

In better skin.



HYDRO

A Definitive Guide to
SkinBase Hydro

Page	Content
03.	What Is Hydro?
04.	How Does Hydro Work?
05.	Hydro Serums
09.	Who Is Hydro For?
10.	How Many Treatments Do I Need?
11.	What Can Hydro Treat?
15.	What to Expect
20.	Hydro Ingredients
29.	Hydro Benefits
33.	Pre-Treatment Advice
36.	Hydro Aftercare

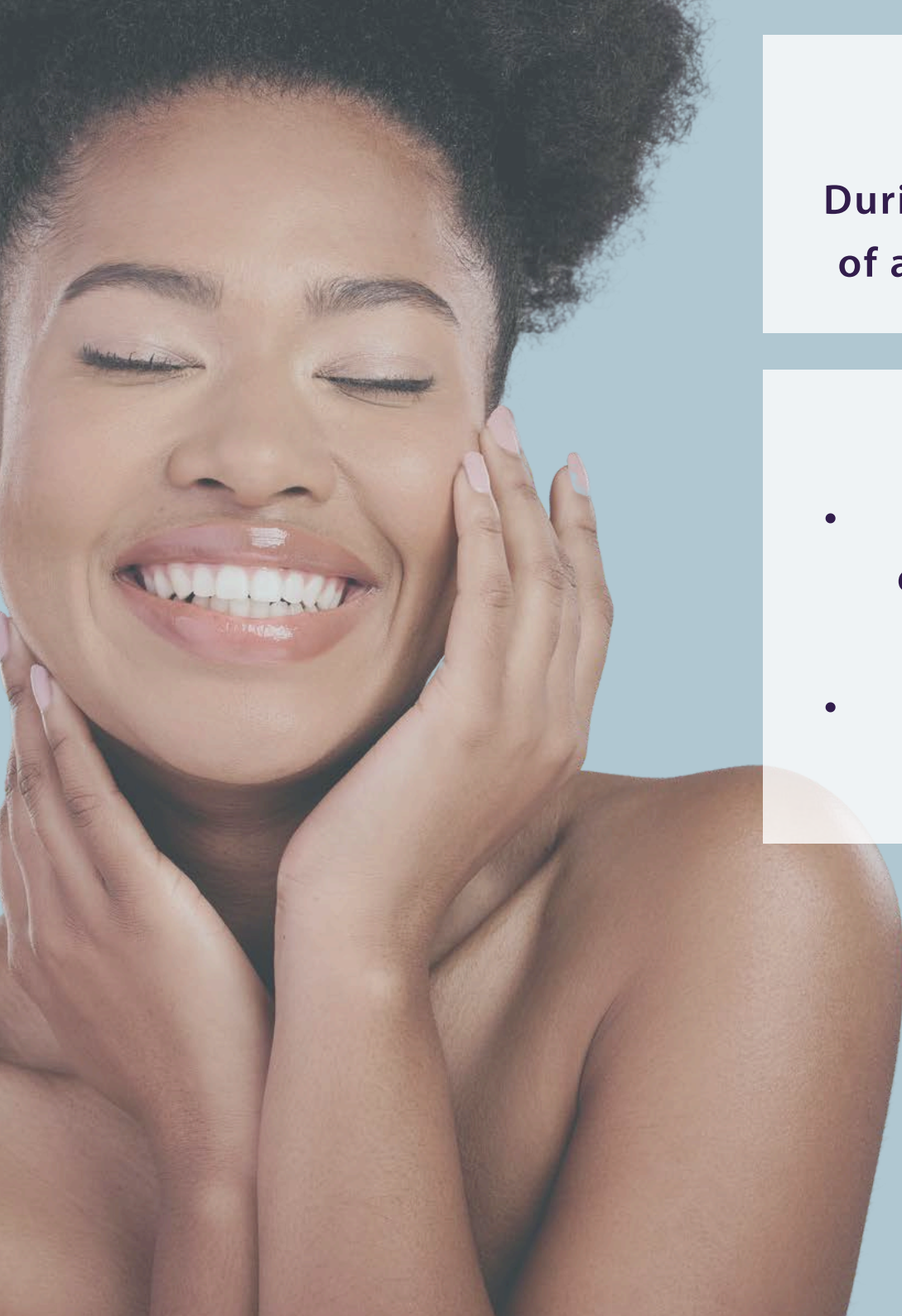


HYDRO

What is SkinBase Hydro?

