



SkinBase
Your Path to Perfect Skin

The SkinBase
Healthy Habits Guide
Get the skin you want



We've put our heads together to compile a list of the best healthy habits in this free guide.

Now more than ever looking after your body's health is something we should all be doing.

At SkinBase, our mission is to offer amazing treatments, so you can get great skin. Sound great? It is! But, years of experience has taught us what you do outside the treatment room is just as important to achieving great skin. These habits will help you get the most out of your SkinBase treatments too.

Healthy Habit no.1- Drink 1.5 litres of water per day

We'll kick off our healthy habits with the easiest one of all!

Every cell in our body needs water. We are about two-thirds water so it stands to reason that drinking more of it will help keep us healthy. It's also completely free so this has got to be the easiest of our healthy habits to adopt. There are actually very few clinical studies about the health benefits of drinking water but a lot of anecdotal stories that make us think it must be worth a try!

Here are a few of the benefits:

- Helps flush out toxins

Your kidneys filter out waste and toxins in your blood. Not getting enough water can stop the body doing this effectively.

- Increases energy

You need water to digest food and help circulate blood. A lack of water can cause fatigue affecting mood and concentration.

- A natural headache remedy

Fatigue can cause headaches and a lack of water can cause fatigue.

- Can relieve symptoms of joint pain and backache.

Dehydration can lead to a lack of lubrication in our joints causing pain and discomfort. Drinking more water will ensure the discs in the back can rehydrate and keep our joints healthy.

And don't forget, you will be getting some of your water requirement in your food and other drinks. A good way to tell if you are getting sufficient water is to look at the colour of your urine. It should be a pale yellow colour if well hydrated. Drink up!



Healthy Habit No.2- Get at least 7 hours sleep a night

Too little sleep makes you look and feel tired and the first place this will show is on your face, with dark circles, bags under the eyes and sagging skin. Your body produces proteins called cytokines while you sleep which help to target infection and inflammation, therefore obtaining a good night's sleep is really important for your health. Here are a few ways to achieve this...

Wind down and switch off

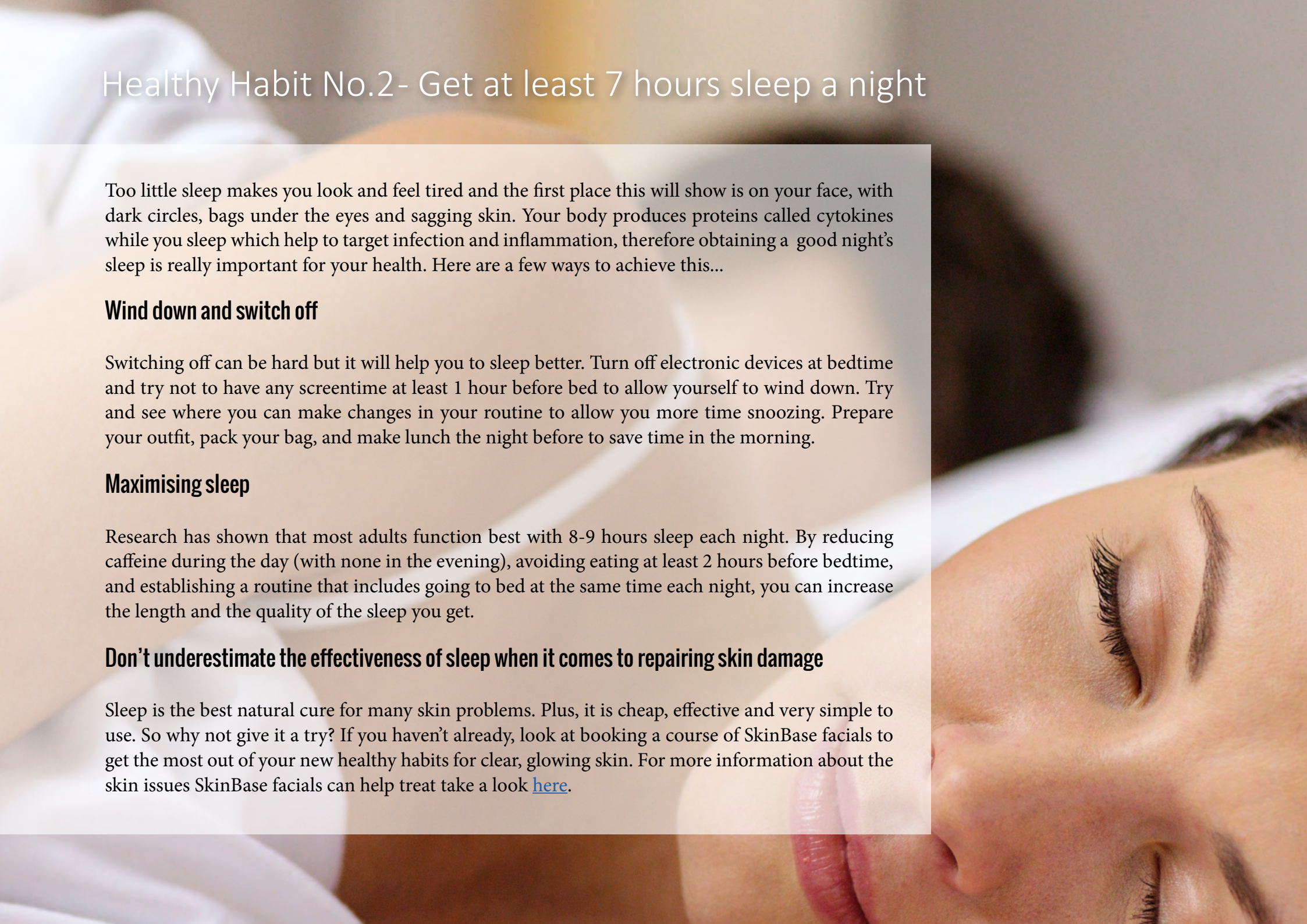
Switching off can be hard but it will help you to sleep better. Turn off electronic devices at bedtime and try not to have any screentime at least 1 hour before bed to allow yourself to wind down. Try and see where you can make changes in your routine to allow you more time snoozing. Prepare your outfit, pack your bag, and make lunch the night before to save time in the morning.

