

Top 10 Skin Care Tips

1

Always wear a good SPF

...and reapply regularly.

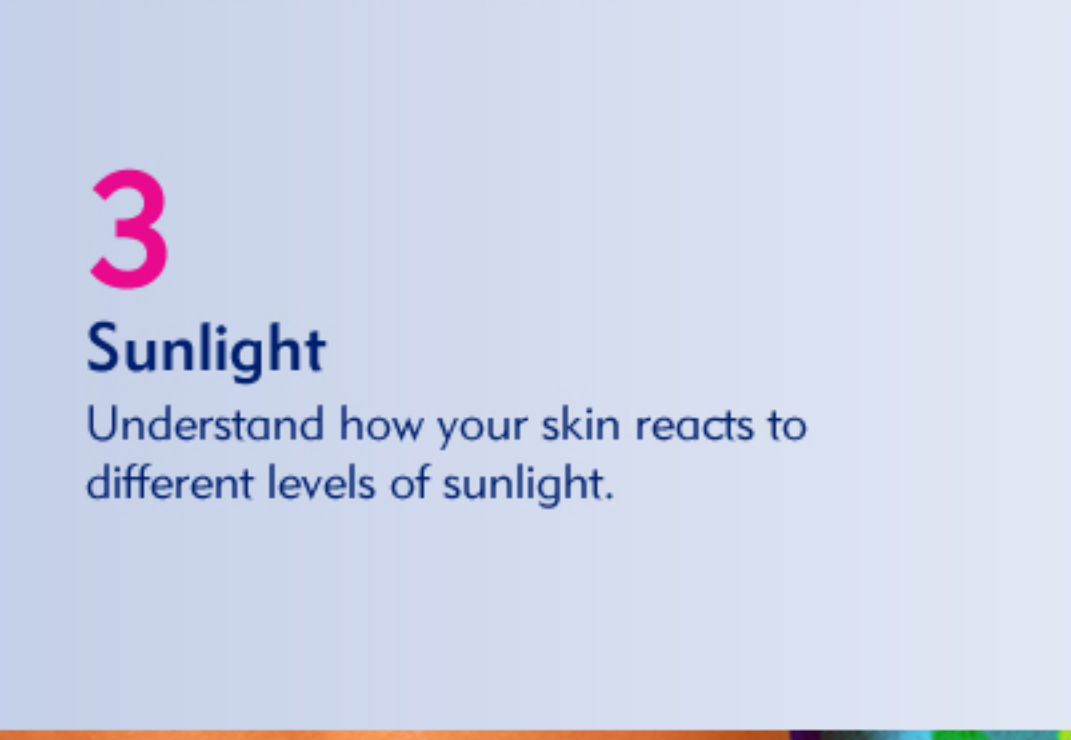
Hyperpigmentation is difficult to treat, so reduce your chance of developing it by always protecting your skin from harmful UVA and UVB rays.



2

Know your skin care type

Oily, dry, combination, sensitive.



3

Sunlight

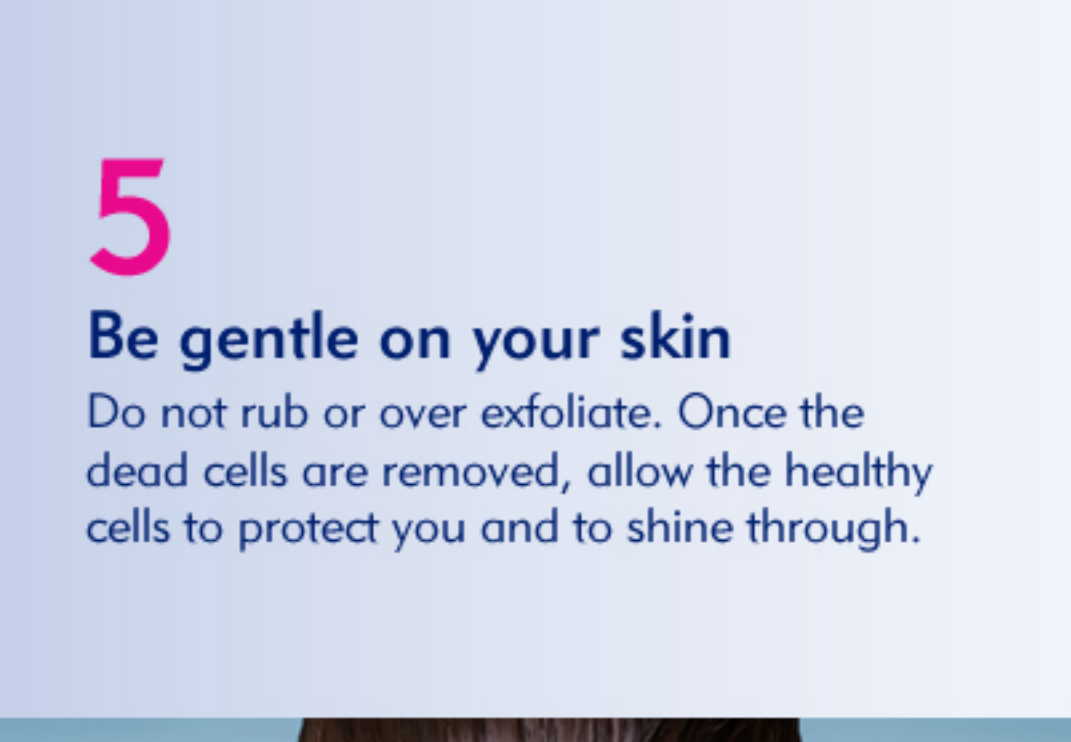
Understand how your skin reacts to different levels of sunlight.



