

Regenerative SKINCARE ROUTINE

for Melanin-Rich Skin

Simple Daily Steps for Healthy, Even-Toned Glow —

— 2026 Edition —





Evening



Regenerative Skincare Routine

Oil cleanse



Gentle water-based cleanse



Treatment serum (azelaic / niacinamide / retinoid)



Hydrating serum



Moisturizer

Weekly treatments

Gentle exfoliation 1–2x

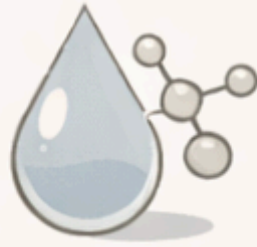


Retinoid nights



Best Ingredients for Melanin-Rich Skin

Hydration:



- Hyaluronic Acid
- Glycerin
- Panthenol

Barrier Repair:



- Ceramides
- Shea Butter
- Squalane

Brightening (PIH safe):



- Niacinamide
- Azelaic Acid
- Alpha Arbutin
- Licorice Root

Avoid overuse:



- Harsh scrubs
- High % acids
- Fragrance

