

→ DARK SPOTS

- Use products with niacinamide, alpha-arbutin, vitamin C, glycolic acid, glycyrrhiza glabra root, or azelaic acid to lighten dark spots and improve overall skin tone.
- Always wear sunscreen (at least SPF 30) to prevent darkening of existing spots.
- Why? These ingredients effectively address dark spots while sun protection helps maintain progress.
- Benefits for Skin-of-Color: The ingredients are effective in addressing dark spots on skin-of-color without causing hypopigmentation in surrounding areas.



ROUGH TEXTURE & DULL-LOOKING SKIN

- Use creams containing chemical exfoliants (AHAs, like glycolic acid or lactic acid) to remove dull-looking dead skin cells and improve texture.
- Moisturize with products containing ceramides, and emollients like cocoa butter, mango butter, and shea butter to soften skin and strengthen the skin barrier.
- Use products with vitamin C to brighten the complexion and enhance radiance.
- Why? Chemical exfoliants promote smoother skin, while ceramides enhance its overall health and resilience.
- Benefits for Skin-of-Color: Chemical exfoliation with AHAs is suitable for skin-of-color, as they can smooth rough texture without causing excessive dryness, sensitivity, irritation, or lightening the surrounding skin.

DARK UNDER EYE CIRCLES

- Use serums and creams with peptides, hyaluronic acid, alpha-arbutin, niacinamide, vitamin C, glycolic acid, azelaic acid, and glycyrrhiza glabra root extract, superoxide dismutase, pomegranate enzyme, noni fruit extract, or pro-vitamin B5 to reduce the discoloration, invigorate the under-eye area, and plump & hydrate the under-eye area.
- Get enough sleep and use a silk pillowcase to minimize friction and puffiness.
- Why? These ingredients and practices reduce the appearance of dark circles and keep the delicate under-eye skin hydrated.
- Benefits for Skin-of-Color: Serums and creams with these ingredients work well on the tender under-eye area, as they gently address concerns related to dark circles and puffiness without leaving a chalky or ashy residue.

SHAVING BUMPS & INGROWN HAIRS

- Use a sharp, clean razor that is made for sensitive skin and shave in the direction of hair growth. Let the razor do the work; meaning, don't press down aggressively or stretch your skin while shaving.
- Apply a serum that helps prevent shaving bumps & ingrown hairs twice a day, once after you shave in the morning and again in the evening before sleeping. This serum should contain vitamin C, salicylic acid, AHAs, and vitamin E.
- Why? These techniques and serum reduce shaving bumps and ingrown hairs, leading to smoother skin.
- Benefits for Skin-of-Color: Exfoliating with salicylic acid before shaving is particularly beneficial for skin-of-color, as it can prevent ingrown hairs without causing hyperpigmentation.

ROSACEA

- Use products with calming ingredients like aloe vera and chamomile, and apply cold towels, to soothe inflammation.
- Prevent flare-ups by avoiding these triggers: eating spicy foods, drinking alcohol, sun exposure, hot or cold temperatures, stress, and irritating skin or hair products.
- Apply a gentle, broad-spectrum sunscreen with an SPF of 30 or higher every day.
- Choose a fragrance-free sunscreen that contains zinc oxide, titanium dioxide, or both as it is least likely to irritate your sensitive skin.
- Why? These ingredients and precautions help manage rosacea symptoms and reduce redness.
- Benefits for Skin-of-Color: Products with calming ingredients are great for skin-of-color, as they can soothe inflammation and redness without causing hyperpigmentation.

HYPERPIGMENTATION AND UNEVEN SKIN TONE

- Use products with active ingredients like niacinamide, alpha-arbutin, vitamin C, glycolic acid, glycyrrhiza glabra root, or azelaic acid to inhibit melanin production and even out skin tone.
- Regularly exfoliate with gentle chemical exfoliants (e.g., glycolic acid) to remove dead skin cells and promote skin renewal.
- Why? These ingredients and practices can effectively fade dark spots and discoloration, resulting in a more even complexion.
- Benefits for Skin-of-Color: Ingredients like niacinamide, alpha-arbutin, and vitamin C are particularly effective on skin-of-color, as they can address hyperpigmentation without causing irritation or lightening the surrounding skin.

AGE & SUN SPOTS

- Apply serums or creams containing niacinamide, alpha-arbutin, vitamin C, glycolic acid, glycyrrhiza glabra root, or azelaic acid to reduce age or sun spots.
- Use gentle, chemical exfoliation to encourage the turnover of pigmented cells.
- Avoid excessive sun exposure and always wear sunscreen (SPF 30 or above).
- Why? These ingredients & precautions address age spots & sun spots effectively and safely, leading to more even-toned skin.
- Benefits for Skin-of-Color: These ingredients are safe for use on skin-of-color, effectively reducing the appearance of age spots & sun spots without causing hypopigmentation.

