



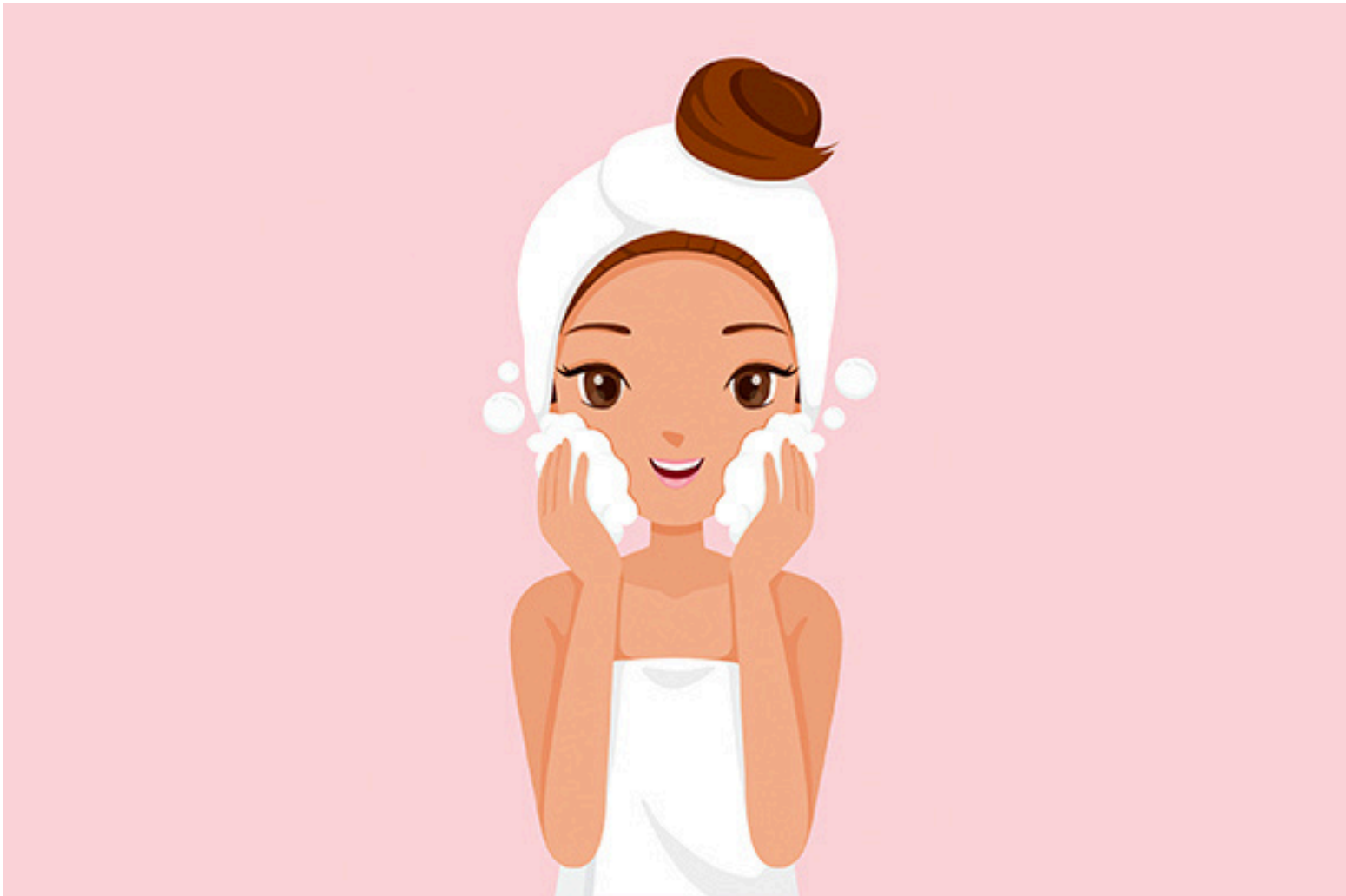
LET'S TALK

www.kingafila.com

SKIN

KNOW YOUR SKIN

A short guide that will change the way you care for your skin and help you see real results in your daily routine!



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LETTER FROM KINGA

When I worked in luxury clinics in London, I met hundreds of women who had access to the most expensive cosmetics and treatments.

And yet, their skin often looked tired, irritated, or lacking radiance.

That's when I realised something very important - skincare isn't about price, it's about awareness.