Maximising sleep

Research has shown that most adults function best with 8-9 hours sleep each night. By reducing caffeine during the day (with none in the evening), avoiding eating at least 2 hours before bedtime, and establishing a routine that includes going to bed at the same time each night, you can increase the length and the quality of the sleep you get.

Don't underestimate the effectiveness of sleep when it comes to repairing skin damage

Sleep is the best natural cure for many skin problems. Plus, it is cheap, effective and very simple to use. So why not give it a try? If you haven't already, look at booking a course of SkinBase facials to get the most out of your new healthy habits for clear, glowing skin. For more information about the skin issues SkinBase facials can help treat take a look [here](#).





Healthy Habit No.3- Eat a diet as colourful as the rainbow

Make your diet as colourful as possible. If you've got all the colours of the rainbow you've nailed it! Fruit and vegetables are packed with vitamins, minerals and antioxidants, the more colours the more varied the goodness your body is receiving. Below are some of our favourite (and inexpensive) rainbow foods for glowing skin.

Tomatoes

This humble fruit packs a punch when it comes to nutrients and goodness. Tomatoes contain the antioxidant lycopene which protects against cell damage and helps eliminate skin ageing free radicals & protects against UV rays.

Carrots

Good old carrots. Full of nutrients, they provide the best health benefits to our skin in the form of beta-carotene which is converted to vitamin A by the body. Vitamin A is a powerful antioxidant helping the immune system in its defence against illness and infection and is important for tissue growth and repair.

Broccoli

Great for sun damaged skin. Broccoli contains glucoraphanin which is converted to sulforaphane which supports the skin's ability to detoxify and helps stimulate the production of enzymes that protect the body against sun damage. Broccoli is also full of beta-carotene and Vitamin C.

These are just a few examples, most fruit and vegetables have excellent skin and health benefits so tuck in and remember to keep it colourful.



