

## SUMMER ESSENTIALS!

**Are you investing time into maintaining your most important asset? Here are five quick and simple solutions to keep your skin & body looking younger, fresher and healthier for longer:**



### 1. Cleanse & Exfoliate

The skin has metabolic waste products and debris which need to be removed on a daily basis. It is, therefore, important to cleanse your face twice a day, cleanse your body once a day and exfoliate your face and body at least 1-2 times a week. Cleansing removes any excess oil, sweat, dead skin cells and metabolic secretions. A great facial cleanser to use this summer is Dermaquest's C-Infusion Cleanser. For the body, try the newly launched Spacology Body Wash, only available at the Renewal Institute.

### 2. Restore & Hydrate

Facial moisturisers hydrate the skin and boost the skin's natural repair function. Stimulating active ingredients work in the deeper layers of the skin, to treat skin conditions such as pigmentation, wrinkles and uneven texture. For the face, some great options include Obagi NuDerm Hydrate, Lamelle Nourish Revitalise Lite, Dermaquest Essential Moisturiser, SkinCeuticals Daily Moisture and Neostrata Sheer Hydration. It is equally important to hydrate the body every day, especially if you are spending a lot of time outdoors. For the body, we recommend Neostrata Ultra Smoothing Lotion.

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