

## Q & A (Questions & Answers) - skin care

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### **Q 1. - I am in my early twenties and have really good skin. Why bother to have a skincare routine?:**

Answer - It is easy to understand why you can't see the necessity of a skincare routine. However, if you look after your lovely skin by following a skin care routine every day in your twenties you will receive the benefits during your 30's and onwards as the signs of ageing start to appear earlier than most people expect.

### **Q2. - What do you suggest for a basic skincare routine?**

Answer - All skin types need to:

- cleanse - morning and night
- Tone - to refresh and refine the skin
- Moisturise - to prevent loss of moisture

### **Exfoliation and masks**

Dead skin cells need to be removed and exfoliants will enable this to be accomplished gently. The skin is left feeling smooth and fresh. Masks will assist in removing impurities from the skin.

Both exfoliants and masks are usually used once per week but NOT on the same day.

### **Q3. - I don't have a lot of time in the morning so my skincare routine isn't happening. What do you suggest?**

Answer - Many women including myself:

- Cleanse the face whilst in the shower.
- Tone the skin after drying once out of the shower.
- Moisturise before completing dressing.
- Exfoliation and masks can be done in the evening or on the weekend

#### **Q4 - How often should I use Sun Protection**

Answer - EVERYDAY, You will need to follow the makers instructions for application and frequency of re-application. Consider what the rays of the sun can do to the skin if you feel that you can't be bothered to use an anti-sun product some days.

- UVB - BURNING! your skin can freckle and your chances of getting skin cancer increase.

UVA - AGEING! these rays will cause wrinkles and sagging skin as they damage the elastin and collagen in the skin.