



# Quiet Quitting

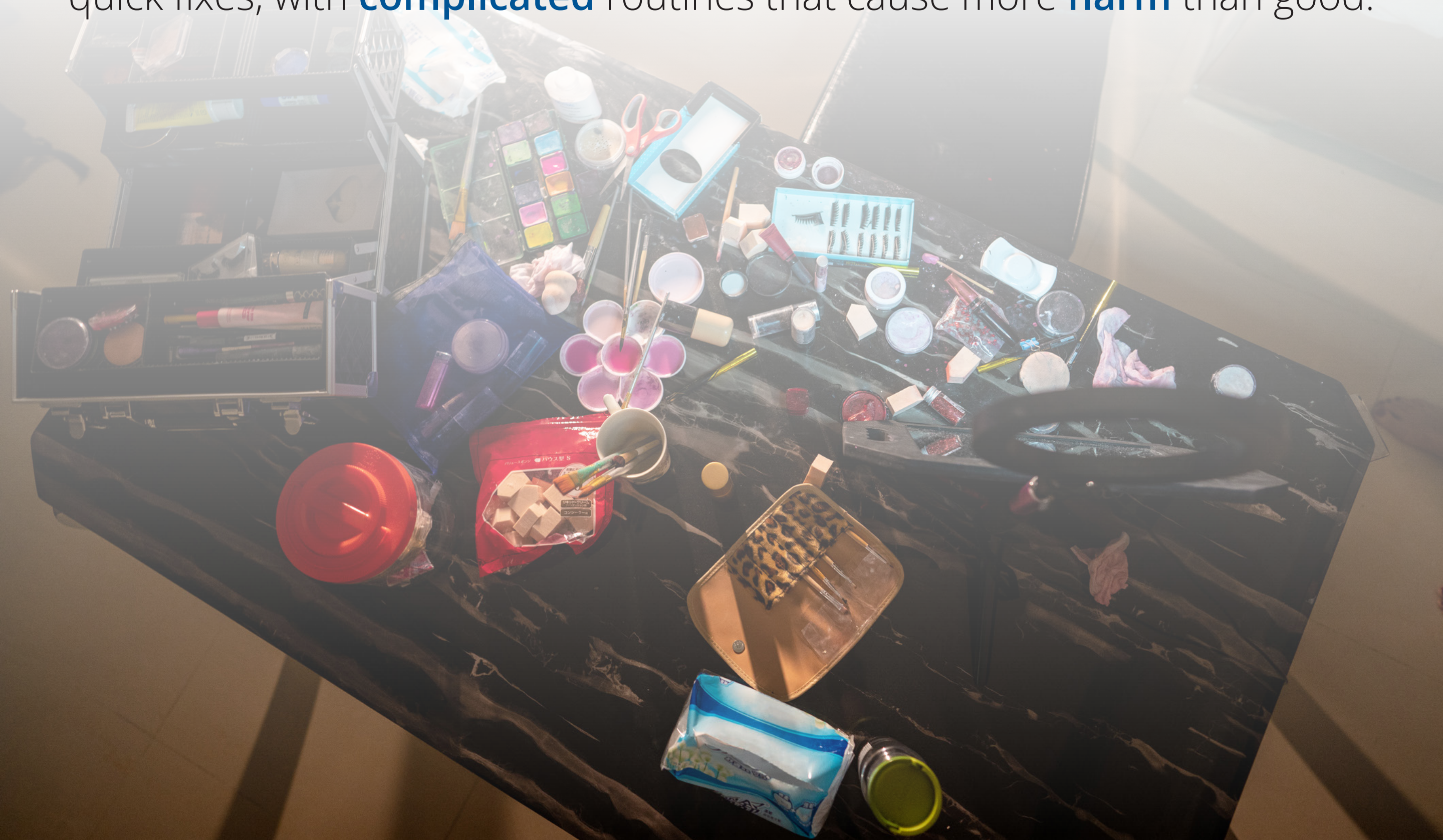
The new Skin Care Trend

**RAHN**

# Quiet Quitting – What is it?

Many people's skincare regimens grew **excessively** extensive during the **pandemic**. There has been a significant **increase** in **inflammatory conditions**, particularly contact dermatitis, which has been related to the use of **too many** products, **inconsistent** skin care routines, and **excessive** cleansing.

People have been **overloading** on products, searching for short-term, quick fixes, with **complicated** routines that cause more **harm** than good.



# Quiet Quitting – What is it?

For many years we have been taught that **good** skincare equals **more** skincare.

As if **maintaining** existing skincare practises weren't **touch** enough, we're continuously **bombarded** with new **products** and **techniques**, and we have no idea which ones are true or which ones to choose.

The term **“Quiet Quitting”** which was popularised by Zaid Khan in a TikTok video, refers to completing only the **bare minimum** at the office, adhering to the job description, and leaving work on time.

