

how to have your **best skin EVER!**

instant results. see a therapist.



Sally Penford

Education Manager for
the International
Dermal Institute

Why do you need a professional skin therapist? For the same reason doctor and dentist check-ups are necessary: for better health!

Your skin is the largest living organ of your body, defending you from UV and pollution, eliminating toxins and oils and stopping you from losing water and shrivelling like a prune. So shouldn't we devote as much attention upon our skin as we do our hair and nails (which are dead by the way!) Just 45 minutes once a month with your expertly trained professional skin therapist can take your skin from dull and lacklustre to glowing and dewy. What's not to love!? And over and above seeing a transformation in your skin, it's also some much needed me time in our hectic schedules. Go on, you won't regret it.

avoid comedogenic ingredients

Comedone is a fancy name for blackheads and believe it or not, there are a few skin care ingredients that can actually cause blackheads. The worst offender are D and C red dyes that give products and make-up their pink and red hues. If you have noticed blackheads along your cheek area or around the lips, check your blusher and lipstick. Another nasty is Isopropyl Myristate: a cheap ingredient used to give products a silky feel. The probable with this bad-boy is that it creeps into the pores of the skin causing irritation and congestion. It's also what often causes your compact mirror to fall out as it creeps and loosens glue!



go acid balanced

No, this is not a new diet regime, but rather an awareness that your skin is naturally acidic in order to keep you protected from the outside world and to maintain the high levels of moisture that gives your skin a dewy glow. In direct opposition to the skin's PH is alkaline soap, which will strip the skin and leave it dry and itchy. Always opt for an acid balanced cleanser like Dermalogica's Special Cleansing Gel, which can be rinsed off with water for kind-to-skin cleansing.

ALWAYS wear sunscreen

Okay okay, I know you are bored of hearing us therapists talk about the importance of sunscreen but it truly is the most critical skin care product choice in ensuring you have your best skin ever. Although UV may make you feel better as it warms your bones and brings beauty to nature, it also ages skin prematurely and causes uneven pigmentation. My absolute favourite is Dermalogica's Ultra Sensitive Tint SPF30, as it's a perfect every day, three in one product. It provides great moisturising protection, combined with a broad spectrum SPF and a light reflective tint to give a soft shimmer. Whichever product you choose, make sure you wear an SPF, every day, rain or shine.



fragrance free

The number one skin-sensitiser is artificial fragrance. The skin sees it as an enemy and sets up a defence reaction which can lead to redness and inflammation at best - and hives and swelling at worst. It also can react with sunlight causing dark pigmentation as seen in many women who spray perfume on their neck. So, if you like your products to smell good, look for botanicals that double up as skin saviours while creating naturally-nice aroma. <!-- Generator: Adobe Illustrator 19.2.1, SVG Export Plug-In -->

your best-looking skin starts with healthy skin, and healthy skin starts with a Dermalogica Skin Therapist.



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