- A non-invasive treatment designed to cleanse, exfoliate, purify, hydrate and revitalise skin.
- The Hydro treatment involves the use of both an exfoliating peel and a personalised serum.
- The peel incorporates a natural blend of AHAs and BHAs to rid the skin of dead cells, impurities and debris, for an instantly fresher complexion.
- Then, an infusion of powerful active ingredients are targeted into the skin via the personalised serum, to combat your specific skin concerns.





How Does Hydro Work?

During a Hydro treatment, a multi-step process of a cleanse, peel, serum and skincare is used.

Vacuum Action

- The peel and serum ingredients are delivered effectively into the skin with a vacuum action.
- The vacuum enhances absorption, stimulates blood flow and promotes detoxification.



The Hydro Serums

SkinBase Hydro involves a choice of 3 serums to personalise the treatment to your specific skin concerns & goals.

A close-up, high-angle shot of a woman's face, smiling broadly. Her eyes are crinkled, and her teeth are visible. She has a warm, glowing complexion. The background is dark and out of focus.

Brightening

The brightening serum is packed with antioxidants that improve the tone and texture of the skin for a more radiant appearance.



Renewing

The renewing serum contains powerful anti-ageing ingredients that improve the appearance of fine lines and wrinkles while also helping to hydrate the skin and reduce inflammation.



Clarifying

The clarifying serum has a variety of effective, calming ingredients that work to fight breakouts, reduce inflammation and minimise excess oil production.



Who Is It For?

Hydro is a luxurious treatment ideal for anyone who wishes to achieve healthy skin non-surgically.

- The SkinBase Hydro treatment can be used on all skin types and skin tones across the face and body.
- The range of serums allows for preventative or remedial treatments depending on your concerns.

How Many Hydro Treatments Do I Need?

1 Treatment:

For an instant skin boost to achieve a healthy glow before a big event.

3-6 Treatments:

When treating specific skin concerns we recommend a course of 3-6 treatments to maximise results and achieve healthy skin.

7+ Treatments:

If you have very problematic skin, you may require more than 6 sessions before moving onto a monthly maintenance plan.

