

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...

...Let's face it, a good routine equals good skin x

TONING

Toning helps to remove residual post cleanse debris and rebalance the natural PH of the skin. This helps decrease the chances of oily outbreaks or infections. Toner is fast penetrating and can act as a hydrator by assisting the binding of moisture to the skin, leaving the skin feeling revitalized



Use after cleansing to prepare the skin for absorption of serum and moisturiser. Spritz from a spray or sweep outwards with cotton wool pads

LOOK FOR THE FOLLOWING INGREDIENTS

DRY/SENSITIVE - skin calming = aloe vera, chamomile, azelaic, lactic, hyaluronic acids, glycerin, glycolic acid 5%, allantoin

OUTBREAK PRONE - anti-inflammatory = salicylic, azelaic, lactic, kojic, mandelic acids, jojoba, Vit C

MATURE/AGING - hydration/moisture lock = hyaluronic, mandelic, lipoic, Ferulic acids, selenium, Vit C and E

DULL - brightening = lipoic, lactic acids, glycolic 5%, Vit C and E, niacinamide

HYPERPIGMENTED - dark spot reduction = azelaic, Ferulic, lactic, mandelic acids, selenium, niacinamide, liquorice root, Vit C, hydroquinone

x And remember - * HANDS * FACE * SPACE * - stop the spread x

www.letsfaceit.uk