Healthy Habit no.4 – Eat less sugar

Sugar is really bad for your skin. Excess sugar in the body can, over time, cause collagen and elastin, our super duper youth enhancing skin proteins, to malfunction due to a process called 'glycation'. Unfortunately, you can't stop this process. It's happening to us all as we age but we can limit it by avoiding refined sugar, and extra sugar that we just don't need. For the sake of your skin ditch the sugary snacks.

Pick your treats wisely

We're not saying avoid sugar completely and we aren't trying to make people miserable following a strict no sugar diet. Pick your sugary treats wisely (chocolate is going nowhere from our lives). Try and avoid the unnecessary sugar, do you need that sugar in your tea? Following healthy habit three's rainbow diet will ensure you get your nutrients, and sugar, from the right kind of foods.

Weaning yourself off

Sugar can quite literally become an addiction. You may find weaning yourself off the white stuff harder than you imagine. Stock up on healthy, sweet alternatives. Curb the cravings with these and try to remember the benefits to your skin by making these changes.

Act now!

The more research we do into skin health the more important we realise it is to take action immediately. It is difficult to undo some of the damage done to the skin later down the line. Some skin damage is irreparable and so it is easier (and cheaper) to start doing the right things now. Protect your skin with our healthy habits. You can then concentrate on maintaining and improve your skin's condition with [SkinBase](#) treatments. Avoiding the need for more invasive treatments completely. More about these next!

Our healthy habits guide can work alongside your SkinBase facial course to maximise the benefits from treatment. A healthy body and mind will show in your skin and following the habits can help to address the cause of your skin concerns.

SkinBase treatments for great skin:

Microdermabrasion

The original SkinBase facial and still as popular as ever. SkinBase microdermabrasion proves time and time again that it can deliver great results on a number of skin conditions. An exfoliating facial that uses micro-crystals to clear congestion and remove impurities. The facial will stimulate collagen production to leave skin rejuvenated and positively glowing.

IPL Photorejuvenation

IPL has a number of different treatment capabilities one of which is photorejuvenation. Roll back the years with this fabulous anti-ageing treatment. A SkinBase IPL Photorejuvenation facial removes the effects of premature ageing caused by repeat exposure to UV. This non-invasive treatment will help reduce wrinkles, redness, melasma and improve the texture and appearance of your skin.

Collagen Lift 'Facelift' facials

The newest addition to the SkinBase facials. Dubbed the 'Facelift' facial this treatment uses radio frequency energy to heat the tissue causing a tightening and lifting for that trademark facelift look. Without the surgery though of course. This non-surgical facial is a great alternative to fillers and injectables so if you don't like needles but do like results, this could be the perfect treatment for you.

We would always advise speaking to your therapist about your skin's needs. They will be able to tailor a plan to you. Find out more about all these fantastic treatments on our website www.skinbase.co.uk If you've heard enough, find your nearest therapist [now](#).





Healthy Habit 5 – Wear SPF every day

Use sun protection every day to protect skin and maintain a healthy complexion. We're pretty sure this doesn't come as a surprise to you, after all, if you have children you make sure they're protected from the sun don't you?

**We know we should but does it really make a difference?
We wear it on holiday, isn't that enough?**

Well no, not really. There are many reasons that this is an important healthy habit to adopt. Not only will it protect you from harmful rays that may cause skin cancer, UV rays heat the skin causing it to make changes to protect itself that damage it irreversibly. If you have a paler complexion this is even more serious as your skin isn't designed to tolerate high levels of sun and UV. Sun damage is caused by UVA and UVB rays. UVA is mainly responsible for ageing, UVB causes sunburn.

Although having darker skin will provide you with some natural protection, you are more susceptible to pigmentation issues so it's still really important to use a good sun protection.



Myth busting

Many people believe that wearing sun cream will prevent them from tanning but this is simply not true. Here's how it works: A sun protection factor (SPF) of 15 means that it is designed to protect your skin for 15 times longer than you would normally take to burn without sunscreen. So, if you would normally catch the sun after 20 minutes in the sun, an SPF of 15 would protect you for 20 min x 15, or 5 hours. You will still be able to tan but you won't cause the damage that leads to sunburn. The more quickly you burn the higher the SPF you would want to use. Regular applications are also really important.

