



# Your Simple Guide to Breaking Up with Dull Skin!

# How to Banish Dull Skin

## 7 ESSENTIAL STEPS

**1**

### CLEANSE

- Avoid harsh cleansers, opt for a creamy texture.
- Never rinse with hot water-the heat will strip your skin's natural oils & cause irritation.
- Double cleanse at night.

### EXFOLIATE

- Use a BHA, AHA or enzyme exfoliator 2-3 times per week. The choice of exfoliator & frequency will depend on your skin type. Dry skins prefer AHAs & oily skins BHAs.

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### HYDRATE

- Use a good quality Hyaluronic Acid Serum daily.
- Look for moisturisers with ceramides in.

### BRIGHTEN

- Invest in a quality Vitamin C 5-15% serum; apply after cleansing every morning to brighten the skin.

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### PROTECT

- Preventing sun damage can add radiance to your skin's appearance. Apply a minimum of SPF 40 every day.
- Wear wide brimmed hats & the biggest sunglasses you can find!

### CHANGE YOUR PILLOW CASE

- You shed millions of dead skin cells while you sleep. Sleep on one side, turn it over the next night then change it on day 2!
- A silk pillow case is your skin's BFF!

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### EAT & DRINK YOUR WATER!

- Aim for 2-3 litres of water a day.
- Not keen on drinking all your water? Soups, salads & veggies all have high water content!

# Testimonials...

'Wow..this lady is the absolutely amazing, 2 visits and my skin is starting to glow already. Highly recommended Laura, her advice is there to be taken but not forced upon you.Laura listens to your concerns and works with you to guide you to build your own skin care( etc) routine offering amazing products to buy'.

Karene

'Laura has been working with me to reduce my pigmentation after years of sun damage and hormonal changes. The products she's recommended and peels she applies have completely transformed my skin! Laura is the only aesthetician I'd ever go to, and the only one I'd recommend. She's absolutely brilliant.'

Fiona

'I came to Laura looking for some advice on skin care, Laura is very professional, friendly and knowledgable. I found her advice and products exceptional and she really narrowed it down simply for me to follow!'

Louise

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