

skincare recommendations

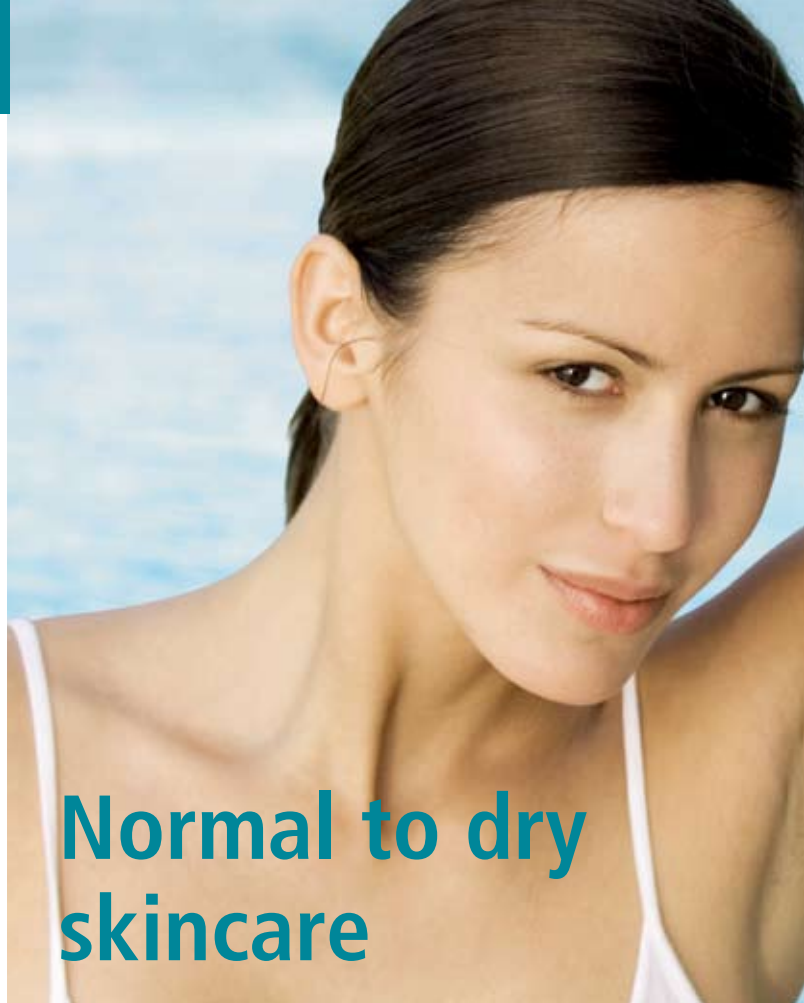
Cleanser

Toner

Day Moisturiser

Night Moisturiser

Other



Normal to dry skincare

Why use moisturisers?

- > Skin is under constant attack from the sun, wind, free radicals (harmful particles in the air), pollution and air-conditioning. Moisturisers help prevent moisture loss from the skin by creating a barrier that seals the moisture in and by delivering additional nutrients to the skin.
- > **The two most common moisturisers are:**
 - Humectants that draw or attract water to the skin either from the atmosphere or up from the dermis, plumping out the skin with retained moisture, and
 - Occlusives that create an oily film over the skin sealing water into the skin by stopping evaporation.
- > There are moisturisers suitable for every skin type and every skin type needs one. Daytime protection calls for quite different ingredients to those used in a night-time moisturiser when the skin needs to be repaired, nourished and enriched while at rest.
- > The new generation moisturisers contain active ingredients that encourage the skin to produce more of its own moisture barrier from within, actively promoting production of the skin's own natural moisturisers.
- > In addition, there are products that fall into the treatment category. These offer additional repair and maintenance steps for the skin and are usually used as a supplement to moisturisers.

basic rule : the drier the skin and its environment the richer the moisturiser needed.

Dry skin characteristically feels tight of 'one size too small'.

It requires richer moisturisers with higher oil content to nourish and hydrate the skin and seal in moisture.

Normal skins can opt for lighter weight lotions.

normal to dry skin