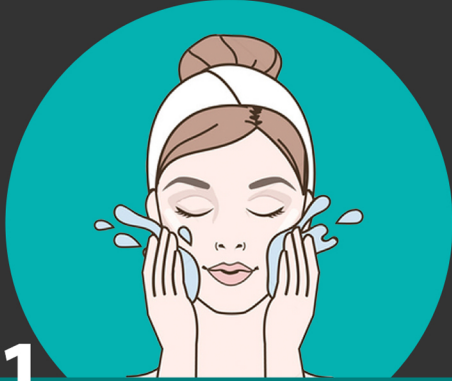


Winter

SKIN RESCUE TIPS



1

Use tepid, not hot water on your skin.



2

Wear SPF under your make up, even in winter – this provides an additional barrier against the cold.



3

Use enzyme exfoliators rather than coarse granular exfoliators which may scratch and irritate the surface of the skin.



4

A good skincare routine should include a cleanser that does not strip your skin of hydration or disturb the delicate pH balance of the skin.



5

Dehydration can often lead to imbalanced skin such as flaking, dryness, oiliness and breakouts. Using a serum and cream suited to your skin type is a great way to correct this.



6

If you are unsure if you have dehydrated, sensitive or sensitised skin book a no obligation skin consult with one of our Temple Skincare Specialists.



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SKINCARE & SPA



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