

Avoid these 10 Skincare Mistakes



Tips on where you may be going wrong and how to get your skincare right.

USING THE WRONG CLEANSER

Cleansing is the first and most important step in your skincare regime.

Why?

Because it not only cleans the skin of makeup, dirt and debris, but preps the skin for the synergistic effect of the rest of your regime of serums and moisturisers. Using soap or a foaming cleanser on a dry, dehydrated or sensitive skin can cause further dryness and irritation.

Likewise, using a comedogenic oil cleanser not designed for acne on a problem prone oily skin can make your pimples worse.

If your skin feels dry, tight, and your skin begins to flake then that's a sure sign that you need to switch your cleanser out to a better suited one.

It's quite normal to switch your cleanser throughout the year as the seasons change.

When in doubt always ask your skin therapist for professional advice.

SLEEPING IN MAKEUP

It's late. You're tired. The last thing you feel like doing is cleansing your skin. Easier just to crash out now and clean your face in the morning, right?

WRONG!

Going to bed without removing your makeup is a recipe for disaster. When your pores become clogged with unremoved makeup your skin can become irritated, inflamed and form bumps which can eventually lead to acne. It also accelerates the ageing process as your skin cells can't regenerate properly at nighttime with makeup left on.

No one would consciously choose to have pimples and wrinkles. But that's what can happen if you sleep in your makeup. Remove your makeup every night. It's simply not worth losing a few minutes of sleep to risk damaging your healthy skin.

EXCESSIVE SCRUBBING

We all know that exfoliation is key in maintaining fresh, clear, glowing skin. Gentle exfoliation eliminates excess dead skin cells allowing your skincare products to penetrate better.

But some people take scrubbing too far and end up impairing the barrier of their skin by removing too many protective layers.

Overuse of an exfoliant on the skin can result in:

Tightness

Dryness or dehydration

Stinging, burning, redness

Flakiness

Most skins do not need to be exfoliated more than once or twice a week. If you experience any of the above symptoms dial back on the scrubbing routine. If your skincare products contain hydroxy acids, remember that these ingredients exfoliate and hydrate too. You may be better served by using your hydroxy acid products intermittently rather than every day. The right amount of exfoliation will only leave you with a healthy glow.



YOU DON'T CHANGE YOUR PILLOWCASE REGULARLY

What does my pillowcase have to do with my skincare routine? A lot, actually. Your pillowcase stores dust and particles of skin and hair cells which rub off during the night. So, every night when your head hits the pillow you are placing your face against yesterday's debris, potentially causing cross contamination. It's important to change your pillowcase every two days to ensure your skin is kept free of irritants and bacteria.

Silk pillowcases are even better than cotton for preventing wrinkles as the fabric doesn't create friction or cause abrasion and draws in moisture to the skin. Beauty sleep is real and it starts with giving your skin a clean fresh pillow case to rest upon nightly.

NEGLECTING YOUR NECK

Your skin doesn't stop at your jawline and nor should your skincare regime. The skin on your neck is more delicate and has fewer oil glands than your face which means it can dehydrate, sag and age faster than your face. In order to keep these unwelcome signs of ageing at bay think of your neck as an extension of your face and dedicate a portion of your skincare regime to your neck area twice a day. Include the neck in your professional skin treatments at the salon too.

Radio frequency, laser, HIFU, and micro current all assist in keeping the neck youthful and firm. No one wants a youthful face with an aged neck.

NOT USING SUNSCREEN

Australia has one of the highest rates of skin cancer in the world. Incidental sun exposure, over a lifetime, can contribute to an increased risk of skin cancer, sun damage, and premature ageing. Summer is not the only time to use sunscreen in your routine. In fact, it's necessary to apply sunscreen to your face daily, regardless of the season. Most skincare lines these days contain a double duty moisturiser with built in sunscreen to protect your skin from the harmful UV rays which cause DNA damage.



Fleur De Mer (Available in the salon)

There is really no reason to subject your skin to pigmentation, ageing, and possible skin cancer when the solution is so readily available.

