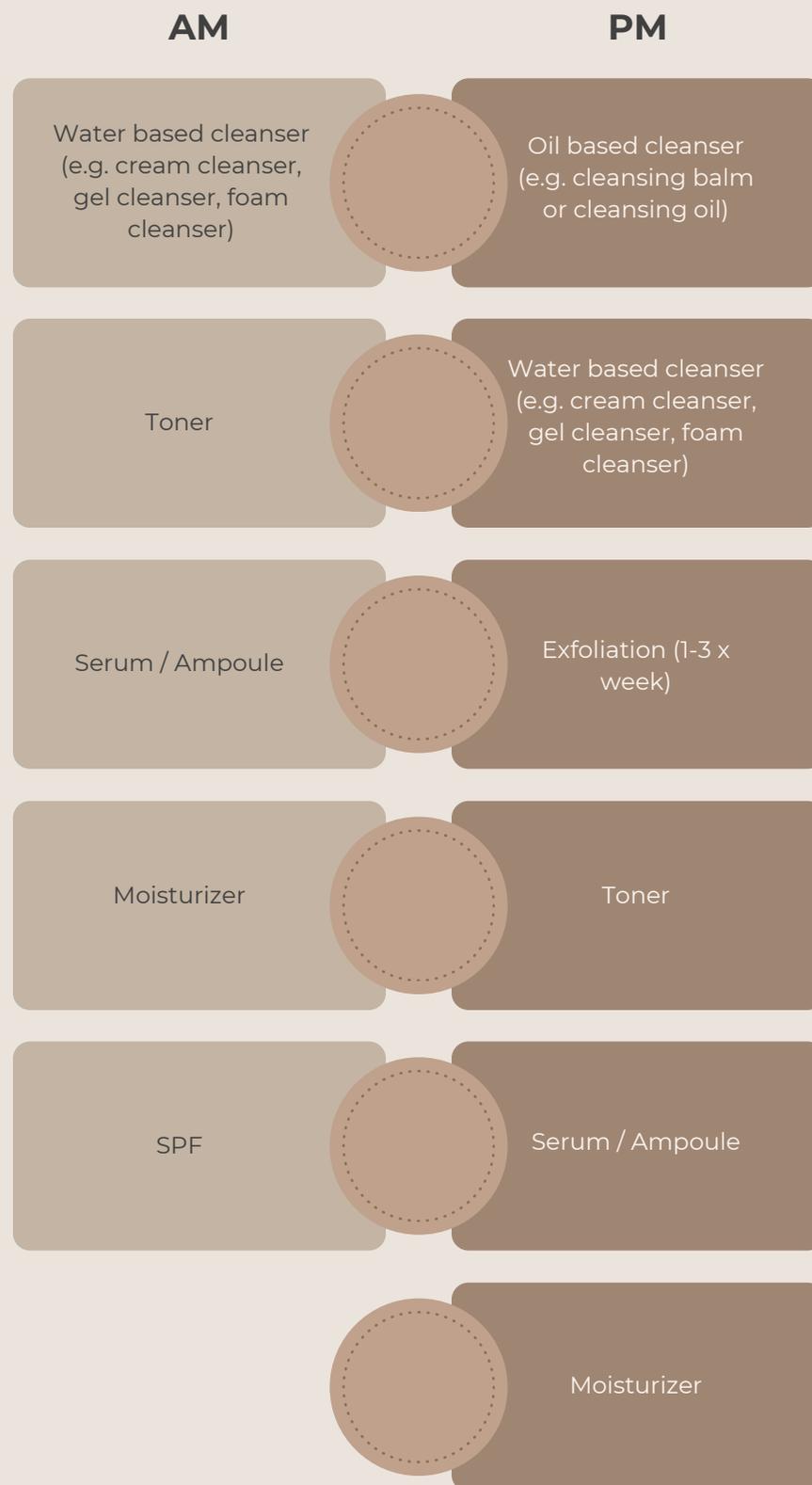


JANORÀ Routine Basics

Discover the fundamentals of healthy, radiant skin with this simple, easy-to-follow guide — your foundation for a glowing daily ritual. Each routine should be personalized for your own skin after a consultation as some steps may vary according to skin type and condition and products may vary depending on the active ingredients



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AM Skincare – Protect & Prepare

Morning skincare is all about protection and preparation. Your products should hydrate, shield against environmental stressors like UV rays and pollution, and support your skin's natural barrier throughout the day. This is when antioxidants, lightweight moisturizers, and SPF are essential to keep your skin healthy, glowing, and resilient.

PM Skincare – Repair & Restore

Evening skincare is for repair and restoration. While you sleep, your skin works to regenerate and detoxify. Your products should nourish, replenish, and target concerns such as fine lines, dryness, or pigmentation. Richer creams, serums with active ingredients, and gentle treatments help your skin recover, so you wake up refreshed, balanced, and radiant.

Note on Exfoliation

The type of exfoliator and the frequency of exfoliation will depend on your skin type, conditions and concerns. Over exfoliating as well as using the wrong exfoliator can cause irritation and damage the skin barrier.

Note on Face Masks

The type of mask and the frequency of using the mask will depend on your skin type, conditions and concerns. When to use the face mask in your routine will also depend on the type of mask you are using.