

# Your Best Facial Tips

from GHE beauty therapist, Cassie

There are certain pieces of knowledge that are incredibly powerful when it comes to looking after your skin. I want to share some of the top tips for looking after your face to help with your at-home routine, and to make sure you can get the most out of any facial with us.

## Did you know?

Your skin has its own protective barrier, which is composed of fats, oils, and sweat. This barrier is designed to protect your skin from foreign intruders, so it's very important we keep this barrier healthy and strong. Some common side effects of an impaired barrier include inflammation, dryness, and irritation.

## No need to panic...

There are things you can do to make sure that you keep your skin barrier as strong and healthy as possible.

### AVOID OVER-WASHING

Avoid cleansing morning and night with a harsh cleanser; this can strip your skin and stimulate inflammation. If you're not sure which cleanser is right for you and your skin, check with a professional. It's important to avoid picking any old skin care product off the shelf - for example, some popular brands include parabens, sulphates, or synthetic ingredients (such as sodium laurel sulphate), which can contribute to stripping the skin.

### AVOID OVER-EXFOLIATING

As a general rule, follow the guide below for how regularly you should be exfoliating your face.

Sensitive skin - once a week

Oily/combination skin - two to three times per week

Dry skin - twice per week

NOTE: If your skin barrier is impaired or your skin is irritated, it's best to stop exfoliating until you have healed.

### AVOID USING TOO MANY PRODUCTS

Sometimes, less is best. If you find that nothing is working, or that your skin is getting worse, stop using whatever products you are using and chat to a professional. It's possible you are doing more harm than good. Lifestyle choices can also have an impact on your skin; consider chatting to a naturopath to get a more wholistic understanding of your lifestyle and your skin.

### SKIN MINDFULNESS

Don't forget that what works for someone else, might not work for you and, if you have any concerns, speak to a professional. General best health advice is also applicable when looking after your skin; drink plenty of water, exercise regularly (to improve blood and lymph flow, provide fresh oxygen for your cells, and remove toxins), avoid excess stress, and maintain a balanced diet - in terms of your skin, its 'diet' should include plenty of healthy fats, for example rosehip or help oil, to help strengthen your skin barrier and keep your skin moisturised. Finally, practice gratitude and stay positive. Recognise that your skin health is a journey and any current state won't last forever; your skin doesn't define you, **you are beautiful just as you are.**