



TOP TIPS FOR SUMMER

With Frances Furlong

This month I will focus on tips on how to care for your skin in the next few months where the heat and sun can really change how our skin behaves, how to prevent break outs and sun damage are the two main issues that so many of my clients complain about in the summer.

PREVENT BREAKOUTS

Change your sunscreen by looking out for oil free labels, I particularly recommend Heliocare SPF 50 which has a unique oil free dry touch, that feels and smells amazing, you won't want to leave the house without it. It contains UVA and UVB filters and a powerful antioxidant which helps to repair skin.

PEEL AWAY

Twice a month I suggest coming to the clinic for a salicylic/glycolic based acid peel. It clears up dulling, dead skin cells, which not only helps even out any discolouration, but also draws excess oil out of the pores and leaves skin less shiny. In addition a good daily cleanser like Inspira med prime cleanser helps to clean the skin deeply, kills bacteria and smooths the skin. For those needing extra support with blemish control Obaji Te pads are a quick and effective way of doing a mini at home peel, these powerful pads are great on holiday too and are part of my must have skin care products.

TRADE IN FOUNDATION

I switch to daily moisturiser serum with gradual self-tanner vita liberata is an amazing light weight serum that doesn't clog the pores. Heliocare also do an SPF 50 colour tint in three shades which acts like a foundation so helps to give coverage, protection and a light formula which does not make your skin oily.

PREVENT PIGMENTATION

My two favourite anti pigment tools in the summer is a daily topical vitamin C like Obaji Brightalive or C bright, or Auriga vitamin c serum, used in conjunction with an SPF protector means your are preventing new Pigmentation forming which means less repairing treatments in the Autumn!

MESOTHERAPY GLOW PEELS

I have created a bespoke light peel combined with anti ageing, vitamin and antioxidant solutions which are injected into the face, neck and décolletage. The combination of the two

equals to a smoother, fresher rejuvenated summer skin glow.

Stop volatile skin conditions like Rosacea by using Obaji Rozatrol cream which helps to keep symptoms at bay, decreasing excessive redness, irritation and pimples associated with the condition.

TREATMENT OF THE MONTH

HYPERHYDROSIS

- Sweating is necessary to control body temperature during times of exercise and in warm/hot surroundings, and is a normal response to a rise in temperature or anxiety.
- Sweating is regulated by the sympathetic nervous system. In about 1% of the population, this system is revved-up and works at a very high level, causing sweating to occur.
- It can occur in many different areas of the body, and the condition is known as Hyperhydrosis, which means 'excessive sweating'. It affects both sexes equally, and all races.



- is not a temporary condition. Many people who suffer from it have suffered for many years, often from childhood or sometimes from adolescents.

- Wetness and staining of clothes is a constant worry for those sweating from the under arm area. Loneliness, depression and decreased confidence are all factors to consider also.

Some people will be using specific deodorants and medications from the GP which can help, however muscle relaxing injections can inhibit sweat glands and decrease excessive sweating. ■



THE DETAILS

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