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# Want to Transform Your Skin in 2022? Experts Say to Do These 18 Things



If your New Year's resolution is to get clear, glowing, and youthful-looking skin in 2022, we've got you covered with this guide on how to get the best skin of your life, according to experts. We spoke to experts across the board—including estheticians, beauty brand owners, and more—and they gave us their best advice for transforming your skin through skincare, lifestyle, and diet changes.

Everyone has their own idea of what it means to have “perfect” skin. Perfection is unattainable—skin texture, lines, and breakouts are natural and normal—but improving your skin is a realistic goal.

Perhaps you'd like to banish breakouts for good. Or maybe reducing the signs of aging is your goal. Whatever your New Year's resolution is, set your sights on achieving healthy, hydrated skin. This can be done with the proper skincare and lifestyle habits.

We spoke with a variety of experts who are qualified to give skincare advice. We asked them to share their best-kept secrets when it comes to making noticeable changes in your skin. Here's how to get the best skin of your life, according to experts.

## **Mix Water- and Oil-Based Skincare Products**

*Graydon Moffat*

Graydon Moffat is the founder of Graydon Skincare, a plant-based and cruelty-free skincare brand. With her background as a vegan chef and passion for holistic wellness, Moffat turns to natural ingredients to drive results. She shares the following skin tip:

“My top skin tip for 2022 is to make yourself a ‘Skin Smoothie’ every morning! The best recipe for a Skin Smoothie should include two types of products: one that is water-based that boosts skin hydration and one with occlusive ingredients (that is, ones that form a protective layer on the surface of your skin, creating a moisture barrier). This is a time when oil and water really DO go together!

Try a water-based product that contains hyaluronic acid to help you combat and support dehydrated skin and then one with a blend of natural superfood oils and fatty acids to prevent and reduce the signs of premature aging. Simply use a couple drops of each, mix together with your finger, and sweep the smoothie concoction all over your face, neck and décolleté in an upward motion.”

### **Switch to an Oil Cleanser for a Deeper Clean**

*Lisa Fennessy*

Lisa Fennessy, founder of This Organic Girl, is an expert on living a clean, non-toxic, and organic lifestyle. She shares tips with her audience on how to find clean beauty products, and she shared an actionable piece of us with us:

“One of the most powerful things you can do to achieve the best skin of your life is making the switch to an oil cleanser. It sounds counterintuitive because most people are trying to balance their skin and don't want to add more oil to it. However, foaming cleansers can strip skin of their natural oils and compromise the skin microbiome. When this happens, it can put sebum production into overdrive, creating more oil than the skin needs, which can lead to oily skin or combo skin.

Oil is a fantastic cleanser because oil dissolves other oils, so it's fantastic at removing makeup, sunscreen products, excess oil, and grime, and it can even work to unclog pores too. But the biggest benefit is that the skin remains supple, moisturized, soft, and radiant. It's honestly the best thing I've ever done for my skin.

If you are new to oil cleansing, it's super easy. Add a couple pumps of oil to the palm of your hand. You can use a formulated cleansing oil or a single pure oil like jojoba oil or olive oil. Rub and massage the oil on your face to loosen up products (including mascara!). Then take a warm cloth and remove the oil from your skin. Do this twice. Once to remove products and then once to cleanse skin. This is called double cleansing and it's the most effective way to cleanse the skin.”

## **Give Anti-Aging Acupuncture a Chance**

*Susie Wang*

Susie Wang is the co-founder and chief creative at 100% PURE. She's not just your ordinary brand owner, however. Wang discovered how to stabilize vitamins in skincare products to prevent them from oxidizing, making them more effective for longer. After learning about unsafe chemicals commonly used in cosmetics, Wang took her knowledge of product formulation and ingredient safety and put it into her own line—100% PURE. She offers the following advice for transforming your skin:

“To add firmness to your skin and increase collagen, I regularly get acupuncture. Acupuncture is similar to dermarolling or microneedling but it's one needle at a time instead of multiple needles all at once. This makes the experience much less intimidating and painful. The micro-tears signal to your skin to heal itself by producing more collagen and elasticity. More collagen and elastin underneath the skin will create fewer wrinkles and fine lines while increasing firmness.”

## **Combine Steam With Oils to Increase Hydration**

Want to increase hydration in the skin? Try this out-of-the-box technique recommended by Wang:

“For hydration, I recommend regularly visiting the steam room and applying oil all over the body. I do this often. The warm steam helps the oil penetrate and afterward, my skin is incredibly soft and dewy. If you don't have access to a steam room, I recommend using a towel over a bowl of hot water as a tent to capture the steam for your face.”