NOT WASHING YOUR MAKEUP BRUSHES

Your makeup brushes are an investment which form the backbone of your makeup kit. Dirty makeup brushes can accumulate bacteria and lead to skin irritation, clogged pores and acne. If you spend a lot of time and money investing in professional skincare and makeup then you are potentially wasting your money by not cleaning your makeup brushes. Treat your makeup brushes the same way you treat your hair. Wash them regularly in gentle shampoo until the water runs clear and then dry them out in the sun. Use a daily brush cleaner as maintenance in between shampoos. Not only will your brushes last longer but your skin will thank you for it.

BUYING YOUR SKINCARE FROM YOUR NEIGHBOUR

There's no denying that there are countless ways to buy your skincare these days, including from people not professionally trained in the skin industry. All that's required is for your neighbour to buy a skincare kit, get excited about it, and then start selling skin products to everyone in the street to earn her commission. Sounds simple.

The problem with buying your skincare from your neighbour who is not skilled in beauty therapy is that you often end up wasting your money on products that don't work. When you buy your skincare products in a professional skin salon, however, you will receive a proper consultation from an expert in skin and beauty therapy who will customise a regime specifically for your individual skin health concerns. You are in safe hands and your money won't be wasted with a qualified skin therapist. By all means, borrow sugar from your neighbour. But save your hard-earned skincare dollars for the true professionals.

POPPING YOUR PIMPLES

PLEASE STOP DOING THIS!

When your skin is breaking out it's so tempting to pick or pop your own pimples, thinking that if you squeeze them out, they will go away. Unfortunately, this is not the case. Self-squeezing often only leads to a war zone on your face causing redness, bleeding, the spread of infection and possible scar formation.

Save the extractions for your professional skin therapist and simply use a spot corrector at home to treat your pesky pimples without traumatising your skin. There's no point squeezing your zits and being left with permanent scars.

NOT CLEANING YOUR PHONE

Most of us have our phones glued to us 24/7 these days. But even if you wash your hands thoroughly your phone screen is still a breeding ground for dirt and bacteria. Try to wipe your phone with a disinfecting wipe several times a day to help prevent cross contamination because every time you place your phone to your ear you are transferring germs onto your skin. Wherever possible switch to blue tooth. It's simple things like this which can keep your skin fresh, clean, clear and glowing.

End Your Showers Right



Reap Amazing Benefits from the Last 30 Seconds of Your Shower

Are you fond of cold showers? If your answer is no, then you are one with the majority. We do not blame you, either. Not many people enjoy getting shocked, especially not during the first thing in the morning. But what if we tell you that there are several health benefits to ending your shower cold?

No, we are not kidding. There are scientific studies that back up our claim. Read on to find out more about cold outs. You might find yourself wanting to give it another chance when you do (and enjoy it this time around).

What is Cold Out?

Imagine yourself taking a hot, steamy shower. Just as you are about to finish, you turn down the heat to the coldest temperature while still on full blast at the last minute or 30 seconds. That is what we call a cold out. You should do it even in winter, too. Before you hightail out of here, hear us out. It is not as dreadful as it seems, and it is far more beneficial than you realize.

We get that some like taking scalding showers, though it might be high time to cool off the habit. Super-hot showers are not suitable for you anyway (unless you want to risk drying out and irritating your skin). But here is something that will do you a lot of good.



What Makes a Cold Out Great?

Doing a cold out presents you with these great health benefits:

Morning Alertness

Remember that initial shock you may be dreading when the cold spray hits you? It serves to increase the following:

- oxygen intake
- heart rate
- alertness

It is precisely what you need to start your morning right. You will not have to go about the early hours shuffling about like the walking dead. It may also just be enough to lessen your caffeine intake.

Smoother Skin, Shinier Hair

Your hair and scalp have an affinity for cold water.

After the hot or warm water temperature, the cold out will soothe the stress the heat may have caused your skin. You will find yours to be softer and more supple, especially if it has been dry or flaky (which is common around winter time). It will even give it a healthier glow as it tightens and constricts your blood flow.

You also might have already heard that it closes your pores (but FYI, your pores never close off entirely), which is true. The pores will take on a smoother, tighter appearance after the rush of cold water. And if you have been experiencing itchy skin, a cold out will ease that itchiness, too.

