

Summer Skincare Tips



The number 1 Skin Offender you may have been exposed to this summer...
INFLAMMATION... Here's how to even the score!

Unfortunately, along with the great outdoor memories come the dreaded post-summer skin blues. If you were exposed to any of the following, chances are that nasty little chemicals called "Free Radicals" are wreaking havoc in your skin:

- Incidental Sun Exposure
- Excessive Eating
- Excess Sugar Consumption
- Excess Alcohol
- Excess Carbohydrates
- Lack of Sleep
- Lack of Exercise
- Excessive Perspiration
- Haphazard Skincare Routine

How do we revive Post Summer Holiday Skin? It always starts within:

Boost your skin's defense with a proven Collagen Supplement that delivers powerful collagen peptides, for repair and maintenance of the elastic fibers that may have been damaged by the Free Radicals.



We love Botanical Path, available at Temple Skincare & Spa.

Increase Essential Fatty Acids and Antioxidants such as Vitamin C in your diet and skincare routine. These ingredients are anti-inflammatory and will support cellular recovery and defend the cells against the inflammatory effects of Free Radicals.



We love the Time Expert Rides Absolute Skin Elixir and Vitamin C AGE Supercharge Serum from Germaine de Capuccini.

Incorporate HA Serum to combat dehydration in the deeper layers of the skin. Hyaluronic Acid (HA) is a natural fluid found in healthy skin and it is essential for good skin health. Sadly after the age of 34, up to 60% of the HA in the skin is lost and excessive perspiration will further dehydrate the skin.



We love Hydraforce Serum by Germaine de Capuccini or the Ageless Hyaluronic Filler by Image. Both are formulated for maximum absorption and penetration.

Hydrate on a scorching summer day with the Image Skincare Hydrating Facial Mist.

It leaves the skin dewey and velvety soft but also nourishes with Vitamin C to keep skin radiant with that irresistible summer glow.



Enjoy a refreshing spritz on the beach, on the golf course or after a hot day of shopping!

Exfoliate with caution. The last thing you want to do is over-exfoliate your skin. Depending on your skin type, Enzyme exfoliators and granular cream exfoliation or mechanical options such as Hydrabrasion are best in summer. Avoid harsh exfoliators and intense acid peels unless you are under the care of a professional skincare therapist AND keep your sunscreen close to avoid pigmentation.



We love the Vital C Enzyme Mask and Intense Brightening Exfoliating Powder, and Ormedic Balancing Gel Polisher by Image, as well as Silky Scrub and Exfoliating Scrub by Germaine de Capuccini.

Oxygenate your skin, give it a Breath of Fresh Air.

21st Century skincare science floods the skin with 180 million nutrient particles a second of pure oxygen gas, vitamins A, C, E, and essential minerals. This cascade of micronised nutrients revitalises every skin cell pore by pore, banishing fine lines, wrinkles, and dehydration. The result is an instant fresh rejuvenated skin, glowing with good health that looks younger and younger with every treatment.



Opt for the Youth Elixir 02 Facial to restore instant radiance!

Tinted SPF 30+ is your best friend in the heat.

No more makeup melt-downs and your skin is protected. We love the Tinted SPF by Image or Germaine de Capuccini's Tinted CC Cream (SPF 50). However, if you are prone to pigmentation or breakouts it is always best to consult any of our skincare therapists to choose the right sunscreen for you.



Instead of wearing mascara, or enduring hours of lash fills, opt for a lash lift to accentuate your lashes.

Top up your lips with The Image Lip Balm, clinically proven to plump, hydrate and protect the lips. All that squinting at the sun can leave little telltale signs. Why not give your eyes a little extra love with a gentle enzyme exfoliation and apply the Time Expert Collagen Eye Patches, then finish with your favorite eye serum, gel or cream.



Few people know that Masks contain up to 20% more active ingredients than your daily skincare.

This is so that the skin does not become accustomed to the active ingredients. You should mask 2 to 3 times per week to see effective results.

Another challenge is choosing the correct mask. Did you know you can do a "patchwork" mask technique to address a variety of concerns at the same time? The ideal mask routine includes one for deep cleansing, one for stimulating and one for hydrating.



We love the Night Succes Renewing Sleep Mask from Germaine de Capuccini, as well as the Purifying Probiotic Mask and the Hydrogel Mask Collection from Image for summer, available in hydrating and anti-ageing formulas.

Alternate between warm and cold temperatures while in the shower for an overall circulation boost.

Pop on your exfoliating gloves if you find using a body scrub too messy and opt for the Pure Fiji Bath Milk.

This will exfoliate and hydrate your entire body, revealing a glowing skin and save you time!