Use fake tan instead

There are lots of great fake tans out there, so spare your poor face the damage caused by UV and keep skin protected. When you are 70 you will be glad you took our advice. UV is one of the worst causes of skin damage and fine lines and wrinkles. It is also really important to use sunscreen after intensive exfoliating treatments like microdermabrasion to prevent damage to that fresh, new skin.

If you need another reason

Earlier we talked a bit about 'glycation'. Glycation is a process whereby the body's proteins can become damaged by what are called 'advanced glycation end products' or 'AGEs'. In the skin, these proteins are Collagen and Elastin which help keep our skin looking youthful. Turns out, the rate of glycation is accelerated by exposure to UV further adding to the ageing process. Luckily, unlike natural ageing, these are factors in ageing we have some control over. Please, if you only take one piece of advice from this guide; protect skin from sun damage and make sure you wear sunscreen!



Healthy Habit 6 – Exfoliate

There's only one effective way to get rid of the dead skin cells on your skin and that is to slough them away. Exfoliating treatments like SkinBase Microdermabrasion will make sure this is done effectively and speed up the renewal process to reveal fresh new skin.

Why do we need to exfoliate?

Unfortunately, as we age our skin's natural ability to renew itself slows down and so exfoliating will help to stimulate the body to produce new skin and remove the old dead skin.

Not just for your face

Exfoliation is important not only for your face but your whole body too. Dry brushing before you shower will not only exfoliate the skin but get the blood pumping too, stimulating the micro-circulation. Once you're in the shower use a salt/sugar scrub in circular motions to further exfoliate the skin and combat dry and dull skin.

What are the benefits of weekly exfoliation?

- Enhance absorption of skincare products. This is especially true after a more intense exfoliation like MD. Clean, clear pores will soak up product making sure you get better value out of your expensive lotions and potions.
- Great pre-tan prep. Tan clings to dry patches making it look patchy. Regular exfoliation will prevent this from happening.
- Makeup will look more even for the same reasons as above. Exfoliating will ensure the skin surface is clean, clear, and smooth for a flawless finish.
- Minimises pores. Exfoliation will help pores appear smaller. Dirt and grime clogging pores is part of what makes them look more pronounced.

A weekly exfoliation is suitable for most skin types, however, it is important not to over exfoliate so consult with your therapist to establish the best skin care routine for your skin type.

Recommendation

To get your latest healthy habit off to the best start we recommend a course of SkinBase MD facials. Microdermabrasion (MD) uses tiny exfoliating crystals to resurface and rejuvenate the skin. Any existing skin issues can be treated with a course and followed up monthly to maintain results.

Do not forget your sunscreen!

Importantly after exfoliation, don't forget to apply sunscreen. Exfoliating the skin removes the very outermost layers of skin which provide some protection against UVA and UVB rays. Removing these layers leaves skin more vulnerable to sun damage. [SkinBase homecare with SPF](#) is designed for use after your SkinBase facial treatments.



Healthy Habit 7- Establish a good skincare routine

Get into the habit of looking after your skin properly with a good skincare routine and the correct products for your skin.

Why do we need a skincare regime?

As we age, skin begins to produce less of its own natural oils leaving us more susceptible to wrinkles. By following a simple skincare routine, you can make sure skin is kept moisturised to keep those wrinkles at bay. We've put together a set of essentials which you can purchase directly from your SkinBase therapist or via our [online shop](#).



Essential Skincare £50

Cleanser | Toner | Moisturiser with SPF 30

Establish your skin type

Sensitive skin

Sensitive skins can be dry, normal or oily and are characterised by their delicacy. This skin type frequently reacts adversely to environmental conditions and often requires special treatment in order to stay in good condition. Sensitive skin benefits greatly from natural skin care products and treatments.

Dry skin

Caused by under or inactive oil glands that do not produce enough sebum to keep the skin naturally hydrated. It usually has a dull appearance, feels dry and itchy and is sometimes sensitive. Dry skin must be hydrated regularly from the inside (drinking water) and outside with hydrating creams or lotions. People with dry skin should avoid using harsh soaps to prevent further loss of natural oils. Air conditioning and sun exposure can also exacerbate dry skin types.