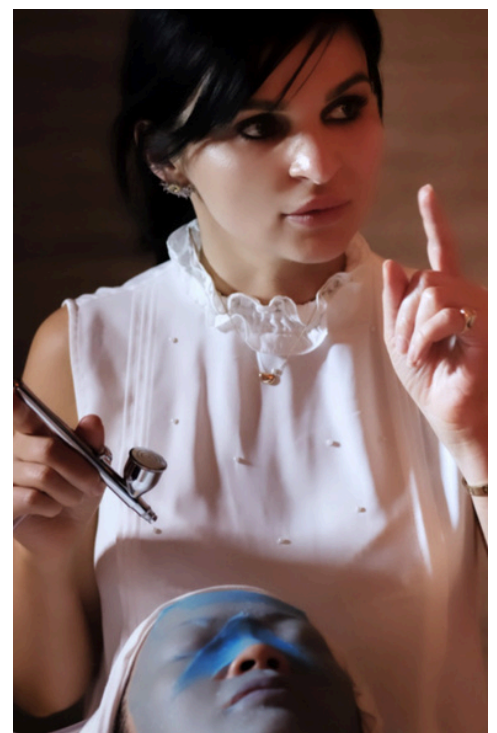
The way we treat our skin reflects the way we treat ourselves.

**For over 20 years, I've been teaching women to look at their skin with kindness, not criticism -
to understand its needs instead of trying to "fix" it.**

**This short guide was created from that very mission:
to help you understand what truly happens within your skin,
and how to support it in its natural daily rhythm.**

**This isn't just another eBook about cosmetics.
It's a conversation about skin, about its wisdom,
rhythm, emotions, and power to regenerate**

**With love,
Kinga Fila**



INTRODUCTION

Your skin is not just a “cover” it’s a living, intelligent organ that works, protects, and communicates with you every single day.

**Every redness, dryness, or loss of glow is its way of saying:
“I need balance”**

With over 20 years in the beauty industry - from exclusive clinics to global training programs I’ve learned that conscious skincare doesn’t have to be complicated. This short guide was created to help you finally understand what your skin truly needs and how to give it exactly that.



Expert Tip:

Your skin regenerates most intensely at night between 10 p.m. and 2 a.m. That’s why your evening routine is the most important one

YOUR SKIN IS ALIVE

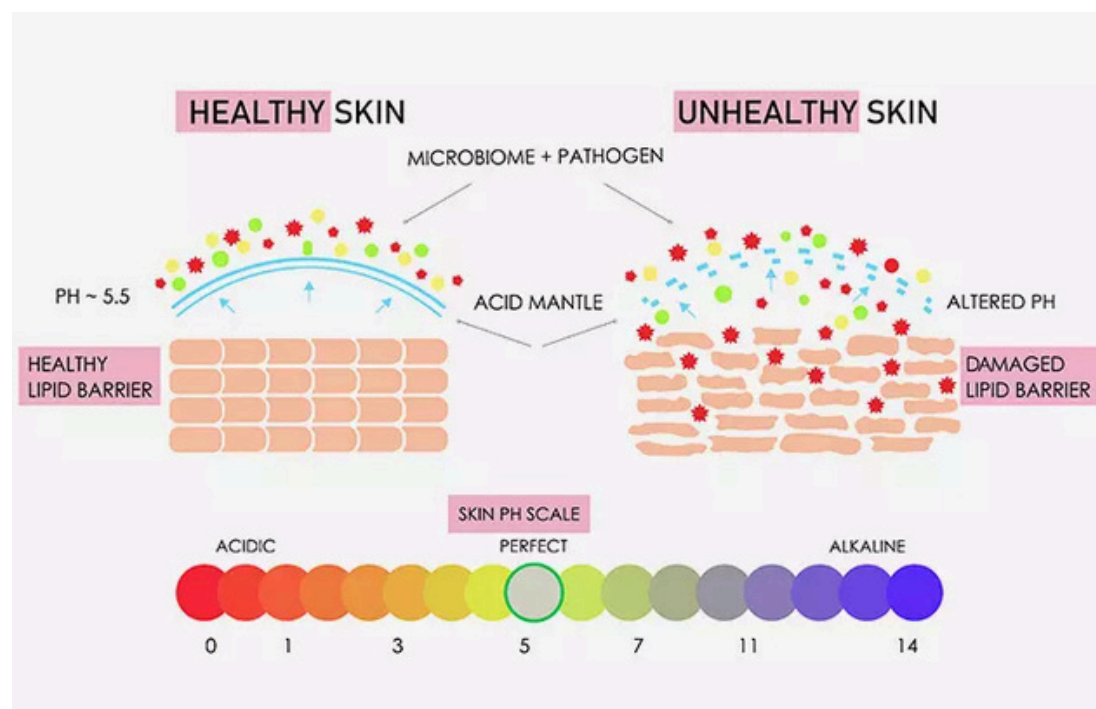
Your skin is the largest organ of your body - a living, intelligent system that responds to emotions, stress, and the environment.

