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5 MIND-BLOWING TIPS I'VE LEARNED FROM SKINCARE EXPERTS

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If you hadn't already notice, skincare is totally my bag. The more science-y the better. Give me some collagen talk or breaking stem cell research to geek out on and I'm a happy girl. I'm not sure if my love of skincare led to my career as a beauty writer (amongst other things) or vice versa but the two fit hand in hand very nicely. As a result it gives me access to some of the best skincare experts in the industry, most of which I would definitely not be able to afford to see otherwise!

Skincare has come so far over the last decade and the conversation around anti-ageing especially is really starting hot up — think retinol, chemical peels and provoking collagen production through derma rolling. But over the last couple of years I've experienced some serious skincare woes for the first time in my life (who said post-adolescent was supposed to be smooth sailing?) and it's made me take a more invested interest in how I can improve my skin for the long term.

So, I thought this would be a great opportunity to share just a few of the things skincare experts have taught me over the last 18 months that have made a huge, huge difference to my complexion.

WITH LOVE – MY VALENTINES DAY TRADITIONS

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WATER FILTER

When the amazing skincare expert Renee Lapino took one look at my face and told me I needed a water filter, I immediately made a mental note to get our trusty Braun filter down from the loft! “No, no, one for your shower” she replied. An alkalising water filter is something I decided I wanted two years ago when I read that the ever-glowing supermodel Miranda Kerr has an entire filter system in her home, but after Googling quickly realised I would have to re-mortgage my house.

So I was pleasantly surprised when Renee told me it was under £30 and, although I was a little skeptical, my god has it changed my hair and skin. A couple of months ago neither were in a good place – they were dry, dull and stressed out but after just a week, my hair was shiny and strong while my skin looked hydrated, fresh and even. Why? Because the filter kills the bacteria, fungi, chlorine and the heavy metals in our water (I know, ick!) that are responsible for giving us that worn out look. You can buy the filter HERE

FACE MASSAGE

Lymphatic massage is one of the best and simplest tips I have ever got from a skincare expert. It’s so underrated yet effective and the best part is that it’s totally free. Our face has over 40 muscles and 300 pressure points that, when massaged and released, can stimulate blood flow, relax tight muscles that cause fine lines and kick start the lymphatic system which is responsible for drawing toxins away.

Shockingly, every day habits, stress and anxiety cause blockages and tightness in our face that contribute to more skincare problems than we realise. By just doing a five minute massage every day in the shower, my skin looks more alive and there's so much less puffiness around my eyes and jawline. It's always best to see a skincare expert first of all for a facial massage so they can show you the technique and pressure to use but I use the amazing Abigail James' technique which you can watch HERE.

sesderma
AZELAC
Moisturizing gel
NATURES SUNSHINE
LIQUID CHLOROPHYLL
OMEGA BRILLIANCE

CHOROPHYLL

I had SO many Instagram DM's after I posted a picture of my murky green water on Stories a couple of weeks ago. I had tried chlorophyll a few years ago but was put off by its earthy, mud-like aftertaste but after Renee told me about this particular brand which is infused with peppermint oil and I can't get enough of it.

Chlorophyll is a highly potent antioxidant packed full of vitamin A,C,E and K and essentially cleans the blood, making it perfect for skin. Not only does it fade scarring, it helps with acne, wrinkles, redness and acts as a natural sunscreen. How cool is that?!

The one I take twice a day is HERE.

AZALIAC ACID

I like to think I'm up on all the major acids in skincare – lactic, glycolic, salicylic…but when my lovely skincare expert at Debbie Thomas told me I should be using azaliac acid I went home and read everything ever written about it! I told you – skincare geek. Th lesser known acid is derived from barley and acts as a gentle leave-on exfoliant which helps unclog pores and refine skin's surface.

I haven't seen it in a huge amount of products but the cleanser and moisturisers from Sesderma are amazing. They've completely changed my skin — there are no more annoying little unexplained bumps or blemishes, those weird headless pimples have disappeared and my skin has become more toned overall.

sesderma
AZELAC
Moisturizing gel
Gel hidratante
Acne-prone, erythemal skins with redness
Pieles con tendencia acneica y con rojeces
Azelaic acid / Ácido azelaico
50 ml e
1.7 fl. oz

PIMPLE POPPING

We know we shouldn't we know it'll scar but every now and again it's just too tempting, right? When I had extraction done at Debbie Thomas (where they use a needle to get rid of every blemish on your face), my skincare expert told me that if you have absolute have to squeeze a spot, this is the best way to do it to minimise damage:

– Hold a warm flannel over the spot for a couple of minutes to soften the skin

– Put a piece of tissue over your two popping fingers

– Gently press down (not together) and twist

– Don't attempt this unless it has a totally white head

– Stop if it starts to bleed

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