



Cleanse tone and moisturise. I bet some of you are wondering what all the hype is about? Why do I have to do this? How is this going to help my skin? Does it really work? Well I am here to explain just how a basic skin care regime can help you achieve the perfect Skin. My name is Stephanie and I am the Assistant Spa Manager here at Tranquility.

I am going to give you a quick and easy insight in to a skin care regime that will help improve the texture of your skin, the appearance of your skin and give your skin that overall glow.

Cleanse - Why do we cleanse? Well that is an easy question to answer. Cleansing the skin removes impurities from the skin and aids with treating the skin.

One of the most important aspects of finding the proper cleanser is to find one that meets the needs of your skin type. For example, if you are prone to breakouts, it is important that you use a cleanser that is formulated to aid with balancing your skin. You may also look for a cleanser that is medicated to help fight acne. For dry or ageing skin, you will want a cleanser that contains extra moisture and boosted hydration. For oily, or shiny, skin you will want to choose a cleanser that controls oil production and reduces the size of facial skin pores. Aside from choosing a cleanser that meets the needs of your skin you also need to choose one that works with the time you have available... Some cleansers just take minutes to apply and remove, while others require "setting" time in order to close pores or deep clean skin. If you choose a cleanser that works with your schedule you will be more prone to use it regularly and able to get the results you seek.

Tone: Second step is toning the skin. The main benefit from a toner is the tightening of the skin and shrinking of facial pores. While all toners provide these benefits they can differ greatly on which toner is best suited to your skin. Some toners must be used more than once a day to see optimal results; other toners need extended time during application to work. Remember to choose one that works with your schedule. As for ingredients some toners are

formulated for sensitive skin, some focus on acne control, and some are concentrated for anti-ageing. As with the cleanser, check that you have the best suited toner for your skin.

Moisturise: No matter how well you formulate and follow your skin-care regime, the regime is never complete, or completely beneficial, without the proper moisturiser. A good moisturiser can mean the difference between good skin and great skin for years to come. A good moisturiser should look at three key things: hydration, sun protection, and skin smoothing. For hydration you need to look for a moisturiser that contains ingredients that help your skin hold onto water for hours at a time. To help prevent sun damage the moisturiser should contain an SPF (sun protection factor) of at least 15. And for smoothness, the moisturiser should contain ingredients that help plump up the top layers of the skin. For added benefit a moisturiser can also contain ingredients which help with the firmness of facial skin. Once you find the perfect moisturiser it is imperative that you apply it twice a day (morning and night) to clean, dry skin. No matter how rushed you are never skip this step in your cleansing routine.

These three simple steps can drastically change your skin. For any further help on your skin care regime or any questions you may have feel free to e-mail me on:

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I look forward to hearing from you .

Stephanie