It breathes, learns, remembers, and regenerates.

Every change - dryness, roughness, glow, or tension is your skin's language, its way of communicating with you.

Conscious skincare begins the moment you start listening to that language.

It should be intentional, not accidental.



Expert Tip:

Skin “learns” your products. Consistency works better than constantly switching cosmetics

4 STEPS TO HEALTHY, GLOWING SKIN

1. Cleansing - The Foundation of Beautiful Skin

Without clean skin, no product will work as it should.

In the morning, remove excess sebum and toxins; in the evening, cleanse off makeup, sweat, and impurities.

Do not over-dry - cleansing should remove dirt, not your skin's protective barrier.

Cleanse gently, with mindfulness - not aggression.



Expert Tip:

Too harsh cleansing products can disrupt your skin's microbiome and hydrolipid barrier. Choose products with a pH around 5.5 and avoid SLS

The Lumi Spa iO technology combines cleansing with massage. It removes impurities, supports microcirculation, and oxygenates the skin without compromising its protective barrier

INSIDE SKIN SCIENCE - DISCOVER THE SKIN FROM WITHIN



The Hydrolipid Barrier - Your Natural Shield

It's a thin layer of sebum and water that protects your skin from moisture loss and harmful bacteria.
When it's weakened (by harsh cleansers or stress), your skin becomes dry, red, and reactive



2. Toner - Balance and Preparation

Toner restores the skin's natural pH after contact with water and prepares it for the next steps in your skincare routine. It's not an extra step - it's a key element of balance.

Apply it with your hands, not a cotton pad - this is gentler, more effective, saves product, and protects your skin from friction.



Expert Tip:

Choose toners suited to your skin type:

- **Here You Glow - for combination, oily skin**
- **In Balance - for dry, sensitive skin**

A toner with AHA/BHA gently exfoliates dead skin cells and enhances serum absorption

INSIDE SKIN SCIENCE - DISCOVER THE SKIN FROM WITHIN



Free Radicals -The Silent Enemy of Youth

They are formed as a result of stress, sun exposure, and pollution.

Antioxidants such as vitamin C, vitamin E, coenzyme Q10, astaxanthin, or green tea extract neutralize them.

These antioxidants help slow down the aging process and protect the DNA of skin cells

TRIGGERS OF FREE RADICALS



UV Rays



Pollution



Pesticides



Smoking



Alcohol



Poor Diet

3. Serum - The Essence of Action

Serum is a concentrated blend of active ingredients designed to target your skin's specific needs:

- Hydrating with hyaluronic acid
- Strengthening with ceramides
- Brightening with vitamin C
- Rejuvenating with collagen, bakuchiol, or retinol



Expert Tip:

The ageLOC Boost device enhances microcirculation and boosts the absorption of active ingredients.

Serum is the step that “works” deep within the epidermis, and its effectiveness increases when applied to slightly damp skin after toner