Normal skin

Normal skin produces sebum at a moderate rate, resulting in a balanced state. It looks consistently plump, moist and vibrant. Lucky you. Don't forget to look after your skin though as it will still see the benefits of a good skin care regime.

Oily skin

Oily skin is caused by glands that produce too much sebum, resulting in skin that appears shiny and has large open pores. An oily skin type is prone to develop comedones (blackheads) and acne. Despite these drawbacks, oily skin generally remains younger looking and more supple over time than other skin types. Oily skin benefits hugely from microdermabrasion with the application of light moisturisers.

Combination skin

Combination skin is the most common skin type characterised by an oily T-Zone.

Healthy Habit 8 Exercise 3 times a week

The healthy habits guide is about making sure your body is healthy and nourished from the inside to help get skin in great condition. Here we have some great reasons to participate in regular exercise 3 times a week.



Improve circulation

Exercise helps stimulate your circulation. Increased blood flow improves the supply of oxygen and nutrients to skin cells and the effective removal of waste products, which in turn keeps our complexion looking healthy and youthful.

Combat stress

Exercise is an excellent way to combat feelings of stress. The rush you feel after exercising is the brain releasing endorphins. These feel good hormones are especially beneficial if you are feeling stressed or down. Stress is a known trigger for skin problems such as acne, eczema, rosacea and psoriasis. Working to remove the stress from our lives will help to ease these conditions and get skin in better shape.

Sleep better

Exercise could be the key to a better night's sleep. If you are currently working from home, some regular physical activity will help give you a release and ensure your mind and body are tired for a good night's sleep. What does this mean for our skin? Your skin needs time to repair and so while you are sleeping, your skin will get to work repairing itself.

Keeps muscles toned

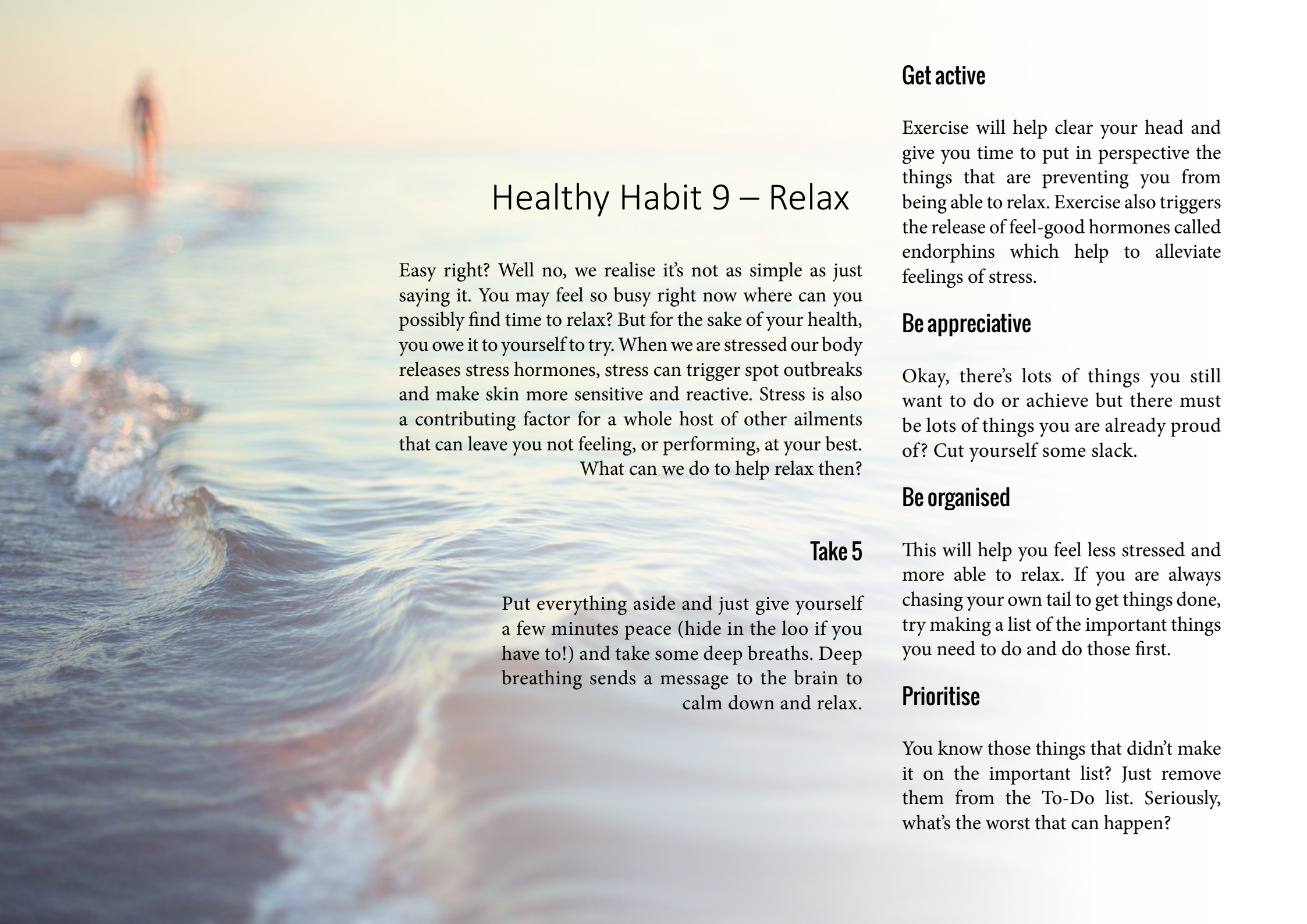
Regular physical activity will keep muscles toned, lubricate joints, and keep your metabolism functioning properly. Good muscle tone will prevent the skin on top from sagging and losing definition.