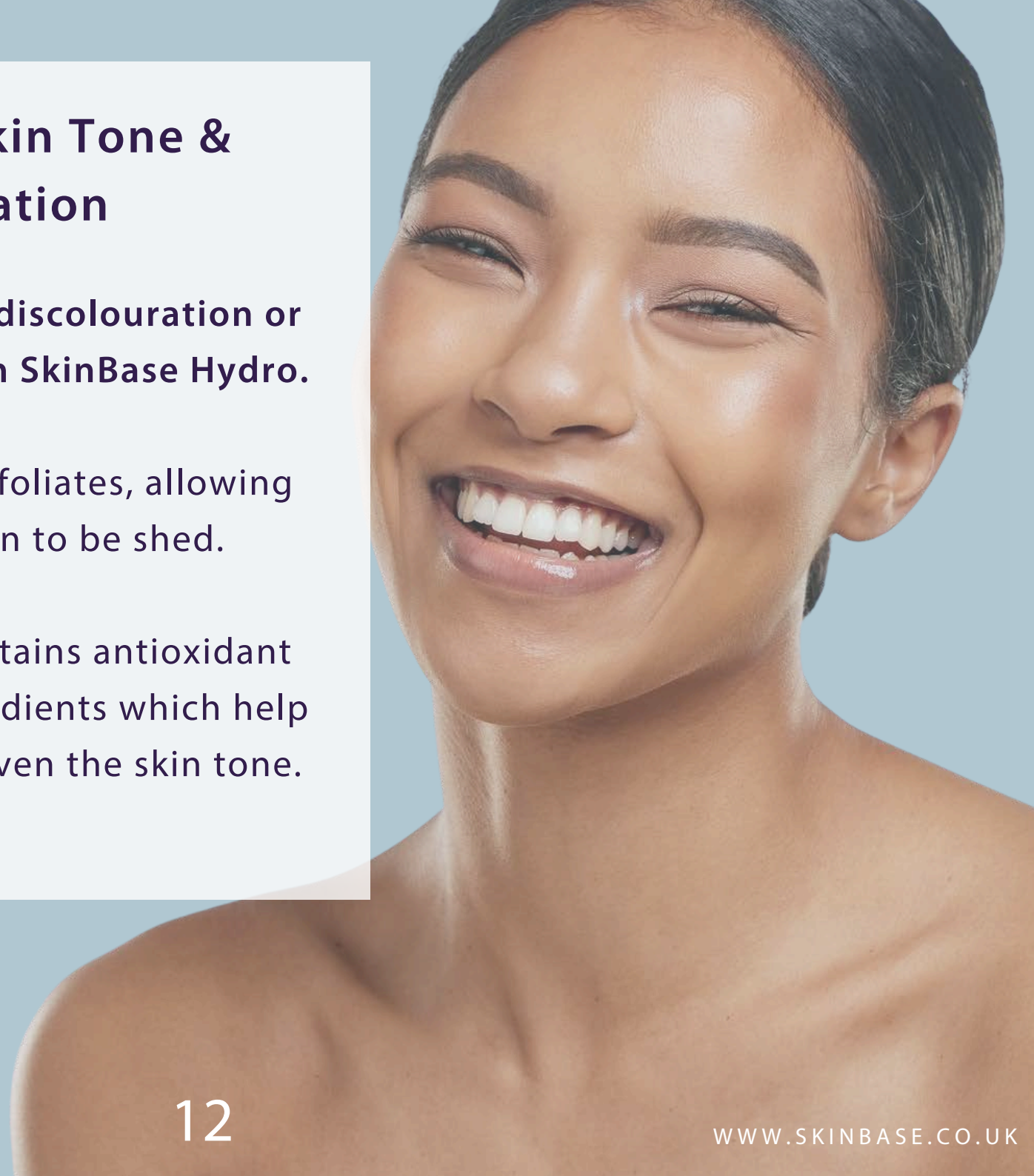


What Can Hydro Treat?

- **Acne & Congestion**
- **Dull, Lacklustre skin**
- **Fine lines & Wrinkles**
- **Uneven skin tone**
- **Hyperpigmentation**

Dull Skin, Uneven Skin Tone & Hyperpigmentation

- Reduce the appearance of discolouration or brighten your dull skin with SkinBaseHydro.
- The peel solution gently exfoliates, allowing superficial pigmentation to be shed.
- The brightening serum contains antioxidant and anti-inflammatory ingredients which help to fade pigmentation and even the skin tone.



