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# SKIN SINS

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## Sarah's Top 10 Skin Sins to Leave Behind

We are all guilty of making skincare mistakes from time to time. What Skincare slip-ups are you making? Here are 10 of the top skincare habits we are all guilty of.



## **Top 10 Skin sins to leave behind.**

### **Not reading the expiry date.**

Keep your eye on expiry dates on skincare products containing active ingredients. These products spoil after a period of time and should not be applied to the face after this time.

### **Skipping makeup removal.**

Letting your skin marinate in makeup and a days worth of oil buildup overnight can lead to clogged pores and breakouts. Your temperature falls through the night for better sleep quality but as it rises again during the early hours to prepare you for wakening, it, opens up the skin's pores allowing makeup to be absorbed.

### **Using dirty makeup brushes.**

Why bother to clean? Here's why..... skip washing your makeup brushes and you can wind up with clogged pores and bacterial infections. We advise washing your brushes with a gentle shampoo every two-three weeks. Rinse well and dry them overnight.

### **Over exfoliating.**

While having squeaky clean pores may initially feel great harsh exfoliating can actually exacerbate oil production and cause inflammation.



### **Skipping moisturiser on oily skin types.**

It's easy to assume oily skin is over hydrated skin. If you have oily skin, consider yourself lucky. Naturally moisturised skin will ward off fine lines and wrinkles. The trouble however starts when you try to neutralise your natural oils by using harsh products and over cleansing. This will have the opposite effect as it tricks the skin in to thinking it needs to produce more sebum (oil). Instead, use a gentle cleanser followed by a toner which can balance your skin's PH levels then moisturise with a lightweight serum containing hydrating ingredients.

### **Applying too many products.**

Beauty counters are stocked with a wide variety of enticing skincare products offering an assortment of skincare solutions. Be careful not to apply too many at once as this can cause more harm than good, especially if you are using potentially irritating products. You may cause excessive skin irritation. Results will take time so try and be patient. Find a simple skin routine and stick to it. You should reap the rewards after 6-8 weeks.



**Applying products in the wrong order.**

Skincare products should be applied in a particular order to be fully absorbed into the skin. If ingredients in one product deactivate the ingredients in another product then you are wasting your time and hard earned cash.. It's generally best to apply a serum product first, followed by a lotion and finally a cream.

**Neglecting important areas.**

Give your neckline some TLC. Your neck and décolletage are as vulnerable to sun exposure and premature aging as your face. Don't forget to extend your daily skincare routine past your jawline.

**Forgetting SPF on cloudy days.**

Sun exposure leads to skin damage and premature aging. Apply an SPF all year round as part of your daily skincare routine. Try an oil free formula all day moisturiser that contains SPF30 or more to protect your skin from harmful UVA/UVB rays.

**Cleansing with hot water.**

Hot water dilates the blood vessels in the skin which causes inflammation. It can strip the skin of natural oils. These oils are the skin's barrier and removing this barrier can leave the skin dry, susceptible to irritants and vulnerable to cracking and flaking. Aim to use lukewarm water instead.