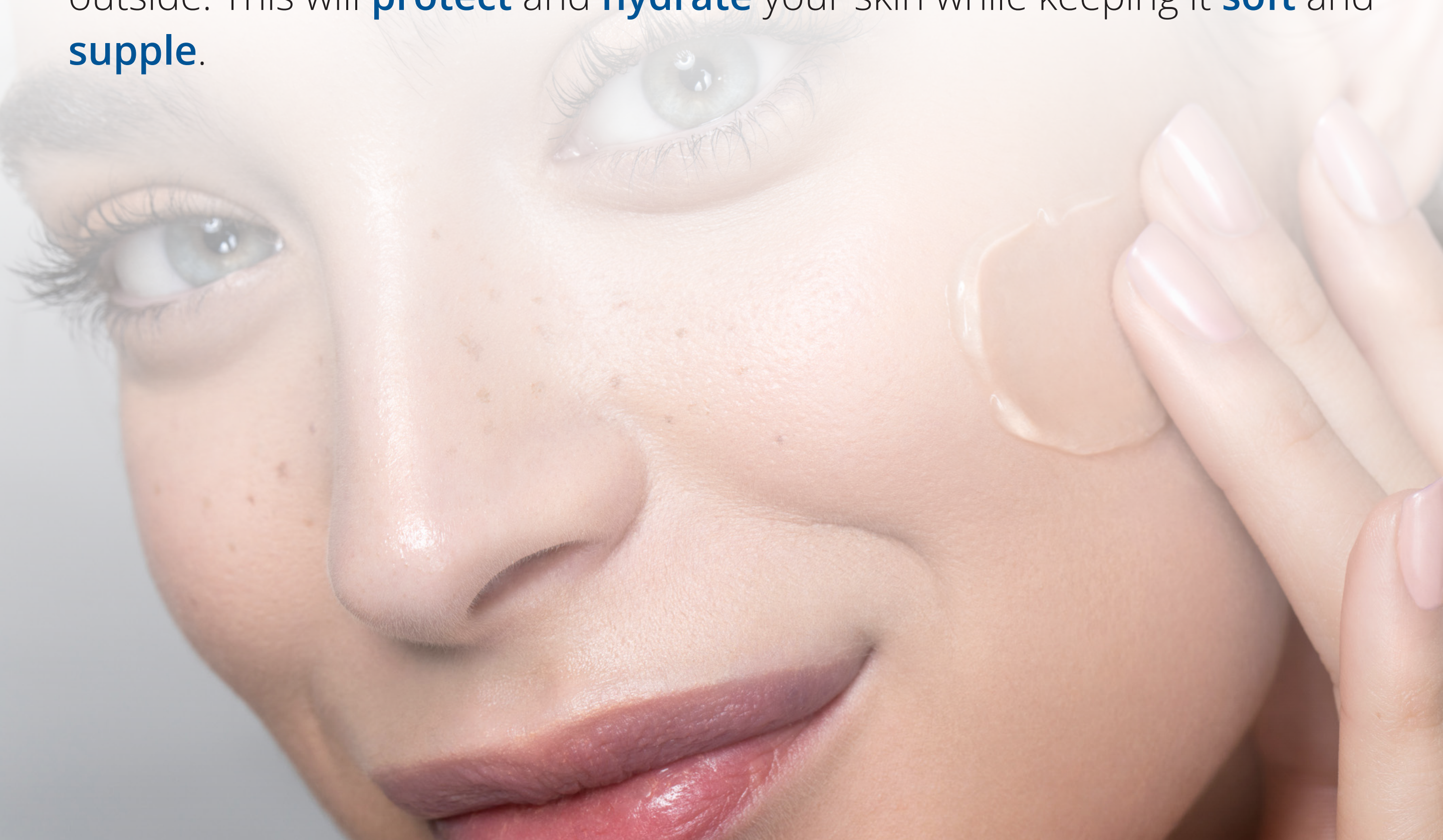
**Now it seems there's a movement to apply the same approach to skincare.**



# How does it work?

**Intrigued?** Experts **advise** keeping to a routine that **includes** cleansing, an antioxidant serum, hydration, and broad-spectrum sunscreen with an SPF of at least 30.

You **don't** have to **ditch** all your **extra** products, either; instead, you could **swap** them in depending on the **season** and skin **concerns**. For example, **replace** your moisturiser with a thicker cream when it's really dry and chilly outside. This will **protect** and **hydrate** your skin while keeping it **soft** and **supple**.



# How does it work?

Taking things **back** to **basics** can be a good way of helping your skin **strengthen** and **repair** itself. Plus, it's **kinder** to our bank account. By **stripping** our routines back to basics, we're able to figure out what really works for our skin.

According to experts, the emphasis on **barrier-care** and **simplified** skincare will continue to **gain** popularity and become a **significant** part of many people's regimens in the **future**.

