Twitter Thread by Chirag Barjatya



Chirag Barjatya
@chiragbarjatyaa

Things I use for my skin care as per the suggestion from my dermatologist. Brand selection is personal. You can buy as per your choice. Thread with amazon links.

1. Facewash : I use this first thing in morning and before bed. Cetaphil one.

2. Post washing face I use this centella asiastica https://t.co/fzaWddmOv8

3. And then vitamin C on face. https://t.co/ViNjR9xt71

4. Moisturiser: https://t.co/JUBEhNvUMn

5. And then sunscreen. https://t.co/KjT73WgrBs

My derma specifically told me to apply sunscreen in good quantity. Not a pea sized quantity.

6. Before bed I face wash with cetaphil again, and then I apply retinol:

https://t.co/JtN0cGY6K0

And then moisturiser

7. Once a week I use aha bha peel: https://t.co/LIbDChkWCU

8. Twice a week, recently I have started using under eye patch hydra bombs. https://t.co/Exzw3Zv9s0

Thats about it.

Rest, keep yourself hydrated, eat enough fibre rich diet, consume necessary vitamin as and when needed.

And consult dermatologist regularly. You are growing old daily.

Few more things which my dermatologist told me:

- Start applying sunscreen, because skin damaged cannot be reversed easily and it costs a bomb. And your sarson ka tel or coconut oil isn’t a replacement to sunscreen.

- no product can outrun a bad diet. Through hit and trial, I came to know that alcohol and gluten breaks my skin. You have to check yours. It can be chocolate or peanuts or dairy, rajma, caffeine, tea, it can be anything.