

Skin Care 101

The essential fundamentals for your skin care regime

If you want to effect change in your skin then you need to understand what is happening, which products are right for you now and how best to use them. The types of products you choose and any extra additions are determined by what you want to achieve. We find in clinic that many people simply do not know where to start and so we have formulated this guide to help you create a healthier skin.

Everyone's skin is different and yet the same. The building blocks are all there but each type of block, or cell, is in varying quantities in each individual's skin. You know this simply by comparing your skin; how it looks and how it reacts, to your friends and even with close family members.

We also know that we are born with a healthy skin, and as we get older our skin changes. Some of these changes are natural genetic ones and some are caused through lifestyle and environmental choices. Although we don't really want to age with our baby face and skin – we'd look pretty funny – most people want to maintain the health of their skin and have it feel and look as good as possible as they do get older.

Skin Cell turnover begins to slow at around age 25. The effect of this is that all the skin's functions slow and we begin to notice slowly but surely any, or all of the signs of ageing. It is logical that before we can treat a specific concern the skin needs to be in optimal health for the age of the individual and this is achieved with a daily skin care regime. Additional products can then safely be added to treat specific skin concerns such as [pigmentation](#) and [acne](#).

If you do have specific skin concerns, please read the appropriate product or [Skin Fact](#) page. Usually these serums are added in with your [Vitamin A](#) as part of your evening routine.

You are always welcome to have a consultation in-clinic or online to ensure your products and routine are appropriate.



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Skin Care Routine - when to apply and how to use...

Morning

In order of application:
Use only 1 pump of each

- [Cleanser](#) – removing all the toxins expelled overnight from the skin. Apply with wet hands, massage into skin with lots of water, rinse well and pat dry.
- [Antioxidants](#) – assisting your skin to fight free radicals. Leave on.
- [Eye](#) and [Neck](#) Moisturiser – nourish the sensitive areas that age the fastest.
- [Moisturiser/SPF](#) – nourish your skin and protect from UV damage.
- [Makeup](#) – to create an even appearance and enhance your features as well as treat your skin concern.

Evening

In order of application:

- [Cleanser](#) – remove pollutants built up during the day – to allow natural healing overnight.
- [Growth Factors, Peptides and Stemcells](#) – restore DNA, repair collagen and improve function inside cell.
- [Antioxidants](#) – assisting your skin to fight free radicals.
- [Vitamin A Serum](#) (unless pregnant or breastfeeding) – help increase natural cellular turnover, plus so much more.
- [Eye](#) and [Neck](#) Moisturiser – to nourish the sensitive areas that age the fastest.

NOTE: Eye creams only need enough to balance on a match stick head, and can be used morning and night.

Weekly

Cleanse first, apply mask for at least 15 min then rinse well, or as directed, followed by your antioxidants and other serums and creams as per evening list. There is a [mask](#) for every skin concern and skin type.

- [Mask](#) – removing dead cell build up to allow your products to be more effective.

Monthly

In-Clinic Facial Treatments. We recommend:

- [Medi-Facial](#)
Heal, hydrate and strengthen your skin, especially tailored for your skins needs.
- [DermaFrac Treatment](#)
Microdermabrasion to prepare the skin, microneedling to stimulate natural skin repair and serums tailored for your skins needs.
- [Osmosis Vitamin A Facial Infusions](#)
Ultimate in dermal remodeling, promotes cellular turnover, normalises skin function, reduces inflammation, prevent pigmentation, activate skin's immunity and stimulate collagen synthesis.
- [Lactobotanical Treatment](#)
Superior nonharmful exfoliation, increased hydration, effective bacterial management, reduced epidermal pigmentation and collagen stimulation.
- [Intense Pulse Light Therapy \(IPL\)](#)
Rejuvenation, reduction of visible capillaries, pigmentation and diffuse.

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Balancing your skin with your gut

Extras to include daily:

- [Harmonised Water](#) (twice daily) – to help heal your body from the gut, thus assisting your skins' body functions
- [Super Foods](#) (morning or evening) – to help heal your body from the gut, thus assisting your skins' body functions



My skincare regime was in need of an overhaul, so when my daughter recommended The Skin Care Clinic online I contacted them. I provided photos of my problem areas and answered some questions. I was pleasantly surprised at the prompt & detailed advice, providing a list of products to aid in nourishing and re-hydrating my ageing & sun-damaged skin (I am turning 60 this year). With my whole skincare regime changed, I had questions which they happily provided further advice on. After using the products for 12 weeks - Wow, what an improvement! My skin has a radiant and nourished complexion and I am loving the compliments! I would highly recommend anyone thinking of contacting The Skin Care Clinic to do so! You will not be disappointed!

Merran - NSW - May 2018



Hands down the best place to buy skincare. Fast shipping, informative blogs about skincare and they are quick to get back to you on product recommendations! If only I lived in Tasmania, so I could pop in for in-clinic services!!

Riley - VIC - April 2018

Don't forget, you receive \$15 off your first order!

Still not sure?

Complete the [Online Skin Consultation](#) and our Skin Advisors will happily help you to choose the right treatments and products for your skin type or concern.

View All Our Skin Care Guides