### **Harness the Power of Green Tea**

We all know that green tea extract is beneficial in skincare, but Wang has an idea to incorporate homemade green tea into your skincare routine:

“Make a strong, concentrated green tea, and once it's cooled down, use it as a face rinse. I recommend doing this as often as possible. The green tea is a powerful anti-inflammatory and skin soother that's also rich in anti-aging antioxidants.”

### **Update Your Skincare Routine With the Seasons**

#### **Michael Horn**

**Michael Horn is a board-certified plastic surgeon in Chicago. He sees patients on a regular basis who want to make cosmetic changes to their appearance, but plastic surgery isn't the only option if you want to see a noticeable difference in your skin. He offers the following advice for anyone looking to up their skincare game:**

“Believe it or not, you should be changing your skincare routine with the seasons. As the weather changes outside, so do your skin’s needs. During the summer, you produce more oil and therefore should use lighter products to avoid over-clogging pores and prevent breakouts. Your skin tends to be dry in the winter, where richer products may be more useful. Everyone’s skin responds to weather shifts differently, and adjusting your skincare routine accordingly can make all the difference.”

### Exfoliate, But Not Too Much

Using physical or chemical exfoliators is a must, but Dr. Horn recommends the following:

“Don’t over-exfoliate. ‘Glass skin’ is a term that’s been coined on Instagram as the perfect, poreless look that you see in pictures. To achieve this look, people tend to over-exfoliate. This is definitely a case of too much of a good thing. Over-exfoliation can cause redness, peeling, flaking, and even inflame acne by causing your skin to dry out. This is why it’s recommended to exfoliate about 1-2 times a week and even less if you have sensitive skin.”

### Cut Back on the Cocktails

Dr. Horn reminds us taking care of your skin isn’t just about what you put on your body, but also what you put in it with the following reminder:

**“Limit alcohol consumption. Over-consuming alcohol can wreak havoc on your skin. Alcohol slows your metabolism and dehydrates the skin. If you’re drinking often, your skin will constantly be deprived of the moisture and nutrients it needs. Alcohol removes the fluid in your skin, increasing the appearance of wrinkles and sagging skin, keeping your complexion from looking supple and radiant.”**

### **Maintain a Minimalist Skincare Routine**

*Shani Hillian*

Shani Hillian is a master esthetician and holistic beauty expert in New York City. With her Caribbean background, her family taught her to use herbs as medicine. She went on to undergo extensive cosmetology and holistic training, merging the two worlds to promote balance in the skin and healing in the body.

When asked to share her top skincare advice, Hillian says “less is best, and slow and steady wins the race.” She believes in a minimalist approach to skincare, and one that involves pinpointing a skin concern or goal and responding with the appropriate ingredients. She recommends adding new ingredients and products into your regimen slowly to avoid overwhelming your skin.

“I am and will always be a fan of minimalist skincare,” says Hillian. “Figure out what your goal is then choose the correct ingredients that can get you there. Generally most folks want to maintain youthful skin, so incorporating a bakuchiol serum can help you get there gradually but effectively. Slowly adding one



product into your routine instead of 2-3 at a time will ensure you don't trigger or freak your skin out."

### **Be Mindful of What You Put On and In Your Body**

*Olga Parno*

Olga Parno is the founder of Masktini. As someone with extremely sensitive skin, Parno is serious about gentle skincare. She recommends choosing your skincare and makeup products wisely but also paying close attention to what you put into your body:

"To me, skincare is essential and makeup is a choice. Always focus on results-oriented, clinically tested ingredients that will transform your skin like gentle AHAs and smart antioxidants. Avoid formulas with perfume, fragrance, unnecessary dyes, and harsh preservatives. And of course, be mindful of what you put inside your body—opt for fresh fruits, vegetables, healthy proteins, and plenty of water."

### **Don't Skimp on the Serums**

*Halie Noel*

Halie Noel is an esthetician and clean beauty enthusiast. She's passionate about skincare, health, and the intersection of the two. While moisturizers are

usually the star of the skincare show, Noel reminds us of the type of skincare product that's underrated:

"Everyone needs a serum—they are the king of regimens. Serums are like a big glass of water for your skin. They will take your skin from feeling like a raisin (rough and dry texture) to smooth and plump like a grape!"

### **Build a Basic Skincare Routine**

You don't need a 10-step skincare routine, but you should nail the basics. Noel reminds us that a skincare routine is much more than just a moisturizer:

"I always tell my clients a skincare regimen is like making your favorite sandwich. Would you want just the bread or all the good, nourishing stuff in the middle too? Cleansers and moisturizers (the bread) support our skin health while toners and serums (the fixings) treat our skin concerns!"