Keep it steady

Losing or gaining a lot of weight very quickly can cause the skin to lose its elasticity, resulting in wrinkling – slow, progressive changes in exercise programmes are recommended to give your body and skin time to adjust.

Start slow

Exercising 3 times a week, this could be a brisk walk to begin with working up to more aerobic activities as your body adjusts to the increase in activity. If you are already exercising 3 times a week then keep up the good work. Try to mix it up a little with something different to avoid your body becoming too accustomed to the same routine.



Healthy Habit 9 – Relax

Easy right? Well no, we realise it's not as simple as just saying it. You may feel so busy right now where can you possibly find time to relax? But for the sake of your health, you owe it to yourself to try. When we are stressed our body releases stress hormones, stress can trigger spot outbreaks and make skin more sensitive and reactive. Stress is also a contributing factor for a whole host of other ailments that can leave you not feeling, or performing, at your best.

What can we do to help relax then?

Take 5

Put everything aside and just give yourself a few minutes peace (hide in the loo if you have to!) and take some deep breaths. Deep breathing sends a message to the brain to calm down and relax.

Get active

Exercise will help clear your head and give you time to put in perspective the things that are preventing you from being able to relax. Exercise also triggers the release of feel-good hormones called endorphins which help to alleviate feelings of stress.

Be appreciative

Okay, there's lots of things you still want to do or achieve but there must be lots of things you are already proud of? Cut yourself some slack.

Be organised

This will help you feel less stressed and more able to relax. If you are always chasing your own tail to get things done, try making a list of the important things you need to do and do those first.

Prioritise

You know those things that didn't make it on the important list? Just remove them from the To-Do list. Seriously, what's the worst that can happen?

Healthy Habit 10- Smile and laugh more

How can this help my skin you say? Well, you will be much nicer to look at with a smile on your face for one, and using the muscles in your face to smile rather than to frown will, at the very least, mean the wrinkles you do have will be as a result of smiling more and not frowning more. We know which we would rather have!

It's contagious!

Try not to smile at someone smiling at you. It's quite difficult. A friendly, smiling face will attract more smiles from other people. Making you feel good in return.

