



# Autumn

## A guide to your new season Skincare routine.

As our days will slowly start to get shorter, our temperature will then start to drop like the leaves off our trees and the air around us will become drier, autumn is here. As a time of transition, autumn is the best time to rejuvenate and repair your skin by correcting any summer damage and preparing your complexion for winter.

While lighter creams and masks might have done the job previously, getting the hydration your skin needs is even more important when the weather cools down. Luckily, we have a skincare range that is designed especially for that purpose. From heavy creams and plumping gels to nourishing moisturisers that promise an instant hit of hydration. Speak to one of our qualified beauty therapist to see what product we can add or replace in your current skincare routine, and check out our Autumn in Spa Treatments.

### *Below are some of our top recommendations;*

#### **Exfoliate. Our product of choice:**

A lot of people think that exfoliation can exacerbate dryness –something we already have enough of during the cooler months – but in reality, it’s the best way to treat parched, flaky skin. After hours in the sun your complexion can begin to look dehydrated and sallow, so it’s important to get rid of the dead damaged cells. This way, your skin will be prepped to absorb more moisture and improve the effectiveness of nourishing products.

#### **Recommended Professional Treatment:**



#### **Moisturise. Our product of choice:**

Hot summer days can cause serious dehydration so the moisture lots needs to properly supplemented before winter rears its head. If you have dry skin already you really need to knuckle down that hydration to stop your skin from getting flaky so opt for a cream specifically designed to prevent moisture loss. Make sure to look for ingredients like hyaluronic acid which is known for its extra hydrating properties.

#### **Recommended Professional Treatment:**



#### **Lips. Our product of choice:**

The effects of the suns rays combined with the onset of biting cold weather can leave you with dry, chapped lips so investing in the right lip balm is key.

#### **Recommended Professional Treatment:**



#### **Hands. Our product of choice:**

While we’re well accustomed to keeping a lip balm in our pockets and enlisting the help of heavy winter face creams to battle against the cold, there is one part of the body that often gets overlooked; our hands. Constantly exposed, the cold weather quickly ravages delicate skin but don’t fret because, as always, the beauty industry has a seriously indulgent solution. Make sure to invest in a rich, buttery hand cream now and you’ll reap the benefits all winter long.

#### **Recommended Professional Treatment:**

