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KEY HABITS GUIDE TO TRANSFORM YOUR SKIN

(in time for the big day!)

www.skinbase.co.uk

KEY HABITS GUIDE

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1 HYDRATION

Staying hydrated and drinking 2-3 litres per day is one of the best ways to maintain healthy skin. When dehydrated, your skin will feel rough, dry, and lose elasticity. Your body will also increase its oil production to make up for this - leading to breakouts. Hydrated skin improves blood flow, which helps to keep your skin tone even and complexion bright, for a bridal glow!



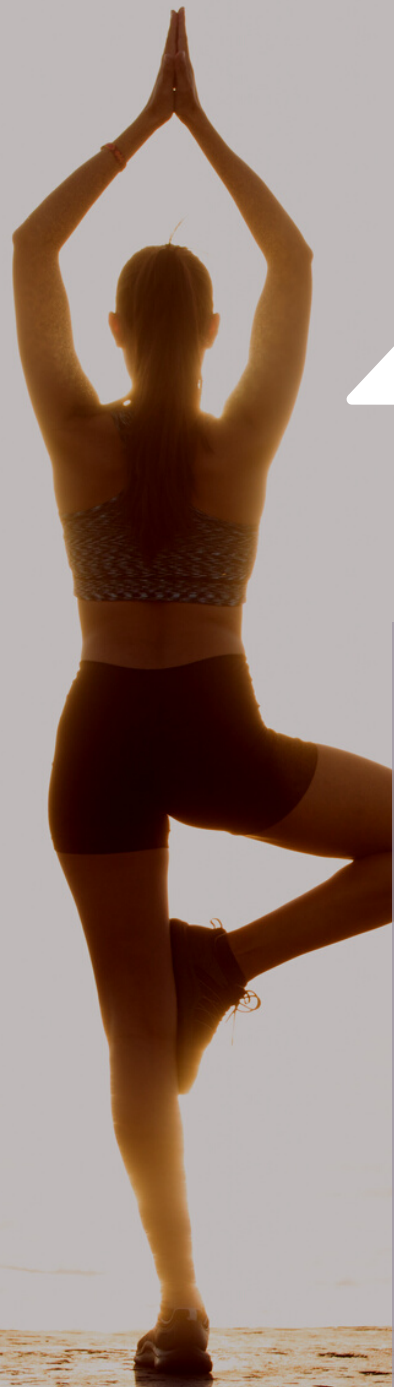
2 SPF PROTECTION

SPF is a vital aspect of your everyday skincare routine, and you should not underestimate or ignore it, regardless of the weather outside. SPF protects your skin from UV rays (80% of which can pass through clouds on a dreary day!). SPF also helps you maintain an even skin tone, as applying helps prevent sun damage such as discolouration. Check out SkinBase SPF in the shop and be prepared for the big day.



SLEEP

Don't skip your beauty sleep! The National Sleep Foundation recommends between 7 and 9 hours each night, and achieving this can make or break your day. A consistent sleep routine is a key aspect of a healthy lifestyle, especially while planning a wedding. While you sleep, your skin heals and repairs itself from the day's damage. Not allowing enough time for this can result in pale skin, dark circles, hair loss, and affect collagen production.



4

EXERCISE

Having a regular fitness routine can positively contribute to your skin's appearance. Exercising and getting your heart rate up improves circulation, which delivers oxygen and nutrients to the skin's surface. Consequently, damage from the sun, and environmental pollutants, are repaired. The nutrients also increase collagen production, which results in tighter, firmer skin. To complement your exercise routine, try our Collagen Lift treatment for an extra boost.

5

LIMIT SUGAR INTAKE

Having a balanced diet is one way to help maintain a healthy complexion. Excess sugar in your diet is terrible for your skin! Protein in our skin, such as collagen and elastin, are negatively affected by sugar, as it causes the proteins to be malformed. Though this process happens when we age anyway, excess sugar can speed up the process. Don't panic, we're not saying no to wedding cake! Make some healthy switches to sugar-free snacks and start improving your skin now.

6 NO PROCESSED FOODS

Processed foods such as crisps, bread, and pasta can also negatively impact the health of your skin. Processed foods can cause your blood sugar to spike, encouraging your body to produce more insulin. As a result, the production of skin oils increases. The excess contributes to clogged follicles and may lead to a breakout! To have a healthy diet and healthy skin - you should ensure you're eating foods as unprocessed and natural as possible!



7

LIMIT ALCOHOL

Another way to ensure your skin is as healthy as possible is to limit your alcohol intake. The recommended weekly limit for alcohol intake is 14 units, which should be spread across the week if you choose to drink! Frequently drinking alcohol causes dehydration and inflammation. Alcohol is a diuretic; therefore, it actively draws water away from the body, depriving the skin of moisture and nutrients. Alcoholic drinks are also high in sugar and are proven to trigger the hormone IGF-1, resulting in excess oil and breakouts.

8

NO SMOKING

Avoid smoking if you are trying to achieve glowing bridal skin. Smoking can speed up the ageing process of the skin. Therefore, resulting in wrinkles, crow's feet, pronounced lines, uneven skin tone, puffy eyes and wrinkles. Nicotine also causes blood vessels to narrow, which reduces oxygen flow and nutrients to skin cells.

A close-up photograph of a hand holding a white bowl filled with a healthy breakfast. The bowl contains sliced bananas, granola, almonds, and various seeds. The hand is wearing a white, textured knit sweater. The background is a light, neutral color.

EAT BREAKFAST

Breakfast is called the most important meal of the day, and that's not wrong. Eating a healthy breakfast every morning is a great way to take in nutrients our skin needs. Eggs, fruits, and dairy products are popular breakfast foods as they are full of beneficial nutrients, such as protein, vitamins A and D, and the antioxidant lutein, which is known to help maintain skin health. A healthy breakfast will also help you get through your wedding to-do list!

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SKINCARE ROUTINE

Establishing a skin care routine suitable for your skin type, and sticking with it, is vital to healthy skin. Understanding your skin type (normal? sensitive? dry?) is the first step in ensuring you give your skin what it needs to stay healthy. For a basic skincare routine, you should ensure you are cleansing, toning, moisturising, and using SPF daily. The SkinBase essentials pack is a great way to get started! If you want more than the basics, add in a good serum, face oil, or acne treatment if you need it.



BONUS TIP: GET A SKINBASE TREATMENT!

Treat yourself to a course of SkinBase Microdermabrasion, Collagen Lift or Intense Pulsed Light alongside the 10 Healthy Habits to have truly glowing skin on the big day!