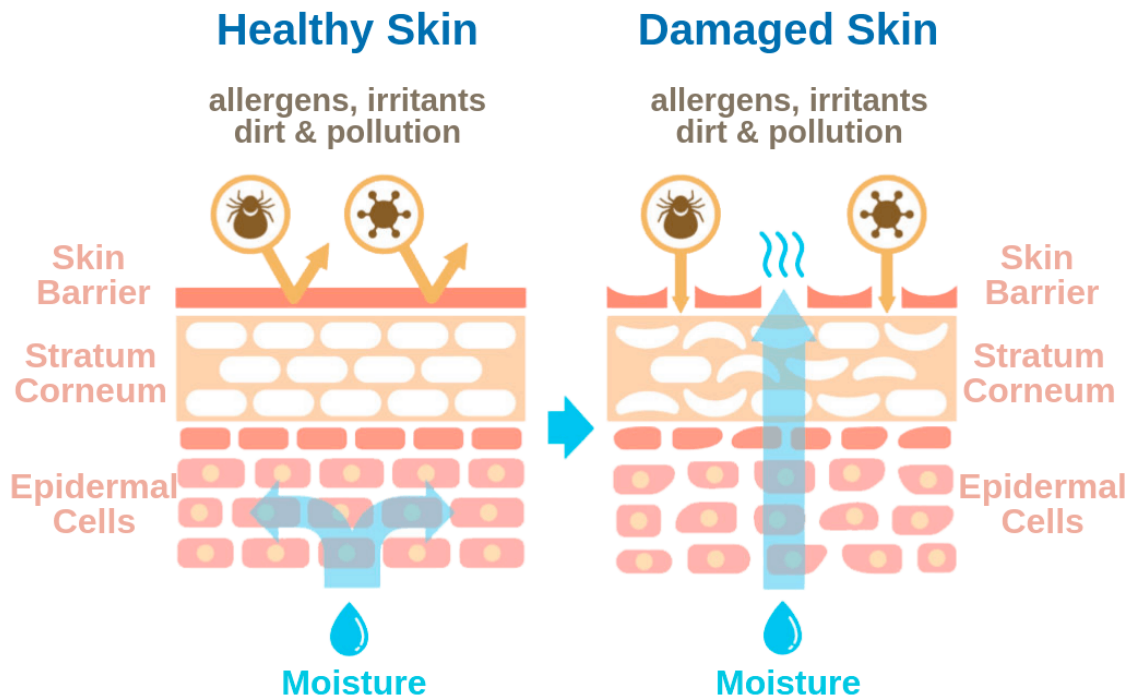


Your guide to glowing skin

Look after your barrier function and your skin will do the rest

The skin is our bodies largest organ. It is a water tight, air tight barrier to keep everything in plus a barrier to keep the outside world out.

If your skin is less than perfect, to put it simply, this is most likely due to an impaired skin barrier.



How does our skin barrier become impaired?

Most commonly, this is caused by stripping your skin of its natural oils generally with harsh cleansers, exfoliants, chemicals and topical products that destroy the barrier.

The environment (particularly sun exposure and pollutant exposure) health conditions and certain medications are also major contributors to the destruction of a healthy skin barrier.

An impaired skin barrier presents itself as any of the following:

- Dull skin
- Dehydrated, scaly skin
- Acne
- Inflammation, redness and increased sensitivity
- Rosacea or eczema
- Peeling or flakiness
- Tightness
- Dryness and crepiness
- Fine lines
- Rash like appearance
- Discomfort and irritation

How can we repair our barrier?

Firstly, stop everything you are currently doing and using - it isn't working.

Now, we start with the most suitable cleanser for your skin.

Utilising the correct cleanser will rebalance your skin barriers pH level to that of between 4.5-6 (the pH of a healthy, glowing skin).

The correct cleanser is the most important step in this process as it preps your skin for further product penetration and rebalances your skin to its optimal pH.

From here, we can introduce gentle serums that will nourish, heal and optimise cellular productivity. Nourishing the skin with biomimetic ingredients that replicate the function of a perfectly healthy skin is imperative to the healing process.

Your skin cells can be taught, through the use of elite cosmeceutical formulations, to function at the healthiest level and reprogram them to do so on their own.

Next, utilising a moisturiser that will effectively nourish, protect and rejuvenate the skin barrier is an important step in increasing moisture content and preventing trans-epidermal water loss.

Finally, it is of utmost importance that you protect your skin EVERY day with a mineral SPF (not a chemical one, but one that contains Zinc and Titanium Dioxide).

Ok, so you have changed your skincare routine to a repairitive, healthy, strengthening and pH optimised routine, now what?

Your skin will begin to recover immediately.

Depending on the degree of damage, it may take anywhere from between 2 weeks to 6 months to fully recover to a healthy state.

This state will then need to be maintained long term.

Once your skin barrier is recovered, we can begin to treat your other concerns (many will clear with your improved skin barrier)

You will want to make sure you utilise products containing Ceramides, Peptides, Antioxidants, Niacinamides, Hyaluronic Acid, Squalene, Panthenol, Honey and Aloe Vera, alongside a number of other skin building ingredients.