



# Skincare Spy

We take a peek inside the bathroom cabinets of industry professionals to see if they are practising what they preach and what their cosmeceutical staples are



"I am a dreadful combination of a hoarder and a new product junky. My bathroom cabinet is full of half used bottles, tubes and jars and I am always trying out new things and mixing and matching. Mostly this is just driven by curiosity, however, I find my skin quality changes depending on the seasons and my lifestyle and try to adapt my skincare regime accordingly. At the moment, I am loving the SkinCeuticals range, with a few pampering products thrown into the mix. After cleansing with EveLom morning cleanser, I religiously apply SkinCeuticals CE Ferulic antioxidant treatment and Hydrating B5 gel and Mineral Radiance UV Defense SPF 50. Followed by Charlotte Tilbury Wonder Glow for an instant pick me up for my sleep-deprived skin. At night, after cleansing with SkinCeuticals Gentle Cleanser, I use James Read Sleep Mask Tan to give my skin a nice glow. When my skin is feeling irritated, and looking blotchy and tired I turn to Sisley Black Rose Cream Mask. Before a night out I usually apply a SkinCeuticals Gel Peel. However late the night I think it makes me look a little more human the morning after!"

## Julie Redmond RG, NIP

Julie's interest in aesthetic medicine began 14 years ago while working as a nurse in Australia. Julie has worked with some of the top aesthetic doctors and surgeons in the world and she has spoken at and attended numerous international conferences. She worked as an injectables trainer for eight years, five of which were as the national trainer for Allergan in the UK and Ireland. Now Julie has a thriving private practice in the London's West End. She is an independent prescriber, a clinical hypnotherapist and has a keen interest in the impact of nutrition on skin



## Miss Sherina Balaratnam, Medical Director, S-Thetics

Miss Sherina Balaratnam is the founder and medical director at the S-Thetics Clinic, Beaconsfield. A surgeon with extensive plastic surgical training, she has devoted the last six years of her extensive medical career to specialising in the latest non-surgical cosmetic treatment innovations. Her subtle and highly personalised approach to facial rejuvenation has seen her treat over 5,000 patients and earned her a place as one of the UK's leading non-surgical cosmetic specialists

"I use the iS Clinical skincare range as I was looking for something that would take care of my gentler day-to-day needs without being 'too' aggressive – but still giving excellent results. Their products deliver dermal protection, skin rejuvenation and reduce the inflammatory effects of oxidative stress. I use their Cleansing Complex in the morning and at night – the silky lightweight gel contains botanical salicylic acids, which strip away oil and unblock clogged pores. After that I use a few drops of the Super Serum in the daytime, which promotes new collagen formation, and encourages cell development whilst providing photoprotection. I finish my morning regime with the Extreme Protect SPF30. At night, I use the Active Serum, which has a combination of retinol and antioxidants to resurface my skin overnight. I have been so impressed by the iS Clinical range that I've now introduced it to patients in my new clinic!"

