

# ✨ 10 HIDDEN K-BEAUTY TIPS YOU HAVEN'T TRIED (YET) ✨

## K-BEAUTY TIPS

- **Essence before toner** → Preps skin pH
- **7-Skin Method** → Layer toner for glow
- **Ampoule cocktailing** → Mix & match actives
- **Double sheet masking** → Hydration + brightening
- **Flight reset** → Mask or spray after travel
- **Scalp = skin** → Weekly scalp cleanse
- **Sleep packs** → Overnight recovery
- **Fermented oils** → Gentle cleansing
- **Slugging lite** → Essences instead of heavy occlusives
- **Tapping massage** → Boost absorption + circulation

## HOW TO TRY – STARTER GUIDE

- **Start Small:** Pick 1–2 tips, don't overhaul.
- **Focus on Hydration:** Gentle essences, toners, ampoules.
- **Layer Smart:** Thinnest to thickest products.
- **Adjust for Lifestyle:** Travel? Use sprays. Night owl? Use sleep packs.
- **Listen to Skin:** Rotate, experiment, keep what works.