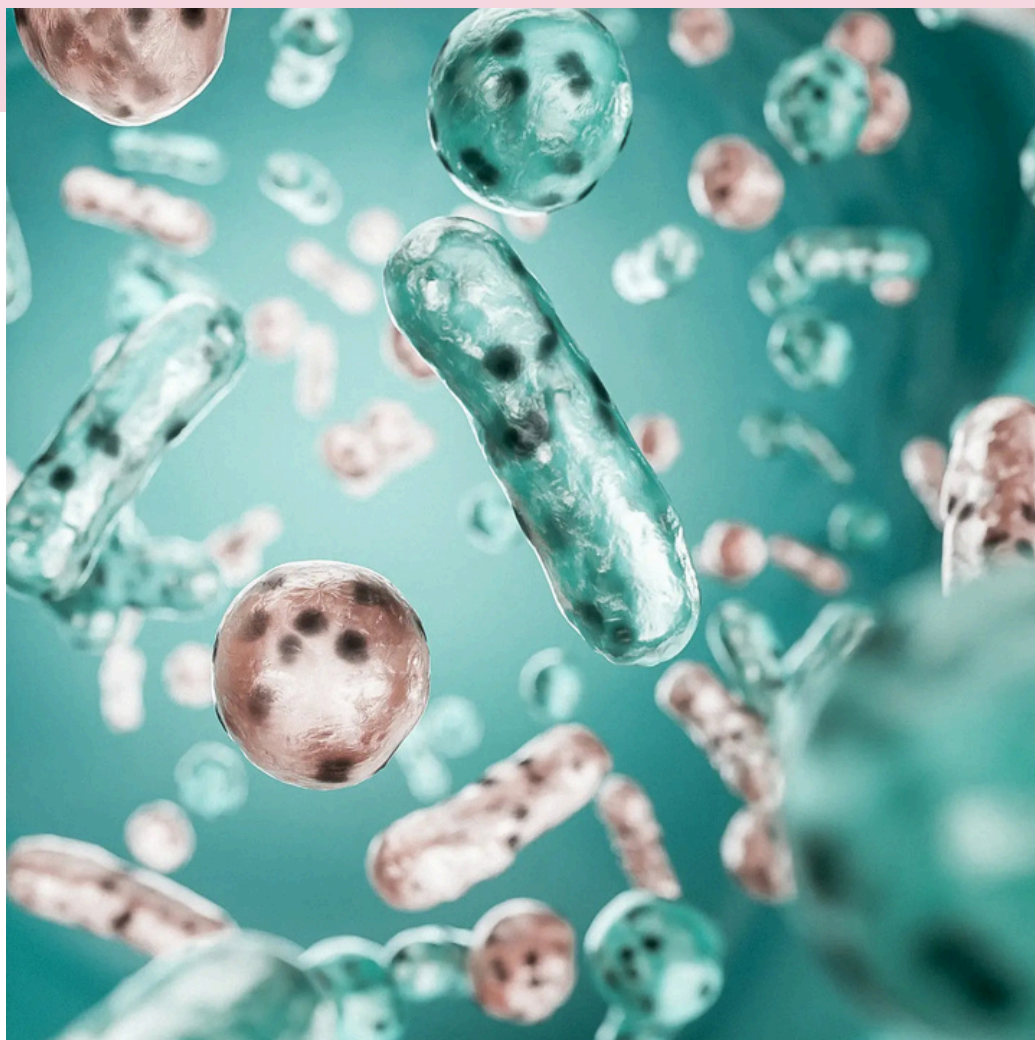
INSIDE SKIN SCIENCE - DISCOVER THE SKIN FROM WITHIN



The Skin Microbiome - Your Invisible Ally

Billions of beneficial microorganisms live on your skin, helping it stay healthy and balanced.

Over-cleansing or harsh products can disturb this balance. Support your microbiome with prebiotics, ferments, and beta-glucan



4. Cream - Protection and Comfort

Your cream acts like a shield, protecting your skin from water loss and environmental stress.

Use a light moisturizer in the morning and a richer, restorative cream at night.