A cold out presents a similar effect on your hair. The cold water closes and strengthens your hair cuticles while giving them a nice, natural shine. It will not dry out your sebum layer, either, which is essential for your scalp and hair's protection from environmental stressors. Now you know why your senior stylist washes your hair with cool water.

Calorie Burn

Are you looking to increase your metabolism and burn some calories? Yes, a cold out can help you with that, too. During that initial cold-water shock, your body will work to protect you by keeping your temperature stable. This effort increases your heart rate and causes calorie burn. Exposure to cold temperatures will have some fat cells (like brown fat) generate heat and burn off your fat. What a great way to boost the metabolism with hardly any effort!

And if you decide to work out, cold water has regenerative properties that will help ease and repair those muscles after a strenuous exercise.

Improve Circulation

If experts were to choose the top benefit of cold outs, it would be its capacity to increase circulation. Since cold water constricts circulation on your body's surface, the blood in your deep tissues will circulate faster to regulate your temperature.

Good blood circulation enables the proper and better flow of oxygen and nutrients to all parts of the body. Those suffering from hypertension or cardiovascular disease will significantly benefit from the improved circulation as it will reduce inflammation.

Better Mood

Now, you might think you will come out of your shower cranky after being shocked. However, a cold will do the opposite and boost your mood. Studies suggest that a cold shower will stimulate your sympathetic nervous system. The activation causes an increase in your neurotransmitters (namely norepinephrine and endorphins), giving you an excellent high. Again, your mornings will be looking better and brighter.

Are you an evening shower person? No worries! While the initial shock will wake you, a cold out will cool your core body temperature. You will be able to fall asleep quicker and enjoy a good night's rest.

Immunity Boost

And if all the above benefits are not good enough for you, a cold out will give you an immunity boost against the cold and flu seasons. Studies say this extra protection is most likely due to improved circulation, particularly lymphatic drainage.

When you stimulate the lymphatic system, toxin and waste buildup are easily flushed out of your system. If you have been having problems with facial and abdominal bloatedness, bodily discomfort, illness, acne, or poor sleep, then consider these issues solved! It will also help produce lactic acid, which aids in your recovery faster from illness or injuries.

How To End Your Showers Right

Now that we have you convinced of the cold out benefits, here is how to do it right:

- All it takes is at least 30 seconds.
- Try it. It is not as long as you believe. Thirty seconds is enough to expose every body part to the cold water (including hard to reach areas like your hair, face, and underarms).
- Ease into it.
- If you are still scared of the initial shock, you can ease onto it by stepping back as you turn the water cold. As the temperature drops, you can test it out with your foot or hand.
- Then get into it fully.
- When you are ready, expose yourself to the cold water, starting with your legs, torso, then face.
- Afterward, turn around and let it hit your back. Lift your arms, saturate your hair. And do not forget your neck and lower back.

And voila, enjoy the rush of endorphins! Soon enough, you will find yourself positively hooked on cold outs.

Why Magnesium is So Good for Your Health



Ever asked yourself what could boost your energy level along with the appearance of your skin?

Well, magnesium has it all. This essential mineral is involved in many processes in our bodies. In particular, the magnesium is involved in many cellular reactions. It plays an essential action in the DNA construction and in energy production. It contributes to the development of bone tissue, the production of hormones and neurotransmitters. Moreover, magnesium is also important for the regulation of blood pressure and plays a primary action of importance in the metabolism of lipids and proteins.

Magnesium also improves your skin by replenishing your skin with important minerals, soothing and moisturising it for a healthy glow. It has many benefits when taken in powder form.

Here are some foods which explain why magnesium is so good for your health, here are a number of foods which have a high amount of magnesium in them along with countless benefits:

1. Pumpkin seeds

Pumpkin seeds can be enjoyed as a snack or can be used in salads, to enrich them. The magnesium present in abundance helps to relax especially in the hard days.

2. Soybeans

The bean sprouts can also be added to the uncooked meals. They are able to bring so many benefits to our body, because it abounds in mineral salts.

3. Dried fruit

The dried fruit is good for its nutritional properties and benefits it brings

Especially almonds, hazelnuts and walnuts are another excellent source of magnesium. Specifically, it can stimulate the mental processes, such as those related to memory and attention. Furthermore, this fruit helps to address the physical effort, avoiding muscle cramps.

