

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, our skin needs moisture X

MOISTURISERS

A little goes a long way with moisturisers!! They help maintain the skin barrier and protect against environmental damage - they can help lock in moisture and prevent it from escaping, seal in the goodness from our serums and Squalane, or can restore moisture in the epidermis. Only use a little as too much may result in pore clogging which leads to outbreaks - look for non comedogenic

Remember the best way to hydrate the skin.....drink plenty of water xx



LOOK FOR THE FOLLOWING INGREDIENTS

DRY/SENSITIVE - Soothing and hydrating = Hyaluronic acid, glycerin, Vit E, pantothenic acid, jojoba, allantoin

CONGESTED/ACNEIC - non comedogenic = niacinamide, Vit C, hyaluronic, pantothenic acids, selenium, jojoba

MATURE/AGING - hydrating = hyaluronic, Ferulic, oleic acids, peptides, ceramides, selenium, glutamine, coenzyme Q10, Vit C and E, retinol

DULL - radiance and glow = azelaic acid, niacinamide, Vit C and E

HYPERPIGMENTED - brightening = azelaic, ferulic acids, niacinamide, peptides, Vit C

A lighter day time cream with SPF is strongly recommended to protect from UV rays

X and remember - * HANDS * FACE * SPACE * - stop the spread X

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