

Peptide Routine & Product Finder *for Dark Skin*

2026 EDITION

Gentle Anti-Ageing • Brightening Support • PIH-Safe Skincare



By Pearlypetal



Peptide Types Checklist

for Dark Skin



Signal Peptides – Firmness & Wrinkles

- Palmitoyl Tripeptide-5
- Palmitoyl Tetrapeptide-7
- Matrixyl 3000

Carrier Peptides – Healing & PIH Prevention

- Copper Peptide (GHK-Cu)

Neurotransmitter Peptides – Expression Lines

- Argireline (Acetyl Hexapeptide-8)

Brightening Peptides – Dark Spot Support

- Oligopeptide-68
- Tetrapeptide-30

Choose products that contain at least 2-3 peptide types for best results.



Peptide

PRODUCT SELECTION GUIDE

Best Product Types

- Serum (daily use)
- Moisturiser (barrier support)
- Ampoule (intensive repair)

Look for These Support Ingredients

- Niacinamide
- Hyaluronic Acid
- Ceramides
- Centella Asiatica
- Panthenol






Avoid pairing in the same routine with:


- Strong AHAs
- Benzoyl Peroxide
- Harsh exfoliants




For melanin-rich skin, gentle formulations prevent inflammation + PIH.

My Daily Peptide Routine

Morning (AM) 

- Gentle cleanse
-  Hydrating toner
- Peptide serum
-  Moisturiser
- SPF 50+

Evening (PM) 

- Oil cleanse
-  Water-based cleanse
- Peptide serum
-  Moisturiser
- Facial oil (optional)
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Consistency builds collagen and prevents hyperpigmentation.

Peptide Skin Progress Tracker

TRACK RESULTS WEEKLY

- Skin feels calmer
- Less dryness
- Texture improving
- Dark spots fading
- No irritation

Notes:

Visible results typically appear in 8–12 weeks.