

**Your Skincare
Routine Cheat
Sheet
& My Top
Skincare Tips**

Skincare Routine

AM



Cleanse

Start with clean skin

1

Acid toner

Prep the skin with Beta hydroxy or alpha hydroxy acids to remove dead skin cells

2

Eye Cream

De-puff tired eyes and reduce the look of dark circles

3

Vitamin C

Protect skin from environmental stress, hydrates & brightens

4

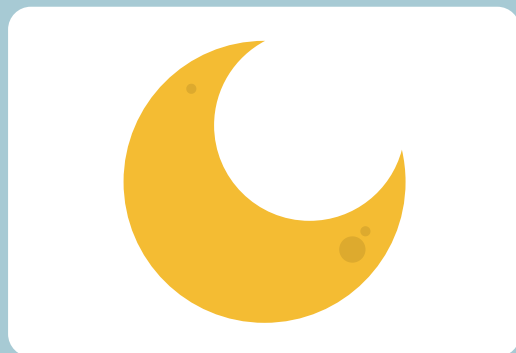
SPF Moisturiser

Hydrate and protect skin from the harmful effects of UV rays. Use SPF 40 or above

5

6

PM



Double Cleanse

Remove makeup and impurities

Exfoliate

1-3 times / week promote skin cell turnover and renewal

Eye Cream

Plump, hydrate and minimize the look of fine lines and wrinkles

Retinol

Stimulates collagen production. Increases cell renewal

Treat

Target skin concerns and conditions with specific active serums

Night Moisturiser

Replenish moisture and seal in active ingredients

My 9 Top Tips for a Great Skin Routine

1

Learn about your skin type & skin concern, this will help you pick products to meet your goals.

2

Be consistent; to get results, consistency is key.

3

Be patient; some active ingredients can take months to see results.

4

Invest in good quality skincare such as medical grade brands. They are made to go deeper into the skin and change the skin.

5

Never ever use face wipes!

6

Always remove your make up before bed. Microfibre pads are great for this!

7

Wash your hands before washing your face!

8

Dry your face with a muslin cloth or clean flannel; towels harbour bacteria.

9

To ensure you get the best results for your skin, see a skin specialist!

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