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**WOMEN'S SKIN
CARE ROUTINE FOR
SOFTER SKIN**

What is the Ideal Skin Care Routine?

To ensure you keep your skin and face looking youthful you must:

- Start looking after it early on – even if you have great skin now!
- It is never to late!
- You must be diligent every day.
- You must use good products and treatments – but which range to choose? Ranges found in Spa's and Salon's are not the same as the ranges found in department stores and pharmacy's.

Who do you seek advice from?

- Ensure you are getting the right advice from someone who is an aesthetician and has good experience and knowledge. This is very important and is often overlooked by choosing branding over professionalism – be informed!

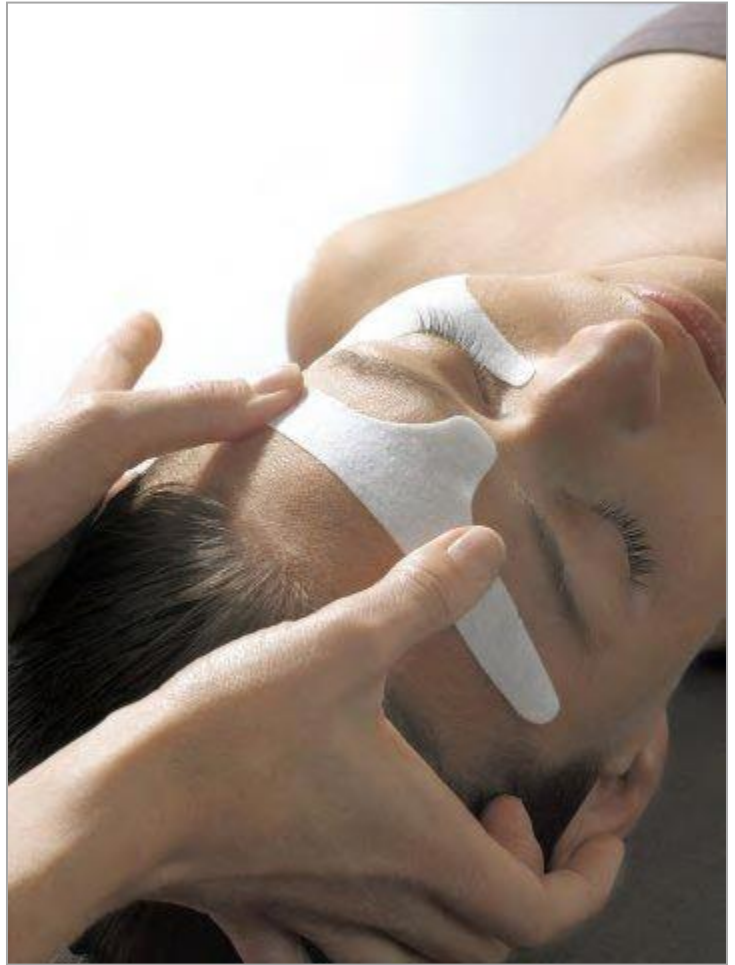
We are going to look at how to properly cleanse, exfoliate, moisturise and mask, while never leaving the house without at least an SPF 30 (yes, winter too).

Steps to a great skin care routine.

Step 1 – Cleansing

Simple is the key. You must find a good cleanser that suits your skin. Avoid washing your face with cleansing bars as they change the PH in your skin and dry the skin out. In an oily skin this may seem like a good idea but NO – it will just encourage the sebaceous glands to produce even more oil to combat the stripping of oils in the skin. Creamy cleansers are the best. Ensure it is correct for your skin type. Don't ever self diagnose, ensure your skin type and condition has been determined by an aesthetician.

Cleansing is a very important step to great skin – but avoid over cleansing. Cleanse once in the morning and twice in the evening. Your evening cleanse is the most important as this will remove make up and pollution which will clog the pores. Use a 10 cent size amount of cleanser then rinse with warm but not hot water. Repeat this twice. For best results I suggest using the Dermatological sponge cloth, your skin will be squeaky clean. This sponge ensures 100% removal of make up and



debris without damaging the skin. It is made from biodegradable bacteria-resistant fabric that rinses clean and dries quickly for convenient use.

Make sure eye make up is removed with a specific eye make up remover. The area around the eye is delicate and the skin must be treated differently. The skin around the eye is only 6 tissues thick, so ensure you do not rub or pull too hard. It is very important to remember not to use very hot or very cold water as this can lead to broken capillaries. (Broken red veins on the face)

Step 2 – Exfoliating

This, in my 20 years of experience, is where people with oil and acne prone skins go wrong. They are addicted to exfoliating every day, or even every second day, because they love how it feels. But this is the **WORST** thing you could do, it strips the skin, sending messages to the sebaceous glands (oil producing gland) that your skin is stripped of oil and this will result in an overproduction of oil. This will clog your pores, leading to larger pores, leading to more dirt getting trapped and therefore more pimples – can you see a pattern?!

So exfoliating is very important but must be done correctly. You notice the difference when you start exfoliating, it is an almost immediate difference. Exfoliate once or twice a week after cleansing. There are different ways to exfoliate your skin.

- **Cream exfoliant** – a good range will have two different ones, one for normal to combination and one for sensitive skins.
- **You can choose microdermabrasion in a salon** (this would usually involve a course for 1 week or 6 weeks) and some ranges will contain an exfoliant which will give a deeper microdermabrasion like exfoliation. These are usually in the form of a kit, Thalgo has a great microderbarasion kit.

Part of a good cleansing program is a toner. This ensures that all traces of dirt is removed and helps to keep your pores in good health.

Masks

Once or twice a week, using the right mask on your skin is essential to boosting the good condition of your skin. It feeds the skin intensely and works on what your skins specific needs are. Masks are most effective after you have exfoliated your skin. Apply a good amount over the face.

Step 3 – Moisturises

It is important that you get good, professional advice when choosing a moisturiser, one for day and one for night. Your night moisturiser will be full of goodies that your skin needs. This is the most important because your body and skin repairs itself when it is resting.

I don't believe in SPF's in moisturisers as I believe it can cause more reactions and a sunscreen needs to be applied more than once a day. I think that when it is combined with a moisturiser it gives people a false sense of security that their skin is protected.

A well educated professional will ask you questions to determine what it is you want from your moisturiser. A professional range will have moisturisers that work with skin conditions, skin types and anti-aging. The one you use will be up to you and your therapist.

Eye Cream

This is an essential part of your routine. The eye area is the first tell tale sign of aging. This is because the eye area contains no fatty tissue and is therefore very thin and susceptible to wrinkles. Special eye creams are formulated to thicken the eye area. The eye cream that is suitable for you will be determined by the condition of the eye area and your age.

Sunscreen

Sun damage is the number one cause of aging. Sun care should be a part of your daily routine through summer or winter and please don't forget that it needs to be reapplied when going into the sun. UVB penetrates through the glass so don't think you are safe in the car! Applying sunscreen to the back of the hand is also a great habit to get into.



The above is a great routine to ensure best results — but it must be done consistently. I suggest that at the change of every season the addition of a serum is great to boost and treat the skin.

In salon treatments — Going to a good salon or spa for a professional treatment is important for optimal skin health.

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Routine for Softer Skin!*

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