SKIN CARE CHEAT SHEET FOR SKIN-OF-COLOR

THE ONLY SKIN CARE GUIDE YOU'LL EVER NEED
CREATED BY BEAUTY OF THE NILE®

SKIN CARE ROUTINE

- Follow a consistent daily routine with cleansing, toning, treating (e.g., serums), and moisturizing.
- Customize the routine based on your specific skin concerns and needs.
- Why? A consistent and tailored routine ensures that your skin receives the care and targeted treatments such that you can have the best skin possible.
- Benefits for Skin-of-Color: A customized and consistent skin care routine is essential for skin-of-color, as it can address specific concerns effectively without causing imbalances or adverse reactions.

FINE LINES & WRINKLES

- Use serums and creams containing retinol, gotu-kola, vitamin E, sodium hyaluronate, vitamin B5, niacinamide, squalane, AHA, and ceramides to boost collagen production and reduce fine lines.
- Hydrate the skin with products containing hyaluronic acid to plump and smooth wrinkles.
- Why? These ingredients work well together to help maintain youthful-looking skin.
- Benefits for Skin-of-Color: These ingredients are suitable for skin-of-color, as they can improve skin texture and minimize fine lines & wrinkles without causing excessive dryness or irritation.

ADULT ACNE

- Use products with gentle cleansers, toners, and treatments containing salicylic acid, vitamin B3, AHA, colloidal sulfur, pro-vitamin B5, sage leaf extract, azelaic acid, green tea extract, tea tree oil, spiraea ulmaria, sage extract, passion flower, ocimum basilicum, niacinamide, hamamelis virginiana, glycyrrhiza glabra root, glycolic acid, vitamin C, alpha-arbutin, and benzoyl peroxide to target acne-causing bacteria and unclog pores.
- Choose non-comedogenic, oil-free moisturizers to hydrate without causing breakouts. Avoid picking/squeezing pimples to prevent scarring & inflammation.
- Why? These ingredients are effective in gently combating adult & teenage acne while maintaining the skin's moisture balance without causing irritation.
- Benefits for Skin-of-Color: Non-comedogenic and oil-free moisturizers and these gentle ingredients are essential for the health of skin-of-color, as they prevent clogged pores and breakouts without leaving a greasy residue and without causing excessive drying or inflammation.

SUN PROTECTION

- Wear broad-spectrum sunscreen with at least SPF 30 daily, even on cloudy days and even if you're going to stay inside (especially if you will be sitting in front of a computer screen or staring into your phone).
- Seek shade and wear protective clothing when exposed to direct sunlight.
- Why? Sunscreen is essential for preventing sun damage and maintaining healthy, youthful skin.
- Benefits for Skin-of-Color: Daily broad-spectrum sunscreen with at least SPF 30 is crucial for skin-of-color, as it can protect against sun-induced hyperpigmentation and premature aging.

EYEBROW AND EYELASH THINNING

- Use a nourishing eyebrow & eyelash serum with ingredients like vitamins, proteins, plant extracts, amino acids, lipids, omega-3, peptides, and antioxidants to promote healthy growth of your eyebrows & eyelashes.
- Avoid over-plucking or waxing, and consider professional shaping to maintain natural fullness.
- Why? Eyebrow serums with these ingredients are specifically formulated to stimulate hair growth and nourish hair follicles, making them an excellent choice for addressing eyebrow & eyelash thinning.
- Benefits for Skin-of-Color: Specially formulated eyebrow serums can stimulate hair growth on skin-of-color – without irritation or excessive drying – which helps to achieve thicker and fuller eyebrows.

DRY/ASHY SKIN

- Hydrate the skin with products containing hyaluronic acid and glycerin.
- Seal in moisture with a rich, emollient moisturizers like cocoa butter, mango butter, and shea butter.
- Why? These ingredients and practices keep dry skin hydrated and supple.
- Benefits for Skin-of-Color: Products with hyaluronic acid and glycerin are essential for skin-of-color, as they can deeply hydrate without leaving an ashy or greasy residue.

GET GREAT SKIN CARE PRODUCTS BY CLICKING BELOW

[Dark Under Eye Circle Eraser™ Serum](#)

[Dark Spots Eliminator™ Super Serum](#)

[Facial Cleanser & Bacteria Fighter™](#)

Step 1

[Clarifying Facial Toner & Detoxifier™](#)

Step 2

[Skin Nurturing Anti-Acne™](#)

Treatment System

[Best Cracked & Dry Heel Foot Cream™](#)

[CC Cream Matte Full-Coverage](#)

[Lightweight Foundation](#)

[No Bumps, Ingrown Hairs, Discoloration™ Skin Serum](#)

[No Needles, No Way!™ Anti-Aging Skin Serum™ - 24K Gold](#)

[Advanced Acne Treatment & Prevention Serum™ Step 3 - Morning](#)

[Unclog & Repair Pore Serum™ Step 3 - Evening](#)

[Rejuvenated LASHES & BROWS™ Advanced Growth Serum](#)

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