



SKIN PERFECTION

THE SKIN AND LASER SPECIALISTS *+MediSpa*

📍 London Oxford Circus

Skin Perfection's Top Secrets for a glowing complexion

Most of us already are following the basic beauty routine to look after our skin; cleansing, toning, exfoliating, moisturising and protecting with some sort of SPF, but Skin Perfection London wants to reveal what, very easy, extra steps you can take or replace in your regime for the best skin you have had yet!

Director (Ayse Suleyman) of the award winning Advanced skin and laser clinic based in London Oxford Circus emphasises to all her staff and clients the following;



After exfoliating and before moisturising in the morning use preferably a high grade, stable form of Vitamin C serum or similar to protect your skin from free radical damage, calming any unwanted inflammation and pigmentation. Vitamin C also has the the benefits of enhancing the amount of collagen in your skin.



After toning introduce a at home “treatment mask” that contains special fruit acids to naturally exfoliate your skin, refining your pores and remove unwanted build up of congestion for a smoother glowing complexion.



Always add a high quality hyaluronic acid serum to your routine too, to boost and retain your water levels in your skin. So many people think that because they drink a lot of water that’s enough but don’t realise their skin is the largest organ in the body but the LAST organ to receive water. Regardless of what skin type you are, we all are in desperate need of hydrating topically, resulting in fuller, softer plumper skin.

If you have scars, wrinkles or even fine lines appearing on the skin then introducing a type of high quality stem cell will help to repair and rebuild your skin from within if you are using the correct product for long enough.

If you have break outs and bacteria that doesn’t seem to shift then using particular acids on the skin such as Salicylic Acid helps to cling to the oil and bacteria clearing and freeing your skin from spots.



SKIN PERFECTION

THE SKIN AND LASER SPECIALISTS *+MediSpa*

📍 London Oxford Circus

If pigmentation is an issue then introducing a serum or a cream that inhibits the formation of the over active melanin cells called melanocytes will help shield them more than just using and SPF alone, using the correct ingredients these will help to break down and lighten your discolouration, whether from trauma, sun damage or hormones.

Check your moisturiser helps to repair the barrier and strengthen the skin rather than simply making it feel hydrated. A good quality medical grade moisturiser will always work on strengthening your protective barrier ensuring your skin delays the onset of ageing or inflammation process resulting in wrinkles, broken veins and discolouration.



Always be sure to check your SPF!
A good SPF should NOT be a Chemical Sunscreen that you may find in the department store or online but a Physical SPF containing Zinc and Titanium, which protects the skin instantly and reflects both UVA and UVB.

If you would like to find out more about what medical grade products are most suited for you please do get in touch with Ayse Suleyman's clinic, Skin Perfection London who will be happy to schedule a complimentary consultation to advise you.

WAYS OF GETTING IN TOUCH WITH OUR TEAM



0207 629 4116



info@skinperfectionlondon.co.uk



07394062044



@skinperfectionlondon



Skin Perfection London