
LIVE IN YOUR BEST SKIN

A TEN STEP GUIDE
BY MARGARET TOWOLAWI, MD



1

Look for patterns and learn your skin BEFORE you look for products

Focus more on patterns before buying into the skin type hype. Your skin changes depending on the season of your life and time of the month. You can have glowing skin during pregnancy or more acne prone skin during pregnancy. Your skin may become super dry postpartum. You may notice right before your period that your skin may be more oily. Your skin may become more dry when using actives such as retinoids/retinols. Your climate can also have an effect on your skin. When I travel to more humid climates, I find I have to switch out my heavy moisturizers in favor of lighter moisturizers.

2

Make sure your products play well together

Sometimes you CAN have too much of a good thing . Too much product can lead to pilling on your face. Certain ingredients do not mix well together and may leave a residue on your face. When trying a new product or routine, I will do so on a day I am staying home. I want to make sure I am not rushing out the house with any residue on my face. I also want to ensure that, if I have a bad reaction, I am in a setting where I can easily address any issues.

The background of the entire image is a vibrant, abstract pattern of swirling pink, purple, and magenta colors, resembling a marbled paper or a liquid ink effect. This pattern is consistent across all sections of the image.

3

Hydrate, hydrate , hydrate

Your body LOVES water . There is a reason water makes up 70% of our bodies. Aim to drink half your weight ideally in ounces each day. A good moisturizer is also key for locking moisture into your skin. An ideal moisturizer will list water as one of the first five ingredients. Creams should be applied within the first few minutes of stepping out of the shower to really help seal in moisture.

4

Consistency is key

Every good thing takes time. On average adult skin turns over every four weeks. When customizing treatment plans for patients I remind them that they have to do the work to get the results. If you are heading in the right direction you should see some changes, with **CONSISTENCY**, at six weeks. By month three, you should expect major changes...but you have to be **CONSISTENT**.



5

Eat the rainbow

Adopting a plant based lifestyle is ideal for optimal skin health. Berries are high in anti-oxidants and are anti-inflammatory . Omega 3 fatty acids found in walnuts, algae based sources, and hemp seeds also promote great skin health. Dark leafy greens, like spinach and kale, are immune boosters and are a great way to fight many inflammatory conditions – like eczema, acne and psoriasis – from the inside out.



6

Learn how to read labels

Look closely at the first five ingredients listed on a product. These ingredients make up the majority of that particular product. Unfamiliar with an ingredient while shopping? Google is your best friend. Make sure there are no ingredients that you are allergic to or must avoid if you are pregnant/nursing. Look up what products are derived from to ensure you will not have a reaction. For example: lactic acid is derived from dairy and mandelic acid is derived from almonds. You would avoid these products if you have an almond or dairy allergy.

7

Establish care with a primary care provider

You should aim to have a physical with lab work annually. The doctor patient relationship is a....

RELATIONSHIP. If it is not a great fit, find someone else. Seek out someone who empowers you to be your own change agent. You also want to make sure they know when it is time for you to see a dermatologist for your skin, hair *and* nail conditions.



8

Sleep to restore your skin

Rest is restorative for your mind and body. Our skin is our largest organ and first line of defense against external forces. Did you know your skin repairs itself at night? Cell regeneration triples during the late hours of the night while we are sleeping. Maximizing this nightly repair phase is just one of many reasons to get eight hours of sleep each night.

9

**Dance. Run. Walk.
Clean your house.
Rollerblade. Just
MOVE.**

Exercise is a great way to increase blood flow to the skin. It also helps to release endorphins that help counterbalance our day to day stressors. Seborrheic dermatitis and eczema are examples of two conditions often triggered by stress. Regular exercise is a great prescription to help manage the stress that can lead to flare ups.



10

Wear sunscreen daily

There are so many options.
Chemical sunscreens. Physical sunscreens.
Tinted sunscreens.

It has been said before and I wholeheartedly agree that the best sunscreen is the one that you will wear daily. Just make sure the SPF is at least 30. Daily use of sunscreen – rain or shine, outdoors and indoors – can help decrease your risk of cancer, minimize signs of aging and improve hyperpigmentation.



Bonus Tip

Skincare is a self care ritual.

Love on your skin. Massage your face and body with oils. Soak in a bath. Be gentle on your scalp and edges. Fall in love with yourself in all seasons of life and remember--- the real beauty lies in your “imperfections”. Be kind to your body, it is the only one you have.



Thank you for reading!

**Dr. Margaret Towolawi is a Board
Certified Family Physician based
in Seattle, WA.**

**She is passionate about
empowering patients to receive the
compassionate, quality and
accessible care they deserve.**

**WWW.MARGARETTOWOLAWIMD.COM
2020**