Why K-beauty regimens, products aren't working for you

Our hot, humid climate may not be conducive to layering, aesthetics doctor

Korean beauty and skincare trends, such as "glass skin," have taken the world by storm. But is it right for all skin types? Aesthetician Dr. Hwa Hwa Kim, who specializes in dermal fillers and filler injection, believes the answer is no. She says that the Korean beauty trend is not one-size-fits-all and that it's important to consider your skin type when choosing products.

Dr. Kim emphasizes the importance of understanding your skin type before investing in skin care products. "Each skin type responds differently to products," she says. "If you don't choose the right products for your skin type, you may not see the results you're hoping for.

In addition to understanding your skin type, Dr. Kim suggests considering your lifestyle and environment when choosing skin care products. "If you live in a very dry or humid environment, you may need to adjust your skin care routine," she says.

Dr. Kim also recommends consulting with a dermatologist to get personalized advice on skin care.

Dr. Kim provides the following tips for achieving healthy skin:

1. **Hydrate**: Drink plenty of water and use a hydrating moisturizer to keep your skin moisturized.
2. **Soothe**: Use products that soothe and calm the skin, such as aloe vera or chamomile.
3. **Cleanse**: Use a gentle cleanser to remove dirt and oil from your skin.
4. **Sunscreen**: Always use sunscreen to protect your skin from harmful UV rays.

Dr. Kim stresses that healthy skin can be achieved with the right products and lifestyle changes.

How do we know if a product is right for us?

The key is to carefully read the product labels and choose products that are suitable for your skin type. It's also important to be patient and give your skin time to adjust to new products.

Dr. Kim notes that it's crucial to consult with a dermatologist if you have concerns about your skin or if you're not seeing results.

In conclusion, Dr. Kim emphasizes the importance of understanding your skin type and choosing the right products for your skin. By following these tips, you can achieve healthy, radiant skin.

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