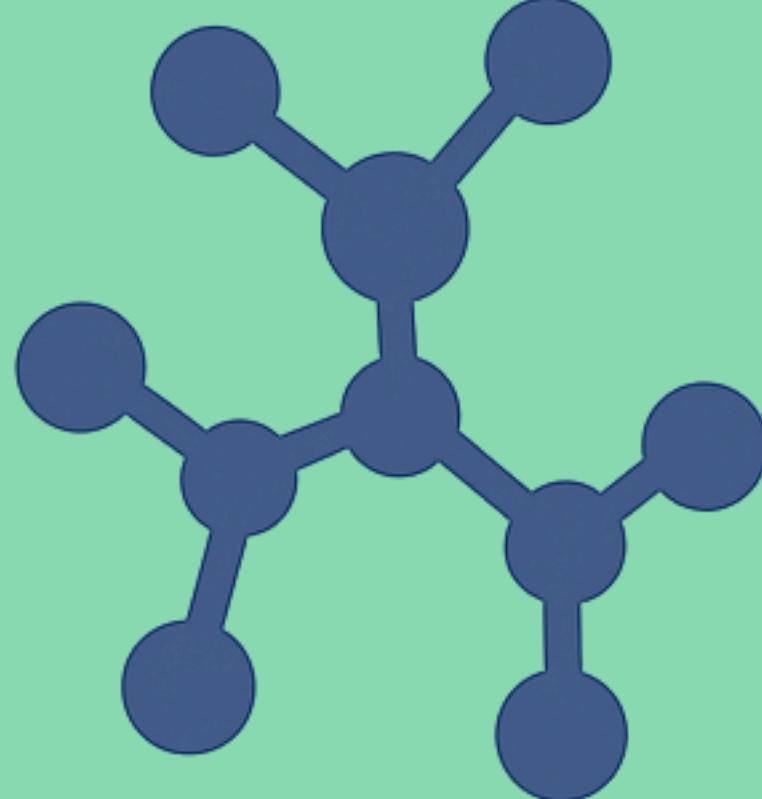


Over-exfoliating w Scrubs or Acids
Weakens skin, causes more oil and breakouts.



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



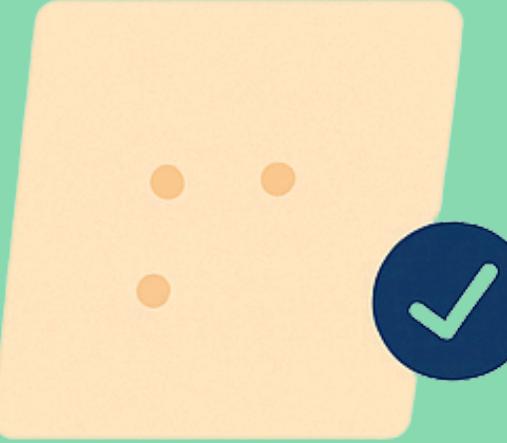
Green Tea

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



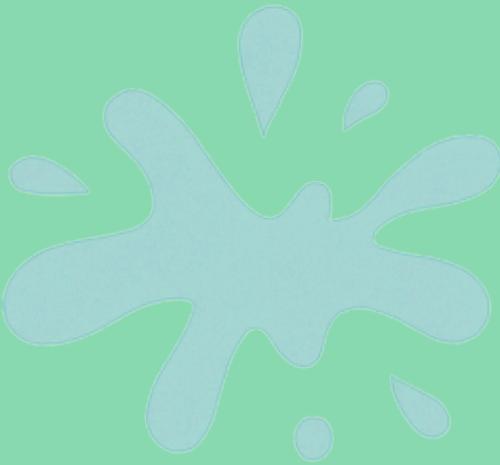
Managing oily skin isn't
about stripping your face
"It's about balance"

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