

Skin Care

Whatever your skin type it is important to care for the skin in the most appropriate way and using the best products for your skin type.

Your skin care routine should include:

Cleanse

Exfoliate

Moisturise

Protect

Cleansing the skin

The most important step in the cleansing routine is to choose the correct cleanser for your skin type. If it is dry and mature you will need a richer creamier cleanser that does not drag or dehydrate the skin. If it is oily and blemished you may need a lotion or cleansing milk which is lighter and lower in oil or with added ingredients to deep cleanse. For those people who prefer the 'soap and water' cleanse there are many options available that combine a cleansing facial wash with water to remove all traces of makeup and dirt effectively.

Traditionally cleansing may be achieved by using a cleansing cream or lotion and removing it with cotton wool, then applying a toning lotion to remove any trace of oil or grease left on the skin.

Some product manufacturers recommend the removal of the cleansing product with a muslin cloth soaked in warm water. The use of toning lotions to remove cleanser is not as necessary as once thought because many of the cleansing products made today, do not leave a heavy oily film on the skin and plain warm water is sufficient to remove them. Toning lotions have always been recommended for large open pores as applying a strong toner does temporarily make the pores look smaller but it is not a permanent solution.

Removal of a cleanser may be achieved with wet cotton wool, a hygienic solution as it is discarded immediately after use, or a muslin or towelling face cloth. It is important however to clean the muslin or face cloth after every use to avoid bacteria building up and contaminating the face when it is re-applied.

Exfoliating the skin

This is an optional part of your skin care routine. It can be added after the cleanse, by using special exfoliating products, brushes, or micro dermabrasion units, that some manufacturers are providing for the retail market. The alternative to this mechanical exfoliation is by using skin care products that incorporate alpha hydroxy acids in the form of glycolic or lactic acid. These are special ingredients incorporated into cleansers and treatment products to exfoliate the skin in a gentle and regulated manner as part of the normal skin care routine. It is important however to ensure you use a sun protection factor of at least 15 on your skin when using these products.

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Moisturising the skin

A deep cleanse of the skin will strip away natural moisture as well as the makeup and grime that has built up over the course of a day. It is important therefore to replace moisture with a moisturiser that suits your particular skin type. It is not just dry or dehydrated skins that require moisturiser, most skin types will benefit as long as you choose the correct moisturiser for your skin type. There are many different moisturisers available so if you aren't sure ask a therapist or skin care consultant for advice.

Protecting the skin

This is an essential step if you want to delay the signs of ageing on the skin. Ultra violet rays from the sun contribute greatly to the ageing process as it causes damage deep in the skin which leads to wrinkles and uneven pigmentation. Most skin care manufacturers now produce products which

contain UV protection, however, this is not usually sufficient and it is advisable to use added protection. Many of the advanced skin care ranges have creams and lotions that are different to the usual sun protection you buy when going on holiday, as the formulations are lighter and more easily absorbed into the skin with little added fragrance and without the white film left on the skin.