

Sue's 10 Top Tips

Stay Stunning All Year

Sue Pieri-Davies (MSc; MCSP; IP; PGCILTH)



1. Drink plenty of water to give your skin its best chance of staying hydrated and plumped with fewer fine lines and wrinkles.



2. Always use sunscreen-SPF30 or more- EVERYDAY to all areas not covered by your clothing and avoid prolonged sun exposure: it will give you wrinkles, burns and photodamage in later life e.g. sunspots, hyperpigmentation areas; and raise your risk of skin cancer.



3. Apply moisturizer after showering/bathing to lock that moisture in for all day hydration
4. Don't drink too much caffeine: it causes dehydration, toxin build up and can predispose to breakouts.
5. Exfoliate using a light scrub only to avoid stripping the skin of its natural defences and irritating the skin resulting in redness and inflammation and potential outbreaks.



6. Massage your daily skin cream in, using gentle upward circular motions to promote circulation and create a fresher looking face
7. NEVER wear make-up to bed-no matter how tired you are. It only serves to block pores and predispose the skin to outbreaks.....not to mention ruining your bedding.

8. DON'T use toothpaste or harsh toners to fight blemishes: they strip the skin of moisture and send oil glands into overdrive so will worsen blemishes. Try instead a zinc-based product for faster healing
9. Protect your pout and use SPF and shea butter in place of medicated skin balms. That menthol tingle may be intoxicating but it won't protect your lips. **NOTE:** If you have had lip fillers, you **MUST** wear a total sun block to avoid burn, and significant swelling of the lips in the sunshine!
10. Eat a healthy balanced diet full of vitamins, minerals and antioxidants as follows:

Vitamin B complex: for healthy skin, hair and nails (e.g. bananas; eggs; wholemeal bread; rice). These help to retain moisture, so skin looks plumper and younger; have anti-inflammatory properties to soothe and dry irritated skin and help even out blotchy skin tones.

Vitamins C&E: Improve wrinkles and skin texture and reduce the damage caused by free radicals such as sunlight, smoke, and pollution. (Vit C: bell peppers; broccoli; cauliflower; leafy greens. Vit E: vegetable oils; nuts; seeds; olives; spinach; asparagus)

Vitamin A: Anti-ageing effect which protects against dryness and flaking, through the maintenance and repair of skin. It may also help to reduce the risk of psoriasis (fruits and vegetables)

Vitamin K: helps blood clotting. When in combination with ACE vitamins, it is particularly good at reducing dark eye circles and bruises

Minerals

Zinc: important in acne to tame oil production or help skin lesions to clear sooner (oysters; lean meat and poultry; seeds and nuts; shellfish)

Copper: helps to promote elastin production for skin support and structure (as for zinc)

Selenium: helps to prevent skin cancer and protect skin from sun damage and burning (protein foods such as meat, poultry, beans, nuts, shellfish and eggs) .

