

SUMMER SKIN DETOX



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Summer is far too quickly coming to an end; but Fall is an always-welcome transitional season – at least for your skin.

At Face to Fase – Facial Spa & Cosmetic Studio, many of our clients patron us every month consecutively for their complexion maintenance facials. Nine months out of the year their skin is Perfection; but once June, July and August hit, so do the less desirable affects of their protective Summer SPF.

Sun protecting balms should be “a must,” especially if your intent is to spend the day outdoors; however, here are a few things to consider:

What is the main purpose of an SPF?

To block. (Which is why we commonly refer to it as “sun block”)

Therefore, clogged pores and a slight break-out or bumping under the skin; when & where you don’t typically get them, are a common reaction when consistently applying this often-obstructive cream.

When choosing a facial sunscreen, be sure to select one that is meant solely for the face ONLY.

Department store shelves are inundated with multi-tasking products of all kinds, but for the same reason we do not use a Shampoo + Conditioner-in-one; likewise apply the same principle to a “Face & Body SPF.” If a product is offering multiple solutions, more than likely it is not performing at least one of those resolutions well. In this instance, your face will be the unfortunate sufferer.

The skin of your face is thinner and far more delicate than that of the rest of your body. So, as a result of using this particular type of ointment there, it may cause undesirably

harsh consequences when it comes to your skin’s texture. After all, we don’t use highly-fragranced bath & body gels to wash our face with (well, at least not without making your esthetician cringe...) so let’s keep what’s meant for the body – on the body alone.

To make a “smooth” conversion into our next season of Autumn (pun intended!), we must first take a few steps to do a little detoxifying from our previous trimester’s routine.

1) First and foremost in any skincare regimen is the importance of an effective daily facial cleanser.

You must choose one that is potent enough to break up the topical contributions that you’ve added to your skin throughout the day, and in this case, the buildup over the last few months; but not harsh as to deplete your natural oils, and forcefully dry you out. I always suggest a soap-free cleanser, which will rinse away cleanly without leaving an excess film that will be the impending root of blackheads.

2) Similarly to the importance of keeping your internal system constantly hydrated with H2O in the hot weather, you must also offer the equivalent externally for your skin with a daily moisturizer.

Keep in mind that when our bodies naturally tan in the summertime, the sun is drawing moisture out of our skin. Your body then provides its own best natural defense mechanism against dryness by producing extra oils beneath the surface. We enter into a hyper-mode of oil production and can then not only appear shinier, but we may even begin to create some breakouts where our oil glands lay – mainly on the face, chest and back. To combat this, apply a moisturizer to counteract the process, and to create a balance for your over-active sebaceous (oil) glands.



By Leigh Ann Borrelli,
Professional Celebrity Makeup Artist

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Your skin will level-out and you’ll have a fresh new canvas on which to apply all of the season’s best NEW makeup colors and trends. Annually, Fall IS the Fashion & Beauty Industry’s new launch; and it can be yours too, by following our steps to Facial Success! ■

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