4

Respect your skin

Wash with warm water, don't chill or scald your skin. Use pH balanced products to ensure the acidity of the surface of your skin is maintained.



5

Be gentle on your skin

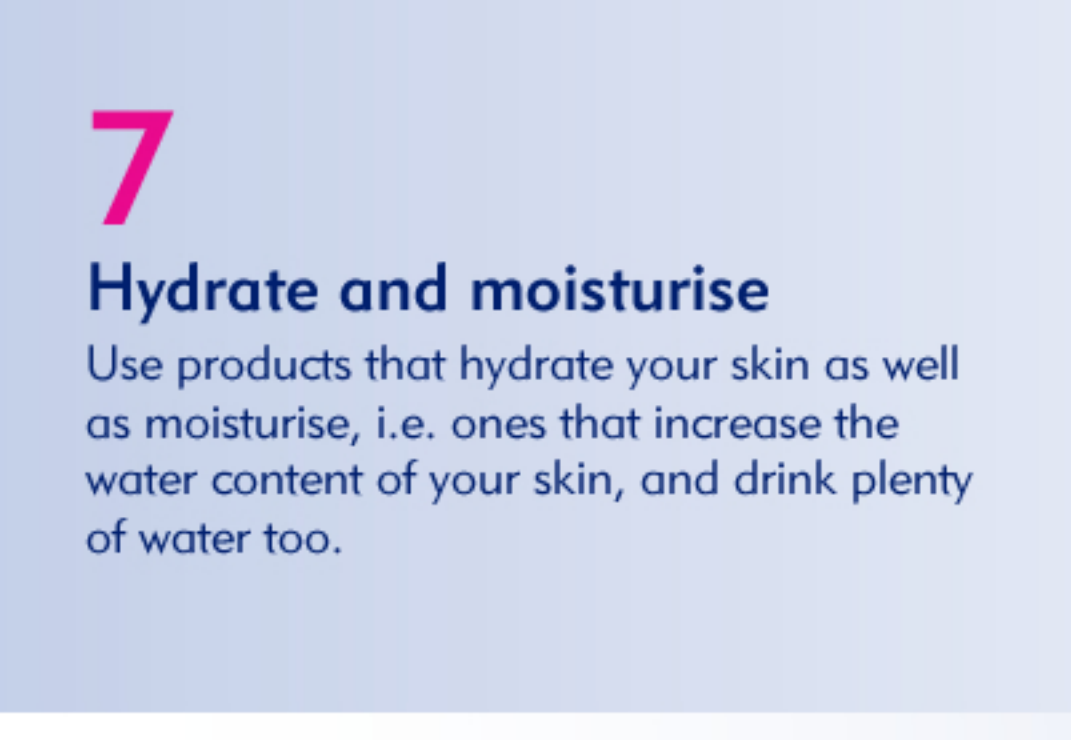
Do not rub or over exfoliate. Once the dead cells are removed, allow the healthy cells to protect you and to shine through.



6

Clean your skin at night

This is not only to remove any makeup but also to wash away pollutants and dirt that will build up through the day.



7

Hydrate and moisturise

Use products that hydrate your skin as well as moisturise, i.e. ones that increase the water content of your skin, and drink plenty of water too.



8

Use top quality ingredients

Look out for high quality products such as the jan marini range which use safe and effective glycolic agents, Vitamin A and antioxidants such as Vitamin C & E.



9

Change with the seasons

Change your approach to skin care as the seasons change. You may need a more moisturising product in the cold winter months and a lighter product to reduce sebum production in the heat of the summer months.



10

Make time for your skin

...not just at home but in the salon too!

It's important to look after your skin, both at home and professionally. We offer the Jan Marini treatment range along with dermaroller, diathermy and skin peels to complement our injectable treatments.

James Willis

