

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 nutrients x

SERUMS

A power move in your skincare regime - serums!! A game changer that contains active ingredients that boost nutrients, protect from free radicals and help lock in hydration. Because of the smaller molecule size they can penetrate deeper into the skin and is best used after toner and before moisturising



On damp skin, add a few drops into your hands and immediately dab around your face - no need to rub it in

LOOK FOR THE FOLLOWING INGREDIENTS

DRY/SENSITIVE - hyaluronic acid, peptides, collagen, Vit E

OUTBREAK PRONE - azelaic, hyaluronic acids, tea tree, niacinamide, Vit C

MATURE/ AGING - ellagic, hyaluronic acids, retinol, peptides, collagen, co-enzyme Q10

DULL - niacinamide, Vit C and E, peptides

HYPERPIGMENTED - niacinamide, Vit C

AFTER SERUM CONSIDER ADDING A SQUALANE PRODUCT, A NATURALLY OCCURRING LIPID, NON COMODOGENIC, THAT HELPS RETAIN MOISTURE

In the morning consider hyaluronic acid, antipollution and importantly UV protection

In the evening think about ingredients that replenish, repair and boost collagen

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

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