Customise your skincare regime:

Our clothing changes by season and so should our skincare. Focus or hydration boosting products containing hyaluronic acid to plump and rehydrate your skin.

Hydrate:

Dehydration causes dry skin, fine lines and blemishes to appear. Drink small amounts of water regularly throughout the day.

Consider your alcohol intake during the festive season. Alcohol dehydrates, and long-term overuse causes inflammation, which presents as facial redness and rosacea.

Remove your party make-up before bed:

But not with face wipes. This only moves make-up around your face, causing blocked pores. Choose a cleanser that doesn't strip the skin's natural oils, which damages the natural skin barrier and causes acne and irritation.

Invest in sun protection:

Sun damage is the main cause of premature skin ageing and skin cancer. UV damage replaces your skin's natural glow with dryness, discoloration and, eventually, wrinkles. Use a minimum of SPF30 daily, reapplying regularly. SPF in makeup doesn't give the protection you need.

Shape up:

We look great in the summer because we exercise more and keep ourselves hydrated. Brisk walking maintains this glow and keeps you healthier too. Remember, summer bodies are made in the winter.

${ m T}$ ailor-make your skincare:

Your skincare should be as unique as you are, with ingredients tailored to your specific needs. Hydroxy acids containing salicylic acid suit oily or acne-prone skin to gently exfoliate and prevent blocked pores. For dry skin, hyaluronic acid, natures own plumper, draws water to hydrate and give a healthy glow.

Move and give your skin a workout from the inside out:

Exercise increases blood flow and nutrients to the skin, flushing away toxins and cleansing skin from within. Our 6-week cycle of producing new skin cells slows down as we age, and conditions such as acne and sun damage slow this down further. Include Retinols (a derivative of Vitamin A) into your regime, which increase new cell formation and collagen production. Advanced medical facials will complement these to gently exfoliate and produce fresh, healthier skin.

Antioxidants: Get your '5 a day':

Antioxidants repair damage caused by oxidative stress in skin cells. Use good quality, medical grade antioxidants containing Vitamin C, Vitamin E, green tea and aloe vera, which reduce inflammation.

Study and understand what's going on underneath your skin:

Skin health takes more than just a one-dimensional approach. At S-Thetics, we carry out an advanced VISIA digital skin analysis on all patients to assess conditions such as UV damage, facial redness and skin texture. This gives a detailed measure of concerns on and beneath the skin surface and the ability to individualise treatments and skincare to our patients.

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Toptips for winter Skincare

> he plummeting temperatures, icy winds and extra hours spent indoors can be tough on our skin in winter.

As the largest organ, skin is the first thing to show signs of distress when your body is not in harmony. From stress to sun damage, by changing your lifestyle and being smart about skincare, these top tips will help you achieve and maintain fantastic healthy skin this Christmas and beyond: