



The Ultimate Guide to Dull & Tired Skin

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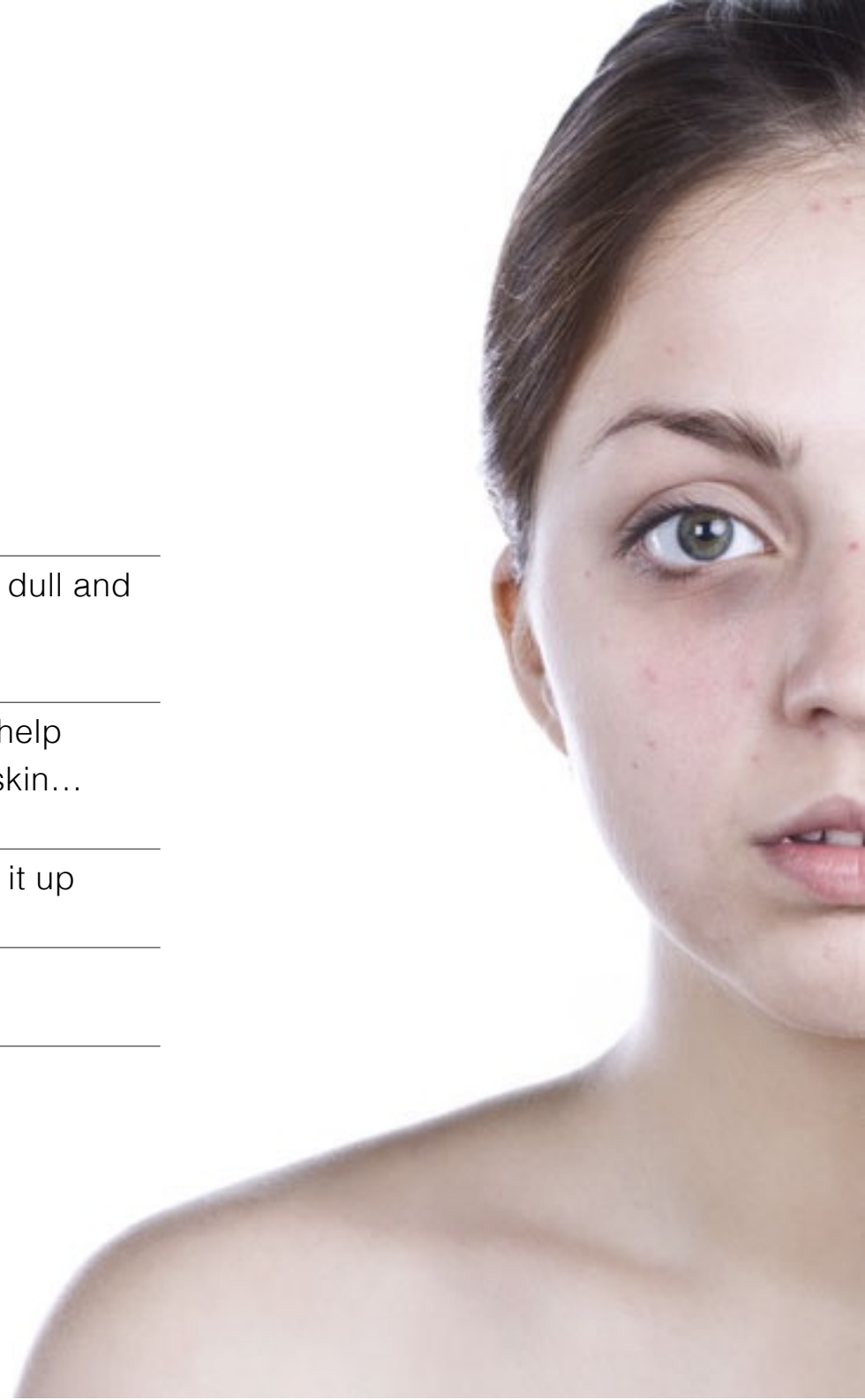
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Dull and tired skin – an introduction

Whilst 'tired and dull skin' might not be a recognised medical term or condition, it's a problem we're sure every single one of us can resonate with – on a far too frequent basis.

Feeling pale, noticing dark circles, feeling like your skin is sagging or lacking it's usual 'sparkle'? It's all too easy to give up on your skin and rely on expensive make-up, but there have never been more quick, easy and non-surgical ways to brighten the complexion, reduce visible signs of that sapped, worn out look and regain that youthful glow.

In this ebook, we look at the science behind tired, dull skin, talk you through the do's and don'ts when it comes to looking after your skin, and give you our top hints and tips on what you can do to avoid looking just a little lacklustre.





General reasons for dull and tired skin

Whenever we notice changes in our skin, it's time to take note. Just as spots and blemishes can mark hormonal changes or highlight a lack of dietary requirements, dull and tired skin is also a marker of external and internal problems.

Look closer and it's really no wonder our skin is feeling the pressure. We work long hours making it difficult to manage a personal life, we are sleep deprived, don't have time to exercise - all while living in a polluted and stress-filled environment. These conditions deplete energy from the body and take their toll on our skin too, leaving it matte and muted.

Causes of dull and tired skin

BUILD UP OF DEAD SKIN CELLS

Dryness and lack of proper exfoliation both contribute to skin cell debris. Many women will notice their make-up looks cakey and foundation begins to fade within a couple of hours. This is because it's actually being absorbed into the accumulated dead skin cells, which gives a very tired and unhealthy look to the skin.

EXHAUSTION

Zzzzz, trying to do too much in too little time is taxing both physically and emotionally, listen to your body – it's important to be active, but there is also a huge need for proper rest and relaxation.

LACK OF SLEEP

For most people, an average of at least eight hours sleep a night is what the body's immune system needs to fortify itself. Anything less than that and we suffer, whether we're aware of it or not.



STRESS

Try as we may to JUST REMAIN CALM, stress affects us all, almost every day.

POOR NUTRITION

When our nutrition is good, it enhances body function and maintains steady blood sugar levels throughout the day.

When it's bad, it depletes the system and makes for destructive energy spikes and plunges (which in turn make for not-so-pretty mood swings.)

GLYCATION

This naturally occurring phenomenon increases as we age.

Glycation is a process that occurs throughout our bodies, including in skin tissues, when a sugar molecule bonds with a protein molecule. When this happens, the protein becomes a 'glycated protein', and it becomes weak, brittle or even fractured, making it extremely vulnerable to a free-radical attack – constricting collagen.



Supplements for tired and dull skin

SkinBase are the biggest advocates for eating healthily and living a wholesome lifestyle to maximise beautiful skin, but every now and then your skin needs that extra boost of vital vitamins to remain in tip-top condition. The below won't be an instant fix, but over time you'll be topping up on the rich goodness skin needs to function properly.



- B-complex Vitamins encourage tissue repair and to help fuel the body - increasing circulation when energy dips.
- Ginkgo biloba, L-Carnitine and Co-Q10 all aim for instant invigoration to boost overall energy.
- Curcumin is said to help improve mental clarity and alertness.
- Vitamin A is essential to minimise production of excess pore-clogging skin cells.
- Zinc aids cell repair and reduce inflammation.
- Yellow dock and burdock root both purify the blood, helping to keep skin clear and radiant.
- Antioxidants such as grape seed extract, Vitamins A, C and E to neutralise ageing free radical damage.

The best ways to tackle dull & tired looking skin

EXFOLIATE

Your complexion looks radiant when it's smooth enough to reflect light.

When you're under 20, your skin cells turn over every 28 days. But by your mid 20s, turnover slows, and between 30 and 40, that rate slows to every 40 days. Dead skin cells pile up, diffusing the light and making skin dull. Try exfoliating at night as opposed to in the morning—you'll remove muck from the day.

DON'T LET THE SUNSHINE IN

Daily use of full-spectrum UVA/UVB sunscreen protection helps prevent dull skin as a result of environmental damage. Good if it's in your moisturiser, even better if you use sunscreen as a stand alone product under moisturizer and make up.

HOLY SMOKES

To avoid dull and tired skin, our advice is don't smoke. Your skin is a large organ and it needs a lot of circulation. Smoking impairs that dramatically. That's why smokers' skin looks dull and grey. Instead of having oxy-generated blood delivered to the surface of the skin, they're getting poisons and oxidants.

DRINK PLENTY OF WATER

Eight glasses of water a day is optimum to flush toxins from the body, help renew tissue, and fight fatigue. Skin care can't be any simpler than this. Water helps in flushing out the toxins from the body, hence keeping it clean and making it less prone to disease. Get a glass now!

GET SOME SHUT-EYE

Getting a full eight hours sleep may be an impossible demand on new parents and others. For your physical and emotional health though, do what you can to get on a regular sleeping schedule. If you're able to take an afternoon nap every once in awhile, by all means, do that too.

WORK IT OUT

Stress-relieving exercise keeps you looking good and feeling good in numerous ways. Happily, summoning the energy to exercise actually creates more energy rather than depleting it. Plus, it will enable you to sleep better.

