

# Three of the best... and three of the worst...

Aesthetician **Naomi Diamond** of The Epsom Skin Clinic offers essence readers a little help with finding out what's beneficial and what's not so good for our skin.

## Three of the worst:

### 1. Smoking

This is one of the most common talking points. A cigarette can contain around 4,000 chemicals with the effects accelerating ageing, causing wrinkles to deepen and skin to lose its elasticity.

### 2. Using incorrect products

Selecting skin care products can be daunting with trial and error the best way forward. For those short of skincare time, keep it basic:

- Cleanse morning and evening to ensure dirt, debris and pollution effects that can clog the skin are eliminated.
- Serums provide concentrated ingredients in a lightweight consistency that help skin remain soft, supple and target problem areas.
- Selecting the correct moisturiser is vital. Too thick and the skin will become clogged; too thin and there will be insufficient hydration. Combination skin should employ lighter products that do not contain oils. Anti-aging products are normally formulated for dry skins. For those with combination skin or adult acne sufferers, try a vitamin A serum instead.

### 3. Hot showers

A hot shower is welcoming after a long, cold winter's day. However, chemicals in water and build-up on showerheads can cause skin to become dry and scaly. Turn the temperature down and keep moisturiser nearby. Pat skin dry instead of rubbing.

## And three of the best:

### 1. Exfoliating

The skin's natural cell turnover occurs about every 28 days. Cells slowly rise to the surface and need to be removed. Exfoliating helps to improve circulation bringing fresh nutrients to the skin surface and allowing products and active ingredients to penetrate deeper.

Exfoliation can be both physical using beads or crystals to scratch and rub the surface, and chemical using fruit acids such as glycolic (derived from sugar cane) to gently digest dead skin and help open pores.

Over exfoliating is bad for skin. Clinic treatments such as microdermabrasion and skin peels can be tailored and focused depending on the differing needs of each individual's skin type and concerns.

### 2. Protection

The sun's UVA and UVB rays are present all year round and penetrate cloud cover.

Skin requires protection from an early age to prevent depletion of vital nutrients and vitamins, slow the breakdown of collagen and minimise pigmentation. Sun protection should be used daily; in winter an SPF 30 and in the summer an SPF 50. Choose wisely, an SPF specific for the face can be used as a daily moisturiser.

Using an antioxidant such as vitamin C can brighten the skin and boost effects of the SPF used. Antioxidants fight free radical damage which can lead to premature ageing and protects the skin by

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penetrating deeper into the lower layers. Vitamin C is also an anti-inflammatory so it will reduce redness.

### 3. Hydration

Drinking water maintains skin hydration. Water makes up 60% of our bodies and drinking one glass on awakening can help kick start organs. For those who don't like water, try adding some cucumber, lemon and mint.

Skin has a natural hydrator, hyaluronic acid, that can hold up to 1,000 times its own weight in water and penetrate through the top layers of skin to hydrate from the inside out.

Dermal fillers contain hyaluronic acid and are a way of subtly enhancing natural beauty by plumping out deeper wrinkles and adding volume to areas which look a little lacklustre.

Visit one of our clinics to see how our skin experts could help enhance your natural beauty. ●

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