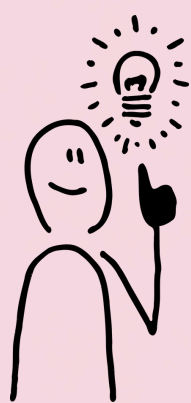
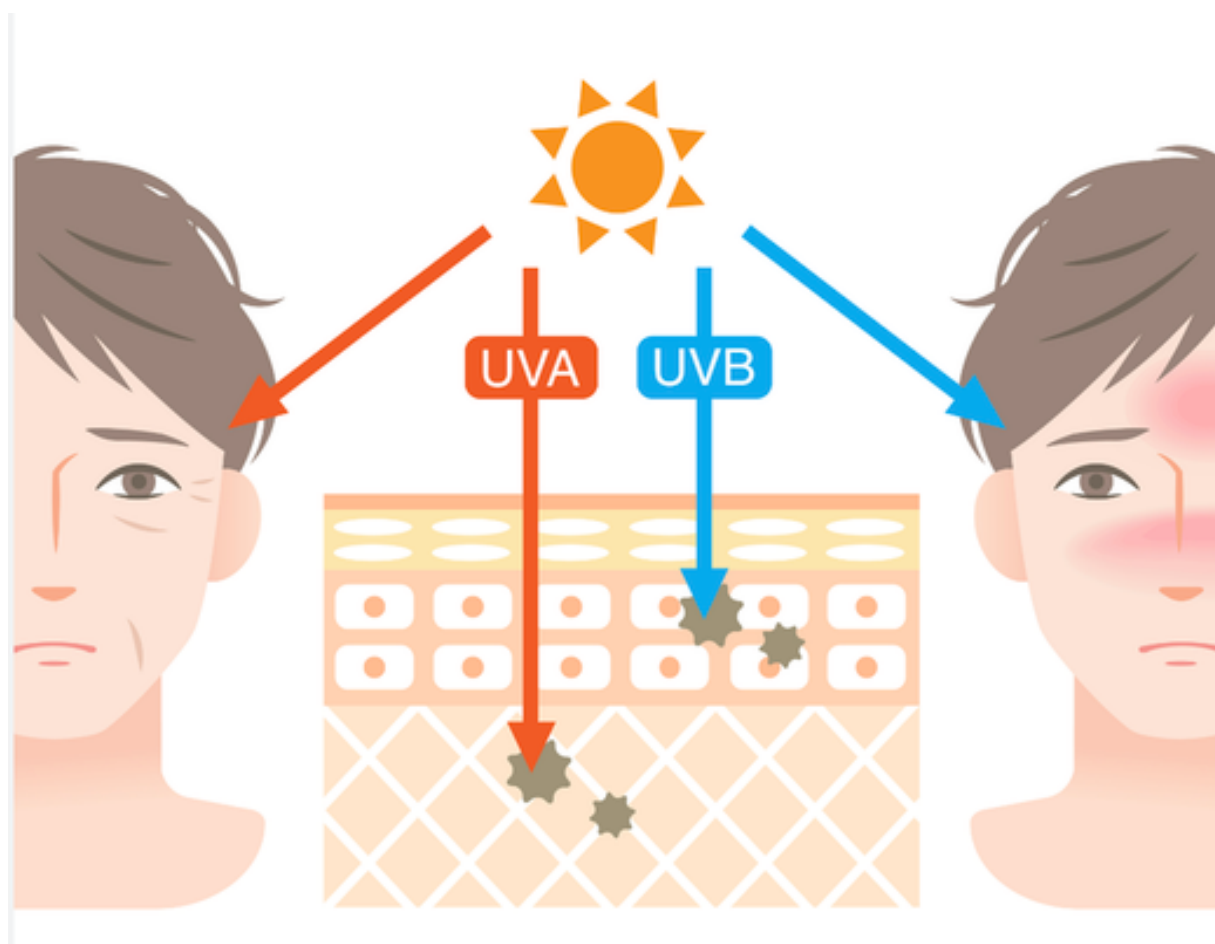
Tip ekspercki:

Your cream “locks in” all previous steps - it determines how long your skin stays hydrated and balanced

5. SPF - The Simplest Anti-Aging Cream

There's no beautiful skin without sun protection.

UV rays affect your skin every day - even through clouds and windows.



Expert Tip:

A daily SPF 50 protects against photoaging, pigmentation, and loss of firmness.

Sunscreen is the most effective anti-aging product - it truly prevents long-term skin aging

THE SKIN'S CIRCADIAN RHYTHM - SKINCARE IN HARMONY WITH NATURE

Just like the rest of your body, your skin follows its own circadian rhythm.

During the day, it focuses on protection, while at night it switches to regeneration and repair.

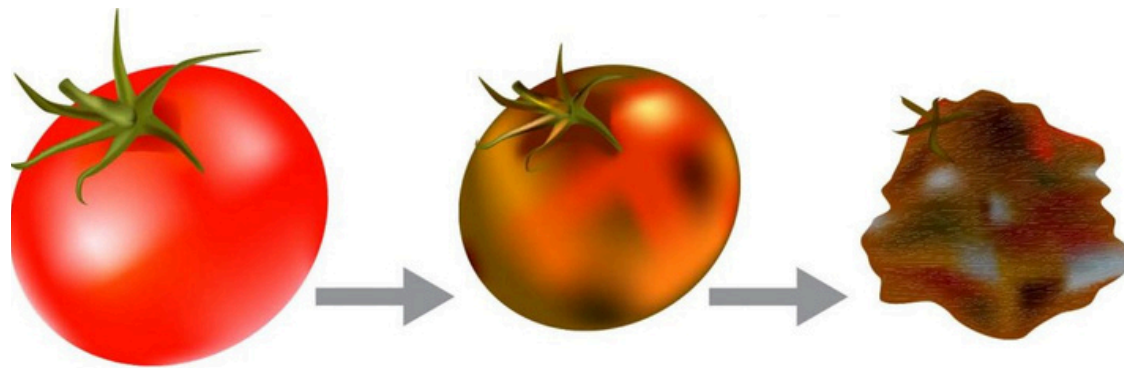
When you align your skincare routine with this natural rhythm, your products work more effectively - you support your skin's natural intelligence instead of working against it.



