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FEELING A MILLION DOLLARS... STARTS WITH SKINCARE

BY JASONSON



As a self-confessed beauty addict and someone that spends their days attending launches of the most low-dose-care products on a weekly basis I'm often to admit that, up until this year, I had had a great deal of trouble in my whole lifetime. (Should I have? So today I thought I would share with you a few nuggets of information I think we all could be equipped with, and that might inspire you to take the plunge and begin a more professional approach to skincare. One with a little more understanding under your belt.



So what had stopped me from seeking professional help so much earlier? Well if I'm honest, I didn't think my skin was in the worst of an even bad and I also couldn't see what a facial could really do? I wasn't keen on popping into any old clinic where they'd plaster my face with products I'd never heard of, with a woman who's credentials I wasn't sure about. After all... if the others don't go to plus - in your face that will show the wrinkles. But then you have the stars with the most long lasting face, with those huge pore tags and people telling you their skin had "THE MOST AMAZING FACIALS". But what was it that made it "meaningful"? How do you know? What are some points of judgement? And how do I know who to ask for? In I made the executive decision that it was confusing, expensive and unnecessary.



But then I moved to London... I left for from a million dollar city to a more average destination. My skin had not changed over the last three years, instead it had to me have mostly what I thought by getting me with little red spots on my cheeks. Ah wonderful! A fresh start with a less than fresh feeling face. Pair that with trying on a new "wonder" serum which actually brought me out in a little red-out on my chin and oh boy was I being fabulous. Now I can say I had the worst skin in the world and I had so much for them that makes for long periods of time with clear skin, but I never have good we all feel when we wake up in the mornings with a clear skin tone. So in my search for help I found Renee Lapina an experienced medical aesthetician with over 20 years of practice both in the US and the UK - she's not hard to find on Instagram as her presence there is amazing. She seemed so passionate about what she does and she offered an entire amount of FREE help on her Instagram stories and posts. So on a whim I was like courage to see if she'd reply and maybe give me some ideas about what to do. And that's how it began. The beginnings of making myself feel a million dollars (I know the very best... my skin.



Had an idea where to begin and she offered me two suggestions to begin with... liquid retinol and skin supplements to be taken daily that I suggest a few of Renee's help too... she suggests all her patients do this because the benefits are proven and she also takes daily doses of both. This was all done over Instagram and then I took the plunge and told her I was in the where to start - please help me in whatever way you can because I don't even know what to ask for. And there is the beauty with Renee - she's the most honest person, she's never trying to sell you a product or a treatment, she's just passionate about what she does and she gets it so clear right? I mean you only have to take one look at her to know you need to know what the knows - she's like an unbridled more when in the most elegant way. So with that little introduction... I asked Renee a few simple yet so fundamental questions on that all of us beginners know what clinical really is, why we need our and what we should be doing with our skin. So lets hear from Renee...



If you've never had a skin treatment/facial before, what's the best "go to" starting treatment for a newbie?

A consultation and a facial! A facial deep cleans your skin and supports your cellular turnover, and allows you to chat to a skin specialist about your home-care and products while they are interesting with your skin.

What's the one thing you think we should ALL do to improve our skin?

Clean your mobile phone every day with alcohol wipes. Even if you rarely spend on your phone, you touch it every day and that spreads your face. Make sure you are not putting bacteria and germs onto it.

How often would you recommend people should go to have facial treatments?

This depends on their skin goals. If you are using and simply wanting to maintain your skin, every 4-12 weeks is fine. If you are looking to treat breakouts, scarring, pigmentation, or hair, you should seek treatment every 4 weeks.

So what's the biggest misconception about skincare and facials?

In my experience, people often believe that they can cure a disease from the clinic, and it is just as effective as medical treatments. Nothing could be more incorrect. You must use a clinical level of products and chemicals to prepare your skin to receive further ingredients from serums and treatments.

Another common misconception is that you will instantly glow post facial. This is not the case. The skin has been cleansed, exfoliated, extracted and massaged, and will often be pink and maybe even slightly swollen, after a facial often discomfort you will it to 12 hours before noticing your results and dropping all your bad skin.

What's your favorite part of your job?

Seeing my patients smile! I often hear from patients after treatment that they feel like a new person. They are waking up without makeup, and going to work wearing only lipstick and mascara. Their confidence improves, and their bad attitude goes away. It is so amazing to change a person's life, through changing their skin.

Is it true that problematic areas of your face are down to certain things like hormones, pollution, diet and so?

In 100% of cases, pollution levels, water quality, and diet all play a massive role in your skin's health. So a specialist if you are having skin issues, so it would be impossible to go through all of the issues and their possible causes in an interview.

So you wake up and you see the beginnings of a spot coming in, what do you do?

Cleanse thoroughly and gently, and then apply your after-sun spot. Benz oil will reduce the inflammation and pigmentation of the spot. Then apply a very small amount of working cream or balm on top of the cream oil with a cotton swab. In the UK, I recommend Bioderma, in the US, Dermalog. In a pinch, pop a hole into an ibuprofen gel cap and apply the liquid onto the spot. The anti-inflammatory properties of the ibuprofen will reduce the swelling and discomfort, allowing the spot to heal.

What's the best way to lose our skincare tips from your Carve? Can we find you on Insta?

I have a website under construction where our latest skin tips and tricks will be located! The website will go live later this Autumn, so until then Instagram and Facebook are the place to find me. All of my tips can be found on Facebook at Blaise Lapina, Medical Aesthetician or on Instagram @blaiselapina.



In case we've heard from Renee, I hope that any of you out there that were unsure of how to take your skincare to the next level have got a better understanding. But the beauty advice we share over makes skin so different, I couldn't recommend the feeling anymore than so like the cosmetic skin clinic to look over your skin more. They can recommend a few products and help you out with where you need to go to some of treatments. You don't need to know what you are going to do, treatment later on look amazing, but if you're trying to make yourself feel a million dollars I can think of a better way than starting with your skin. This is a whole under construction where our latest skin tips and tricks will be located! The website will go live later this Autumn, so until then Instagram and Facebook are the place to find me. All of my tips can be found on Facebook at Blaise Lapina, Medical Aesthetician or on Instagram @blaiselapina.



I hope you enjoyed this post, I just wanted to get a little creative with the images to keep it fresh. Let me know what you think about this care over on Instagram or twitter @blaiselapina

If you're looking to get in touch with your skin check her out on Instagram or twitter @blaiselapina or look in the cosmetic skin clinic website I get for all my treatments with water infused treatments skin care over

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