REMOVE THE DAILY DIRT AND GRIME

Cleanse your skin thoroughly both morning and night to remove makeup and daily pollution. This allows the skin to function and breathe, keeping pores clear and complexion fresh and bright.

EXFOLIATE

Exfoliating once to twice a week to eliminate dead skin cells and aids cellular renewal. Choose a fine scrub if you have oily skin, or a peel with AHA's or BHA's as these type of products work like enzymes, loosening the top layer without damage.

USE THOSE GYM EXTRAS

Try a sauna or steam room. Heat treatments aid desquamation (the skins natural way of exfoliating). Saunas are also great for deep cleansing the pores and boosting the circulation.

Turn to the professionals

Your skin and face show the results of stress of all kinds much quicker than any other part of you so having a good facial with a gifted therapist can work wonders to improve the skin and done regularly can really make a difference.

MICRODERMABRASION

Regular microdermabrasion facials by a qualified beauty therapist will help boost circulation and tone to dull and tired skin.

NON-SURGICAL FACE LIFT

A non-surgical facelift uses tiny electrical impulses to tighten muscles and improve circulation. These impulses also drain away toxins, leaving skin fresh and glowing.



Make-Up Advice

DON'T MAKE IT 'MATTE'R

Avoid matte foundations as they can make the skin look flat. Instead, try a more dewy formula to reflect light or try using on cheeks to give the illusion of glowing skin.

ALL ROSY

Rose tinted blusher and lipsticks work well on most skins and are very quick ways of instantly brightening the skin. Steer clear from anything too brown or orange toned as they tend to accentuate a less than perfect skin tone and can make teeth look yellow.



The WORST things for dull and tired skin

SUGAR AND SIMPLE CARBOHYDRATES

Sugar creates an unhealthy cycle. Grab something sweet, your blood sugar spikes, and you get a temporary surge of energy. Very quickly though, your blood sugar plunges beneath where it was before and suddenly you feel exhausted, grumpy, and can't concentrate. So you go for something sweet again.

CAFFEINE

Reaching for coffee, tea and sugary pop offers a temporary lift followed by a much longer drop. Caffeine's diuretic effect further dehydrates your body and depletes your skin.

SMOKING

Smoking is one of the worst kinds of environmental damage there is because the burning toxins are literally in your face, up close and personal.

TANNING

Whether outdoors or in a sun bed, even if you don't burn, all tans are damaging to your skin and to your health. If you can't live without the glow, self-tanners are both cosmetically pleasing and safe.



Some added extras – help
reduce dull and tired skin...

SLIP INTO A LAVENDER-INDUCED SLEEP

A couple of drops of lavender on a tissue and placed in pillowcase is great for insomniacs.

STAMP OUT SUGAR

It's time to start cutting back on those sugary treats. Sugar in your diet accelerates glycation (the end products of which have been scientifically proven to compromise collagen production, decrease cell turnover - resulting in wrinkling, loss of elasticity, stiffness, accelerated ageing and compromised barrier function).

MAGICAL MAGNESIUM

Magnesium is the forth most abundant element in your body and stressed, tired skin needs it in order to increases circulation and cell energy deliverance.

BE NUTRITIOUS

If you MUST smoke, ensure that you're taking adequate supplements to help restore the damage being done. Vitamin C and E is vital, both topically and internally. Ensure that your diet is rich in nuts, fish (salmon and tuna are best) and royal jelly. Your body DOES not make essential fatty acids naturally, it is only consumed through foods we eat!

Smoothie time - Whisk it up

With mango and papaya that contain high amounts of Vitamin C and beta-carotene to keep skin protected, balanced and youthful. Bananas and coconut water contain tons of potassium to keep you and your skin fully hydrated and bright - no wonder it's a 'super smoothie'!

Grab a handful of the following fruits, whisk in a blender and you're well on your way to fresh, refreshed looking skin:

- **Frozen mango chunks**
- **Frozen papaya chunks (or fresh)**
- **Frozen organic strawberries**
- **1/2 cup coconut water**
- **1 banana**



Further reading

Take a minute to read these articles on the Skinbase blog:

- [SkinBase Focus: Dull & Tired Skin](#)
- [Your 5 minute Guide to Reviving Dull & Tired Skin](#)

Watch:

- [Zoe Ball presents How to brighten dull and tired looking skin pt1](#)
- [Zoe Ball presents How to brighten dull and tired looking skin Pt2](#)

What next?

We really hope you've enjoyed this guide. We'll email you with regular beauty tips from our blog.

- [Interested in the Skinbase Facial?](#)
- [Check out our success stories](#)
- [Find your nearest therapist](#)