



# Get Started with Your Own Skincare Routine

**HIYA ISLAM**

Skincare is not a one-size-fits-all. However, it has some elements that should be common in everyone's routine. At the heart of skincare remains the four basic steps – cleanse, treat, moisturise, and protect.

Good skincare starts with getting to know your skin type (balanced, dry, oily, sensitive, combination, and ageing) and any skin concerns like acne, hyperpigmentation, sun damage, blackheads etc. that you need to address. These details will point you towards the kind of products you need, and help build a more suitable regimen.

The morning care is to protect and prevent, meaning you should use an anti-ageing elixir coupled with sunscreen. The night care aims to repair and correct your skin, which also includes having a good sleep.

Here is a scary thought – that one serum bottle you splurge on like clockwork is not working for you because you are applying it in the wrong order. Applying sunscreen, for instance, under a lotion or moisturiser is not wise as it can block sun rays and everything else from absorbing into the skin. The only thing that should be going on top of it would be face powder, concealer or foundation.

The order of application, and pauses needed between steps, is crucial to getting the most out of your products. In skincare jargon, this is known as "layering". Typically, you want to start with water-based products first and work your way towards oil-based or heavier products. This makes sense as

thinner products, like serums and eye creams, cannot penetrate the thicker face oils or night creams.

For layering, it is easy to mix conflicting ingredients. Say, Vitamin C with any acid like salicylic acid. This can cause irritation, redness, breakouts or render a product less effective or useless. Here, personal research comes in handy. If that sounds like too much work, try following a beauty blog or estheticians/skincare gurus on Instagram. Cassandra Bankson and James Welsh are well-known vloggers who make great skincare content. A lot of beauty brands, too, participate in educating their potential customers online these days.

Skincare goes hand in hand with patience. To know if your routine is paying off, wait for at least a month of regular use to see the results. Follow this through for about 3 to 4 months more to understand if the formulation is effectively working on your face.

For those with sensitive skin, try before you buy. Patch test new products, which is a quick way to check for allergies. Dab a small amount on the inside of your wrist or elbow and watch out for reactions like rashes or dry, flaky skin. Wait for at least 24 hours for any delayed response. If none, you are good to go.

Not everyone needs a 10-step beauty routine. If you are just starting, it is best to keep it simple. Once you eventually get to the stage where you understand what suits you best, you can invest in some masks and face peels for a weekly pamper. Maybe jade roller and gua sha stones, too.

**satire.**

## Toilet cleaner salesman refuses to come out of the bathroom

**MALIHA MOMTAZ OISHI**

Imagine waking up one morning, and suddenly hearing your doorbell. You open the door to see a mysterious cap-wearing man, bright blue bottle in hand, flashing a toothy grin at you.

"Are you a Mr.Pic family?" he asks, and you're confused. Is he asking if you're made out of Mr.Pic toilet cleaners? Before you can even answer, he barges into your house without saying a word along with an entire camera crew.

Such was the plight of Fariha last Wednesday.

"First, it was all those toothpaste guys invading the whole neighbourhood, going around asking us if we had salt in our toothpaste," said Fariha. "Because that's just what we do. In our spare time, we sit alone in our rooms, analysing the amount of salt in dental products."

"We thought that was as bad as it would get, but now it's a whole another game," added Fariha. According to her, once the salesman had entered the place, he refused to come out.

Our team found the man clutching his cap and sitting in a corner of the master bathroom. He seemed to be having some sort of a crisis. After multiple attempts from our end, he finally agreed to talk to us.

"I went to Yale," he said, in a state of utter agony. "Yet, here I am, barging into people's bathrooms. You think I enjoy doing this? They'll... they'll take away my bonus if I don't." The salesman went on, "You think you're going to be a movie star, but the next thing you know you're signing a contract agreeing to smile like a maniac, going door to door asking people what kind of toilet cleaner they use."

Fariha's 11-year-old son, Fahim, also had something to say about the incident.

"I guess it was a bit of a surprise," reported Fahim. "You don't go into your bathroom expecting to see a weird stranger wail and tell you not to grow up and how the job market is a curse. I offered him some juice to cheer him up, but he just ended up pouring it all over himself."

We also got to have a word with one of the camera crew.

"To be honest, we saw this coming," said the cinematographer, "The guy was slowly losing his sanity. Sometimes, he'd talk about how Mr.Pic is better than ordinary toilet cleaners in his sleep." The cinematographer then proceeded to show us the haunting footage.

"If you'll excuse me, I'm going to hang out with the .01% germs Mr.Pic can't kill," said the salesman at the end of the interview. "Good luck getting me out of here."

The man still sits there to this day. His eyes were full of tears and heart filled with dread. The family is already planning on evacuating the house. Boy, if you thought stains on the bathroom wall were hard to remove.

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