

Better Skin Tips

Transformative Beauty Spa
by Diane

Cold Water

Cold water shrinks pores, regulates your skin's oil levels and promotes blood circulation.

Retinol/Retinoid in the PM

Caudalie Resveratrol Lift Instant Firming Retinol is what I use. Retinol/Retinoid speeds up skin cell turnover and stimulates the skin's production of firming proteins like collagen and elastin.

Sunscreen in the Am

Colorscience is my go to sunscreen! Sunscreen helps prevent premature aging and also helps to not make acne, age spots or wrinkles worse.

Moisturize AM and PM

You should never skimp on moisturizing. I personally love oils. I use a pumpkin oil serum. It is highly beneficial for healthy and younger-looking skin. The high levels of vitamin C firm up the skin. Zinc helps balance the production of oil in the skin. Vitamin E protects skin from the effects of stress and aging.

Monthly Hydrafacials

Your skin is continually renewing itself and because dead skin cells are always being pushed up to the epidermis from the dermis, a monthly Hydrafacial treatment can assist in removing these cells and the congestion, dullness, and flakiness they cause. They also make you glow for weeks to come!