

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, good skin starts from the inside x

DRINK, EAT, SLEEP, REPEAT

DRINK



Keep well hydrated with regular intake of water/ squash
Limit coffee or alcoholic drinks
Warm water with lemon and honey is a good morning boost

EAT



Foods containing omega 3 such as fish, walnuts, tomatoes, broccoli, red and yellow peppers, leafy greens...KEEP IT COLOURFUL
Certain veg such as cucumbers, lettuce etc also have a high water content

SLEEP

Trying to get plenty of sleep and rest is important for cell renewal
Remove all make up and use a night cream
Clean your pillow cases regularly

REPEAT

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