4. Dill

Dill can be used as a flavouring to be put in the pasta sauce or vegetable side dishes. The fundamental characteristic possessed by the magnesium content in this aromatic plant lies in the possibility of being easily assimilated.

5. Dates

The dates should be included in our daily diet. In fact, they can be considered a savory snack to be consumed even before you engage in 'physical activity.

6. Spinach

To meet the daily requirement of magnesium spinach is also excellent, which are also abundant in vitamins, calcium and potassium, and help to maintain the body.



7. Rice

With regard to rice as a source of magnesium, one must take into account that should be considered only the integral one. Whole grains in general are fundamental to introduce this mineral in our body salt.

8. Peas

Even the peas are an excellent source of magnesium. You can eat fresh in the spring and summer and dry during winter.

9. Artichokes

Artichokes are especially good as a side dish to be eaten at lunch. In this way we can ensure that sufficient dose of magnesium, which may serve as a reserve for the afternoon to devote to work or sport.

10. Figs

Ideals are figs to eat especially for a busy day. They too, are a key reserve to produce the energy needed during daily life.



Adding some of these foods to your daily diet in the form of snacks or side dishes, can add wonders to your skin and keep your immune system strong and healthy. Just grab a few figs for lunch or sprinkle some dill leaves on your meal, small changes in your dietary habits can be extremely beneficial for you in the long term!



Why Do I Have Wrinkles and Pimples



How hormones can cause acne in your 30's, 40's and 50's and what you can do to combat it. Perhaps the only thing worse than dealing with teenage acne is battling pimples in midlife. It can come as quite a shock to affected women. At a time when they are concerned with fighting the signs of ageing finding themselves strangely faced with acne also can feel disconcerting. It creates a twofold problem for women-fighting the double whammy of pimples and wrinkles.

Adult hormonal acne can present as mild to severe and is most prominent on the jawline, chin and cheeks but can occur anywhere in the body including the back. Eruptions can be deep, painful and cyclical. Or they can be small but persistent watery like vesicles with redness.

Adult acne can accompany other symptoms such as abnormal hair growth, stomach bloating, heavier painful periods or cessation of menstruation altogether with hot flushes. These symptoms are associated with pregnancy, Polycystic Ovarian Syndrome, Oestrogen Dominance, contraceptive pill, increased androgen levels, menopause, or gut related issues.

Stress and lack of adequate sleep can make the situation worse as it puts pressure on the adrenal glands which produce a hormone called cortisol. This cortisol works on the testosterone pathway thus increasing the chances of breakout. It can be such a difficult and overwhelming time trying to figure out how it started and how to manage it. Many women feel embarrassed and frustrated by the impact it has on their day-to-day life which can erode their self-esteem.

So, What do I Need to do to Fix It?

CONSULT A PROFESSIONAL SKIN THERAPIST



Firstly, it's important that you know that your hormonal acne can be treated and you will eventually have clear smooth skin again. Your trusted skin therapist is well versed in treating complex skin issues holistically and will work together with you, your GP, and naturopath to resolve your acne issue. Skin can become less resilient as you age but professional skin therapists will take the guess work out of the equation for you by providing you with solutions which simultaneously address your acne and wrinkles.

After consultation a treatment plan will be devised for you based on your individual requirements. In most cases your professional salon treatments will include, but are not limited to, skin peels, LED, microdermabrasion, skin needling, and laser. The correct products will be prescribed for you to use at home on a daily basis.

Thankfully, many active ingredients designed to fight acne also help to minimise wrinkles. In most cases you will see an improvement within 3 months provided you comply with your treatment plan.

In the treatment of middle-aged women with acne there are certain factors which need to be taken into consideration:

Treatments and at home skincare must be customised for you as an individual.

No two skins are the same, especially when dealing with acne.

Pregnancy, breastfeeding or certain medications may contraindicate you for certain skin treatments.

Your skin therapist will adjust your services accordingly to ensure your safety.

If you have rosacea which accompanies your acne then your treatments and products will have to address your barrier impairment and sensitivity not just your acne and wrinkles.

