

# A Derm Told Me To Make These Resolutions For Better Skin In 2022

JACQUELINE KILIKITA

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## BEAUTY PIE®

When it comes to [skincare](#), it's easy to get stuck in a rut. You might have some good habits (always taking your [makeup](#) off before bed even if it is just a slick of mascara) but others aren't so beneficial for skin (overusing buzzy ingredients like [acids](#) and [retinol](#) — ouch).

As we head towards 2022, you're probably keeping a mental list of potential [New Year's resolutions](#) spanning everything from [work](#) and [money](#) to your [social life](#) and [mental health](#). According to the experts, it pays to switch up your skincare rituals, too.

Ahead, consultant dermatologist for [CeraVe Dr Alexis Granite](#) shares the beauty tips that'll ensure your skin stays healthy, happy and glowing all year round — and there's no need to visit an expert to get there.

PHOTOGRAPHED BY TAMI AFTAB

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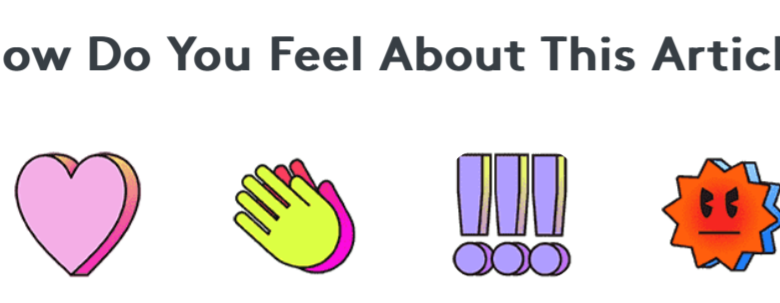
BEAUTY • SKINCARE

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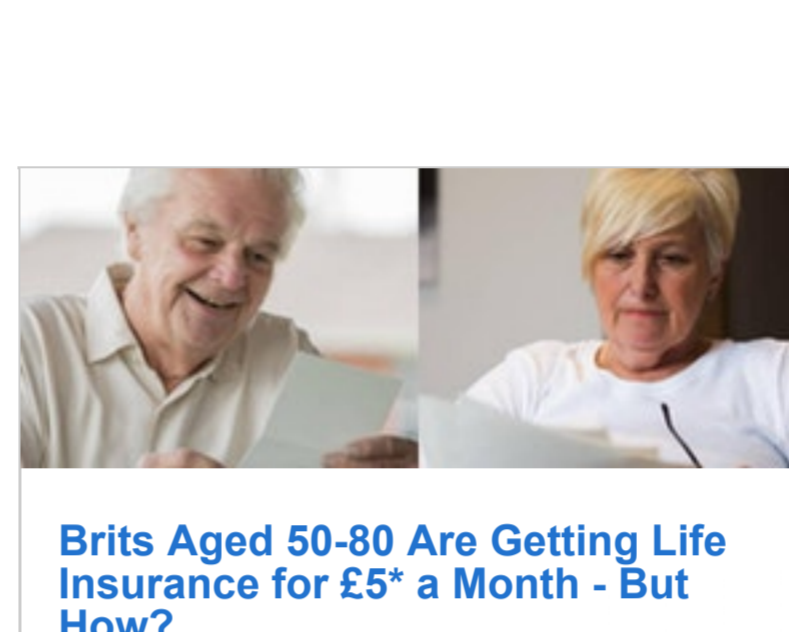
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**S** **SNUGGLEOPOLIS** · 28 December, 2021

Couldn't disagree more re: double cleansing at night. Makeup and sunscreen are formulated NOT to come off easily, so I cleanse once to remove those (sometimes with micellar, sometimes with a nice balm), then once with a gentle milk or enzymatic oil to actually cleanse my skin. Feels great, no strip...**See more**

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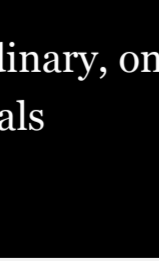
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