

We are often asked “how can I continue my skin care regime at home” - here we can offer some general advice, but individual, bespoke advice is given during your consultation appointment...

...Lets face it, a good routine equals good skin x

CLEANSE and EXFOLIATE

Promotes healthy skin by removing dirt, pollution, sweat, make up. Use a cleanser that is suitable for your skin type and work it in to all the nooks and crannies (with clean hands!!).. remove with cotton wool. We don't recommend facial wipes as these just move the dirt around the face rather than lift it away- we do recommend a double cleanse in the evening.



A precleansing steam may also be done once a week to open up those pores in preparation for a good dirt lifting cleanse... a simple towel over a bowl or using hot flannels placed over the face (be careful so as to avoid any scalding)

A post cleansing exfoliation (twice weekly) helps finish remove those dead skin cells and debris. We recommend enzyme, cream based rather than granules which may be abrasive to the skin. These work by breaking down keratin and removing dead skin cells. Gently massage in and remove with damp cotton wool for gauze.

LOOK FOR THE FOLLOWING INGREDIENTS

DRY/SENSITIVE - soothing = glycolic acid 5%, azelaic acid, lactic acid, allantoin

OUTBREAK PRONE - antibacterial = salicylic, lactic, azelaic, kojic acids, jojoba, benzoyl

MATURE/AGING - hydrating = lipoic, stearic acids, selenium, vit C

DULL - brightening = glycolic acid 5%, vit C

HYPERPIGMENTED - brightening = azelaic, ferulic, lactic, mandelic acids

x And remember the importance of hand washing to stop the spread x

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