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HARPER'S BAZAAR

THE FACIALIST KNOWS ALL: TAMMY FENDER



With an encyclopedic knowledge of botanicals and essentials oils, Palm Beach-based facialist Tammy Fender is an ethereal presence who grows her own plant milk. We asked the skincare guru about her holistic approach and why natural remedies are the most effective.

THE INTERVIEW

HOW WOULD YOU SUM UP YOUR PHILOSOPHY ON SKINCARE?

For more than 25 years, I've focused my care and attention on the skin, but I also have realized that lifestyle choices—especially what we eat and how we manage stress—are just as essential as what we put onto the skin. A deep understanding of our interconnection at every level, and our relationship to the ancient remedies of the plant kingdom, informs everything I do, whether I'm in the lab working with new formula blends or in the treatment room, working one-on-one with clients.



WHAT ARE THE PRODUCTS EVERY WOMAN SHOULD HAVE IN HER ROUTINE?

I'm a true minimalist, and I favor products that are versatile enough to multi-task. That said, I usually recommend a cleansing milk, which is thorough but gentle, followed by a floral water toner. My ultra-concentrated Quintessential Serum, is a nutritive, protective face oil blend that veils the skin with protection so beautifully. A great moisturizing cream, such as Intensive Repair Balm, made with chamomile and helichrysum, brings together some of the most powerful regenerative ingredients in the botanical world.

RETIN-A: FOR OR AGAINST?

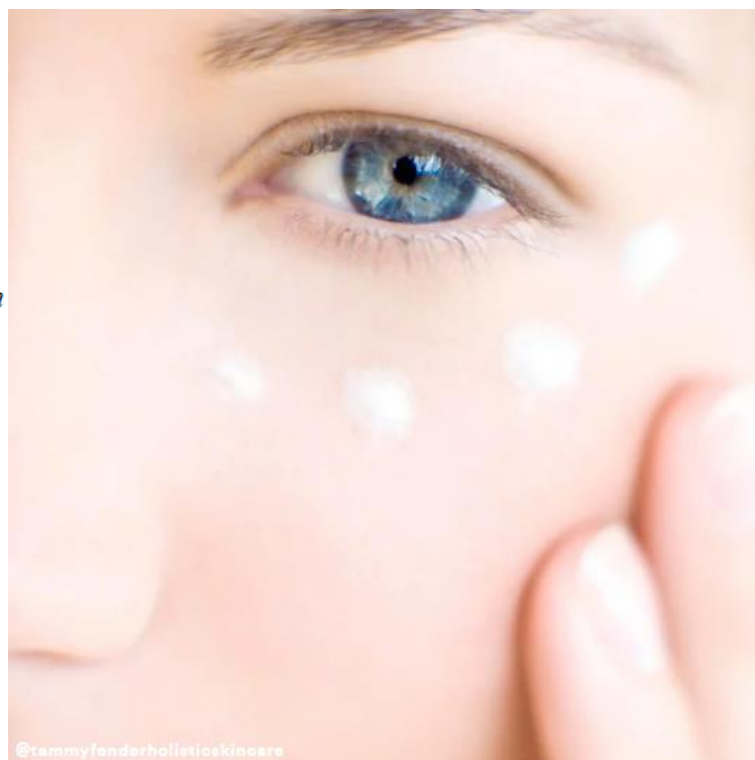
For me, plant remedies are the safest and most effective way to treat skin concerns, absorbing so easily and naturally into the body—and delivering long-lasting results. I use white hibiscus, a natural source of AHAs, in my formulations. Besides promoting regeneration and cellular turnover in the way that a synthetic might, it also boasts anti-inflammatory properties and a good proportion of antioxidants, which can help protect skin from free radical damage. Instead of working towards a limited goal, natural ingredients like white hibiscus help build skin health, and the result is a beautiful glowing complexion.

HOW ESSENTIAL IS A VITAMIN C SERUM?

Vitamin C is so good for the skin, especially when it comes naturally. Antioxidants, like those found in so many plant ingredients—especially citrus, which I love—helps protect the skin from environmental stressors. Sweet orange, for example, has a concentration of vitamin C, one of the building blocks which aids in the production of healthy collagen. But sweet orange also helps skin cell replenish and re-hydrate, stimulating circulation and assisting in the release of toxins.

WHAT'S THE BEST WAY TO CHOOSE AN EYE CREAM?

In my experience, eye area is so extremely delicate that I can only recommend treating it with natural, plant-based ingredients, such as cooling elder flower and toning green myrtle, both of which form the base of my Awakening Eye Gel. While this formula works to help firm and tone the tissues, it also brings nourishment, calms irritation, and encourages renewed growth.





WHAT NEW FACIAL TOOLS ARE YOU EXCITED ABOUT?

We are so tried-and-true to our holistic, hands-on approach, but I do think the rose quartz rollers add a nice touch.

WHICH MASKS ARE YOU MOST PARTIAL TO?

I'm a true believer in clay-based masks. Clay can carry such an abundance of plant remedies in such massive concentrations, but, at the same time, it's very grounding—it's very much part of the earth, and that resonates.

ANY SKINCARE TRENDS YOU ARE NOTICING FOR WINTER?

As I travel, working with so many wonderful clients and aestheticians, I am seeing renewed interest in facial reflexology coming around, and more people delving into energy work. Lovely!

MUST-HAVE BEAUTY

A holistic approach to skincare with natural ingredients taking center stage.

1

Jenny Patinkin
Rose on Rose Face Roller, \$38
[Shop Now >](#)



2

Omorovicza
Queen of Hungary Mint, \$86
[Shop Now >](#)



3

Tammy Fender
Quintessential Serum, \$175
[Shop On TammyFender.com >](#)



4

Christian Dior
Hydra Life Oil To Milk Cleanser 6.8 oz, \$42
[Shop Now >](#)



5

Tammy Fender
Awakening Eye Gel, \$84
[Shop On TammyFender.com >](#)



6

Zelens
Power C High Potency Vitamin C Treatment Drops, \$210
[Shop Now >](#)



7

Chantecaille
Detox Clay Mask 50ml, \$84
[Shop Now >](#)



8

Tammy Fender
Plant Milk, \$125
[Shop On TammyFender.com >](#)



9

Tammy Fender
Intensive Repair Balm, \$130
[Shop on TammyFender.com >](#)