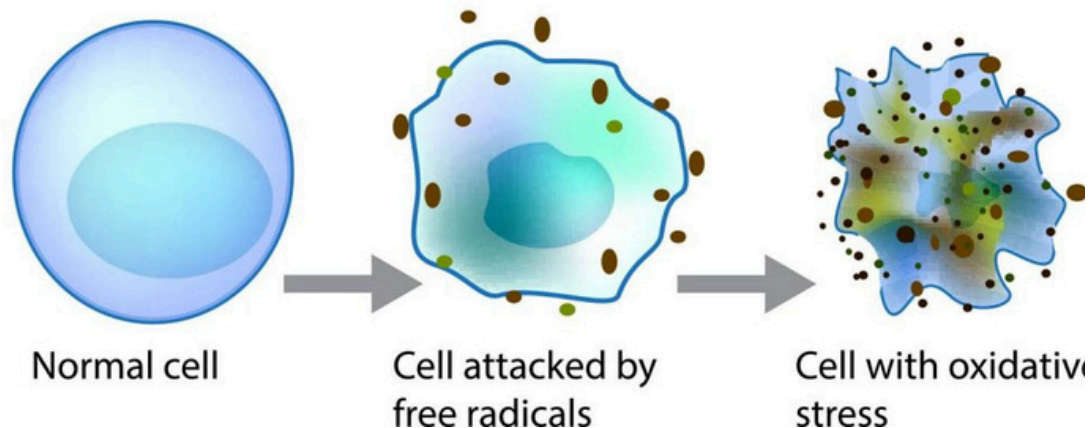


Morning - Protection and Energy

Throughout the day, your skin defends itself against UV radiation, oxidative stress, pollution, and moisture loss. Morning care should strengthen the skin barrier, deliver antioxidants, and provide sun protection.



OXIDATIVE STRESS



Expert Tip:

Choose products with vitamin C, niacinamide, or collagen they boost the skin's resilience and prevent premature aging



Evening - Regeneration and Repair

Nighttime is when your skin renews itself - microcirculation increases, and skin cells shift into repair mode.

This is when your skin absorbs active ingredients most effectively, so your evening routine should focus on rebuilding, hydrating, and regenerating.



Expert Tip:



Between 10:00 p.m. and 2:00 a.m., cell division activity reaches its peak, that's when regenerating skincare products work most effectively

