

5 steps to beautiful skin



Your skin is a protective layer and the largest organ of your body. It is exposed to pollution, UV rays and the basic grime of everyday life. As we age skin cell regeneration begins to decline, losing its natural suppleness and restorative powers, therefore we need to increase the care of our skin.

Following a regular skin care routine is the first step to enhancing and preserving your natural beauty, as well as combating the negative effects of pollution, stress and the ageing process.

There are five basic steps to take care of the skin on your face.

1 cleansing

The essential function of a cleanser is to dissolve and remove dirt, excess sebum, dead skin cells and stale make-up without drying the skin. It also helps to keep skin cells healthy and oil glands functioning properly.

2 toning

The toner is absolutely essential as it removes any final traces of make-up, refreshes skin, closes pores and helps to restore your skin's acid mantle (pH), leaving skin better protected from bacteria.

3 moisturising

Moisturisers are an essential part of your daily skin care routine. They protect the skin from dehydration, reduce moisture loss and keep skin soft and supple. They are the ideal base for make-up, but should be allowed to dry prior to make-up.

4 night cream

Night creams are a much richer version of moisturisers. They work intensively while your skin is warm and relaxed helping smooth fine lines and soften the skin.

5 treatments

There are a wide variety of treatments targeted at specific areas. Eye treatments help to soften and reduce fine lines. Exfoliants remove dead skin cells revealing radiant skin. Plus, there is also a range of anti-ageing treatments to suit your particular problem areas.