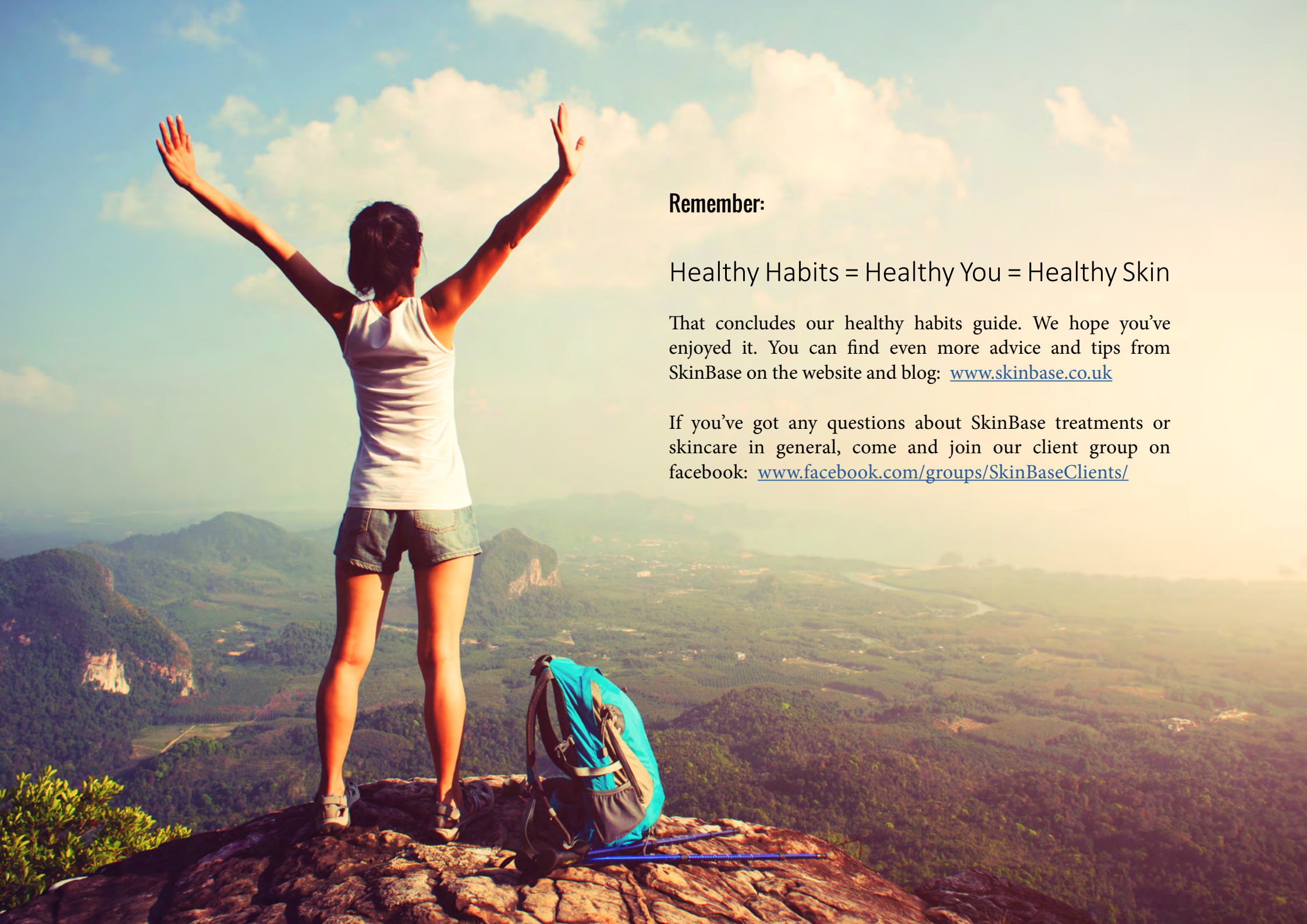
Lowers stress and anxiety

Your body releases endorphins (our feel good hormones) when you smile and laugh. Even a fake smile will have this effect as the brain recognises the use of the muscles used to smile to release these hormones. So plaster a smile on your face even if you aren't feeling it.

Did we mention they're free?

That's right, those stress reducing, feel good actions are completely free!





Remember:

Healthy Habits = Healthy You = Healthy Skin

That concludes our healthy habits guide. We hope you've enjoyed it. You can find even more advice and tips from SkinBase on the website and blog: www.skinbase.co.uk

If you've got any questions about SkinBase treatments or skincare in general, come and join our client group on facebook: www.facebook.com/groups/SkinBaseClients/