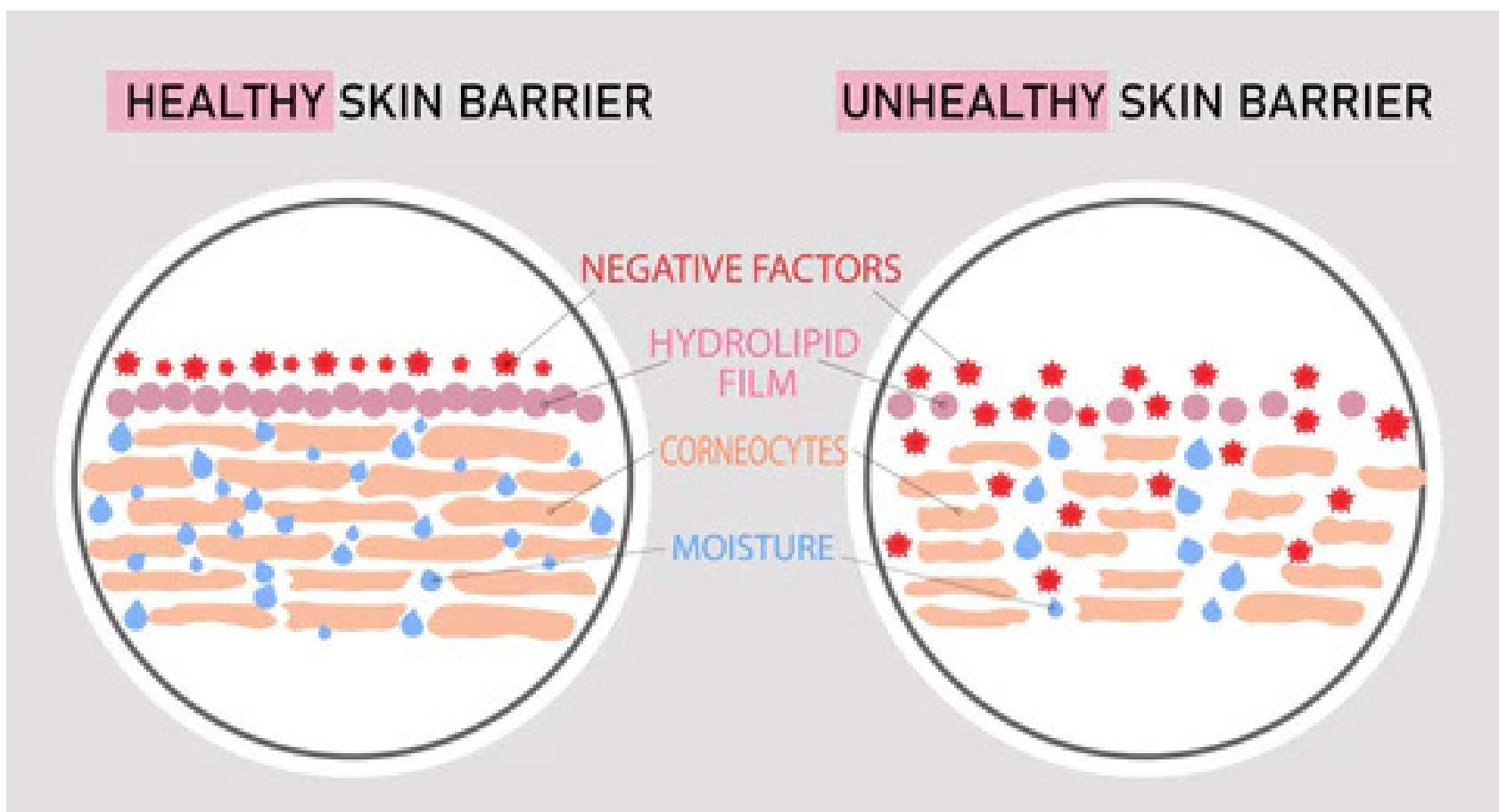
To support this natural process, make sure to thoroughly cleanse and prepare your skin before bedtime so it can fully regenerate overnight

Your skincare routine should flow in sync with your skin's natural rhythm.

In the morning - strengthen and protect

At night - restore and nourish

It's the simplest way to unlock your skin's full potential.



Your Daily Routine



MORNING

Cleanse
Tone
Serum
Day cream
SPF

EVENING

Cleanse
Tone
Regenerating serum
Nourishing cream or night mask



You don't need dozens of products to have beautiful skin. What you truly need is awareness, consistency, and a personalized routine.

Every skin has its own language. Once you learn to listen, your skincare will no longer be random, it will become your daily ritual



Expert Tip:

Keep a simple skin diary - note when your skin feels dry, red, or radiant. It's the best way to understand its needs and adjust your care accordingly



DISCOVER YOUR SKIN - MINI QUIZ

Choose the answers that describe your skin best:

After cleansing, your skin feels:

- a) Tight and dry
- b) Shiny after a short time
- c) Smooth and balanced
- d) Sometimes dry, sometimes oily

Your pores are:

- a) Barely visible
- b) Noticeable in the T-zone
- c) Visible all over the face
- d) It depends on the day

How does your skin react to new products?

- a) Easily irritated
- b) Generally fine
- c) Loves purifying products
- d) Depends on weather or hormones

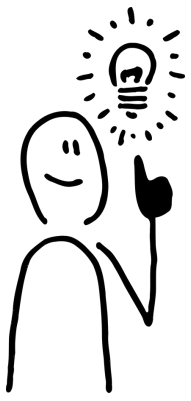
Results:

- Mostly A → Dry skin
- Mostly B → Combination skin
- Mostly C → Oily skin
- Mostly D → Sensitive or reactive skin



Expert Tip:

Your skin type is only the starting point. What matters most is your skin's current condition, which can change with age, season, and lifestyle



SKIN TIPS - SMALL STEPS, BIG RESULTS



Start by Understanding Your Skin

Not every skin needs the same care. Before buying new products, learn your skin type and its current condition. Skin changes over time, what worked a year ago may no longer be enough today.