However, the moisturizer is also pretty important, according to Noel: "All skin types can find their favorite moisturizer—even my oily clients' skin changes when they find their perfect match. Moisturizers help support the health of our skin, which means more balanced oil production."

### **Switch to Clean Makeup**

*Rebecca Kirkwood*

Rebecca Kirkwood is a Clean Makeup Artist and the Owner of Rebecca Kirkwood Beauty. She's an advocate for avoiding harsh ingredients in cosmetics. As a makeup artist, Kirkwood knows the power of makeup. She recommends choosing your makeup products wisely:

"I believe makeup can be a great opportunity to take care of your skin. Consider using clean, non-toxic makeup that contains skincare ingredients and let your makeup work for you! Some makeup contains ingredients that are clinically proven to make your skin look better. That's a win win! Try to stay away from makeup that contains undisclosed fragrance, parabens, PEGS, and phthalates. Instead, look for ingredient lists that you can read or recognize and that contain good-stuff like naturally derived extracts, plant oils, fruit enzymes, and vitamins."

### **Support Healthy Skin With a Nutrient-Rich Diet**

*Sonia Bainbridge*

Sonia Bainbridge is a natural beauty and wellness expert and the co-founder of Raw Beauty Lab. Aware of the harmful ingredients often used to formulate cosmetics, Bainbridge sought out to make a change. She's a firm believer in the ability of plant-based ingredients to nourish the skin from within. She offers the following skin tip:

"The best advice I'd give to help your skin is to make sure you're nourishing it with the right nutrients through your diet. Having a generous helping of fruits and

veggies that are rich in antioxidants, vitamins, and minerals can reach the deepest layers of your skin and treat your skin issues directly at the source! When nourished with the right foods, your deepest skin layer (the dermis) can produce new plump, healthy skin cells and push them to the surface much faster, helping improve everything from acne and scarring to fine lines and wrinkles, while giving your skin a natural healthy glow (and who doesn't want that!). My favorite foods to support my skin are: red bell peppers, raspberries, blueberries, kiwis, kale, red cabbage, and beetroot!"

### **Add a Facial Oil**

*John Hamilton*

John Hamilton, the co-founder of Natural Elements Skincare, is a biogerontologist—a scientist who studies aging. He has experience formulating cosmetic products and researching how to stop cell damage. One skincare product he is a huge proponent of is the facial oil:

"Facial oils are a must have in your skincare routine regardless of your skin type or concerns. The molecular structure of a good facial oil goes deeper into the skin than creams, gels, and serums. They get to where the collagen, elastins, and new cells are forming, thus repairing and protecting them from the main sources of damage. Plant oils contain an abundance of vitamins, fatty acids, amino acids, and omegas in a concentrated form—all sitting with a bioactive

compound of antioxidants and anti-inflammatory molecules which work in harmony with human biology to protect and rejuvenate skin health.”

### **Treat Skin Like an Organ**

*Allie Compton*

Allie Compton, Product Development Manager for Credo Beauty and trained esthetician and makeup artist, reminds us that skin is our largest organ and should be treated as such. She offers the following skin tip:

“Our skin is our largest organ and can be treated internally. Protect and nourish the skin from the inside out with wellness supplements that are packed full of vitamins, minerals, and proteins to help support collagen production and strengthen the skin’s barrier function against outside aggressors like free radical damage (one of the main causes of aging and hyperpigmentation). Although this approach does not immediately or magically manifest as the best skin of your life and may take some degree of patience and grace, your skin will be hydrated and glowing for the long run.”

### **Take Care of Your Body**

*Claire McCormack*

Claire McCormack is the Editor of Beauty Independent. Her best advice is to take it back to the basics and care for your body as a whole—your skin will thank you.

“Get enough sleep and sweat regularly! There is a radiance that comes from these two simple habits that no product can create.”

### **Determine Your Skin’s Needs**

The founder of Art of Pure, Monika Joshi, poses a great question: Does your skin need hydration (water) or moisture (oil)? The two are often used interchangeably, but this can mean the difference between dehydrated and dry skin, respectively.

“Determining where your skin needs hydration (water-based) or moisture (oil-based, emollients) is key to nourished, smooth and happy skin,” explains Joshi. “Hydration equals toners and essences and moisture equals oils and serums. Using a generous amount of toner and sealing it all in with a moisturizer or oil is the best way to achieve hydrated and healthy skin.”

For combination skin, Joshi says to look for skincare products that contain vitamin C, peptides, and hyaluronic acid.

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