ADJUST YOUR DIET



It's important to look at your diet and nutrition. Most adult acne sufferers are advised to eliminate sugar, dairy and gluten from their diets as they can be inflammatory to the system. We know that inflammation causes acne and has been linked to ageing. Ingest lots of healthy whole foods, fresh vegetables and fruits for optimum nutrition. Try to make your meals as colourful as possible. Antioxidants found in berries and green leafy vegetables can help fight your acne and wrinkles from the inside.

A healthy diet creates a healthy gut biome. A healthy gut biome leads to healthy skin. Probiotics can also be of assistance, particularly if you have been on antibiotics to treat your acne. Vitamin and Mineral deficiencies can impede your ability to overcome acne. Gut testing can reveal if you have deficiencies in iron, zinc, and Essential Fatty Acids, particularly Omega 3 found in fish, flaxseeds and chia seeds. Deficiencies can be addressed through diet or supplementation. Drink lots of water.

DITCH THE PORE CLOGGING MAKEUP



Using skincare products and makeup which are comedogenic (pore clogging) will only make your acne worse and will hinder any professional treatments you are having. It's vital that you eliminate these products from your beauty regime. Regularly clean your makeup brushes, clean your phone screen twice daily, and replace your pillowcase nightly to avoid cross contamination. If you are unsure which makeup could be clogging your pores ask your trusted skin therapist to assist you.

It may surprise you to know that 80% of your success in clearing your acne and treating your wrinkles will come from what you do at home, both internally and externally.

So, caring for your skin on a twice daily basis under the guidance of your skin therapist is essential in effectively eliminating your pimples and minimising your wrinkles.



5 Benefits of Vitamin C for the Skin



The effects of **Vitamin C** on the skin are almost like a magic trick. Having tons of benefits, Vitamin C is a secret to healthy skin and a strong immune system.

Vitamin C is able to:

- Increase collagen production,
- Lighten skin blemishes,
- Protect against sun damage,
- Heal wounds
- Minimize the harmful effects of free radicals.

Yes, that means firmer, radiant skin with fewer lines of expression and wrinkles. There is no contraindication: the substance can be used as a preventive effect on all skin types. Topical vitamin C, found in creams, lotions and gels, maintains a higher concentration in the skin than when ingested orally. We have listed some reasons why you should include vitamin C formulations in your cosmetic care.



1. Fight wrinkles

Vitamin C is one of the essential factors for the production and stabilization of collagen, explains the dermatologist Tiago Recena, especially the collagens I and III, the main ones of our body. Collagen keeps more water and elasticity in its fibres, preventing the appearance of wrinkles. In addition to the skin, collagen also helps make hair and nails look more beautiful.

2. Reduces Sun Damage

The antioxidant action of vitamin C protects the skin from the sun's rays and reduces the effects caused by the sun, explains the dermatologist Juliana Source:

– This occurs for both aging and the appearance of skin cancer, acting in partnership with sunscreens.

This is not to say that vitamin C is a substitute for sunscreen because it works for other purposes.

– Vitamin C does not protect against sunburn, but the release of free radicals by ultraviolet rays – clarifies Tiago Recena.



3. It is a powerful antioxidant

Free radicals are toxic substances produced by the body itself or by external factors like sun, cigarette, stress and pollution – which, under normal conditions, our body is in charge of neutralizing naturally. Antioxidant substances are responsible for reacting and neutralizing the levels of free radicals in the body. And the good news? Vitamin C is rich in antioxidants and neutralizes free radicals by chemical reactions. In addition, vitamin C has a whitening effect and improves immunity.

4. Healing powers

It is fundamental in the healing process and production of collagen, it prevents diseases like diabetes, cardiovascular diseases, asthma, cataract, improves male fertility and the absorption of iron – explains Juliana Fonte.

5. Want more? Reset your daily reservation

Vitamin C is present in many foods, especially in citrus fruits like kiwi, acerola, cashew and strawberry. Dark-green vegetables are rich in vitamin C: broccoli, kale and watercress, for example. It can also be found in some foods of animal origin, such as cow's milk and goat's milk and livers, both beef and pork or chicken.

– The body usually works with a reserve of 1500mg of vitamin C, which quickly degrades before the sun and oxygen, so we need to replenish daily. In some cases, you need to supplement with vitamin C as supplements in capsules – explains the dermatologist Tiago Recena.