Cleanse with Care, Not with Aggression

Cleansing is the foundation of healthy skin, but overly strong products can disrupt its microbiome and protective barrier. Choose gentle, SLS-free formulas with a pH close to the skin's natural level (around 5.5).



If your skin feels tight or burns after cleansing, your product is too harsh



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Change Your Towel Daily or Every Other Day

A damp towel is a breeding ground for bacteria. Use a separate towel just for your face and let it dry completely after every use. I recommend using single use towels

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Don't Rub - Pat Your Skin Dry

After washing, gently press your towel against the face instead of rubbing.

Friction can damage the skin barrier and worsen irritation, especially with sensitive or rosacea-prone skin





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Toner Is Not Just a “Bonus Step”

Toning helps restore your skin’s natural pH and prepares it for the next steps.

Apply it with your hands, not a cotton pad, to save product and avoid unnecessary rubbing

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Apply Products from Lightest to Richest

Follow the layering rule: first water-based products (toner, serum), then emulsion or cream textures.

This ensures active ingredients absorb more effectively without being blocked by heavier formulas





Don't Forget the Neck and Décolletage

They're an extension of your face. The skin there is thinner and loses firmness faster - extend every skincare step beyond your chin



Focus on Balance, Not Just Appearance

Truly healthy skin isn't poreless or matte, it's balanced and resilient.

A stable hydrolipid barrier protects against dehydration, irritation, and environmental stress

Avoid over-exfoliation and include ceramides, fatty acids, or niacinamide to support barrier health





SPF - Your Daily Ritual, Not a Seasonal Step

UVA rays penetrate clouds and glass, they're responsible for up to 80% of visible skin aging.

That's why SPF 30-50 should be the final step in your morning routine all year round

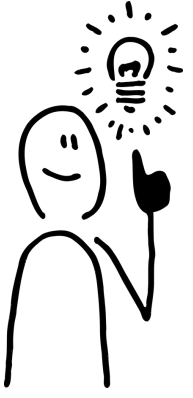
If you using retinol, peels or vitamin C Spf 50 is your MUST HAVE



Adjust Skincare to the Seasons

Adapting to seasonal changes keeps the skin in balance





Support Your Skin Microbiome

Your skin flora is its natural defense system. Avoid overuse of strong cleansers, alcohol, or harsh acids.

Support your microbiome with prebiotics and soothing ingredients

Sleep and Hydration - Your Inner Skincare

During sleep, the skin regenerates, while lack of rest increases oxidative stress and inflammation.

Drink enough water and sleep 7-8 hours - it's the simplest "glow secret"





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Consistency Is Key

You don't need 10 products, just the right ones, used consistently.

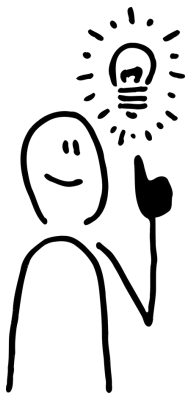
Skincare works like fitness: results come with time and only last with regular practice

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Conscious skincare isn't a trend, it's a long-term approach to maintaining healthy, balanced skin.

It's not about perfection - it's about awareness, consistency, and respect for your skin's natural rhythm



MOST COMMON SKINCARE MISTAKES

Even the best skincare products won't be effective if you make these simple mistakes:

- ✗ Overly harsh cleansing - damages the skin's hydrolipid barrier and dries out the skin**
- ✗ Skipping SPF on cloudy days - UVA rays are present all year round**
- ✗ Combining too many active ingredients at once - can cause irritation**
- ✗ Inconsistency - even the best cream won't work if you use it "sometimes"**
- ✗ Ignoring your skin's needs**



This is just the beginning...

This guide is the first step toward conscious skincare and truly understanding your skin.

In the next eBook, I will share knowledge on combining active ingredients, how beauty technologies work, and how to create an anti-aging ritual that really delivers results.

If you want to understand your skin's needs and create a personalised routine, write to me, I'll be happy to help you choose solutions tailored to your skin and your goals

Kinga