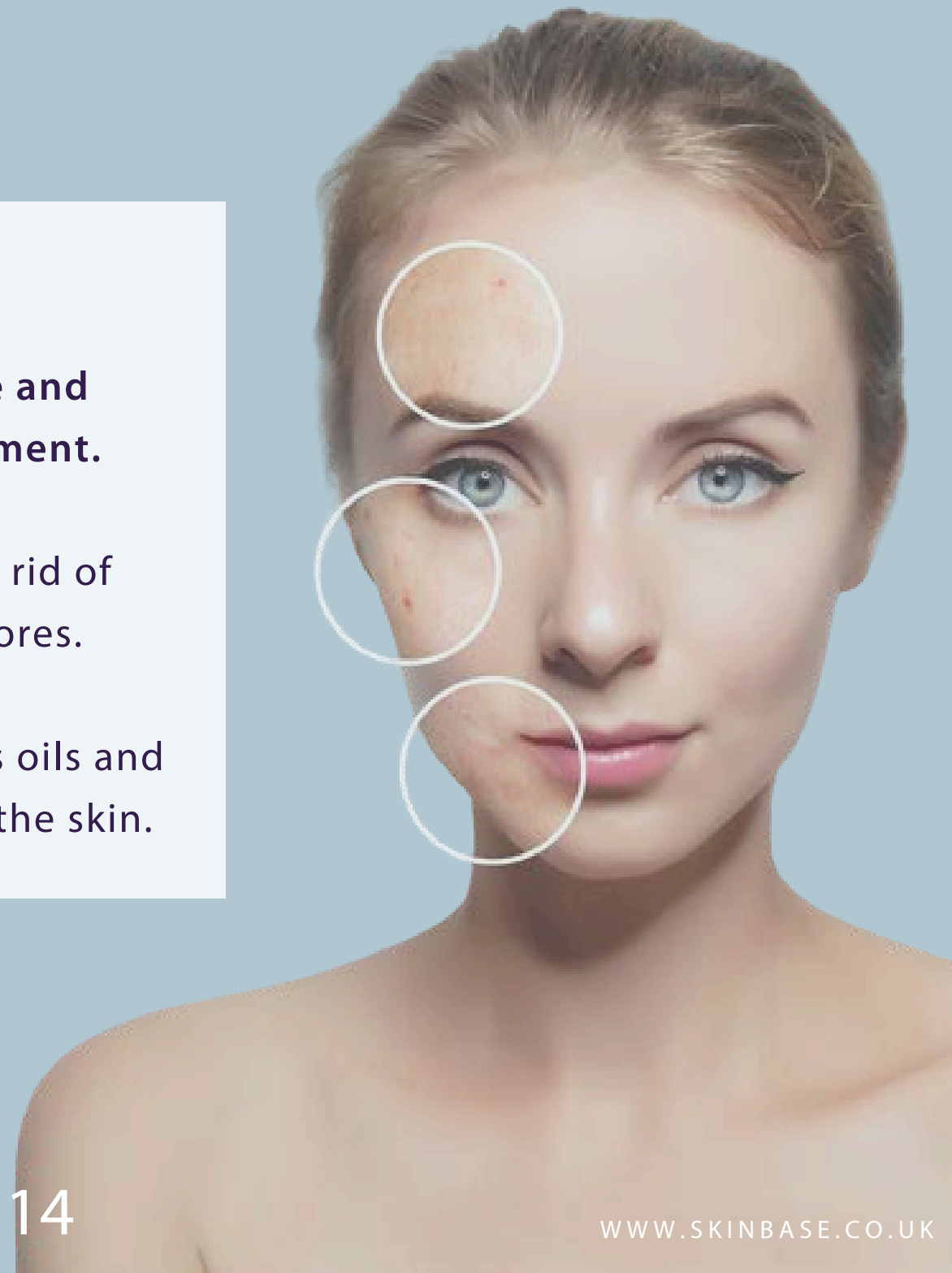


Fine Lines and Wrinkles

- Reduce the appearance of visible signs of ageing and achieve a youthful glow with Hydro.
- The Hydro peel solution gently exfoliates, revealing the new, smoother, fresher skin below.
- The renewing serum minimises symptoms of ageing skin by allowing maximum hydration and helping to maintain optimum collagen levels.

Acne & Congestion

- **Improve the appearance of acne and congestion with the Hydro treatment.**
- The peel gently exfoliates, getting rid of impurities and unclogging the pores.
- The clarifying serum regulates excess oils and sebum, helping to purify and repair the skin.





SkinBase Hydro: What To Expect

SkinBase Hydro is a multi-step process:

- 1. Consultation**
- 2. Cleanse & Peel**
- 3. Personalised Serum**
- 4. SkinBase Skincare**



Step One: Consultation

- Your SkinBase Therapist will carry out a thorough consultation and create a treatment plan.
- The consultation will include choosing the best Hydro serum for your skin concerns.

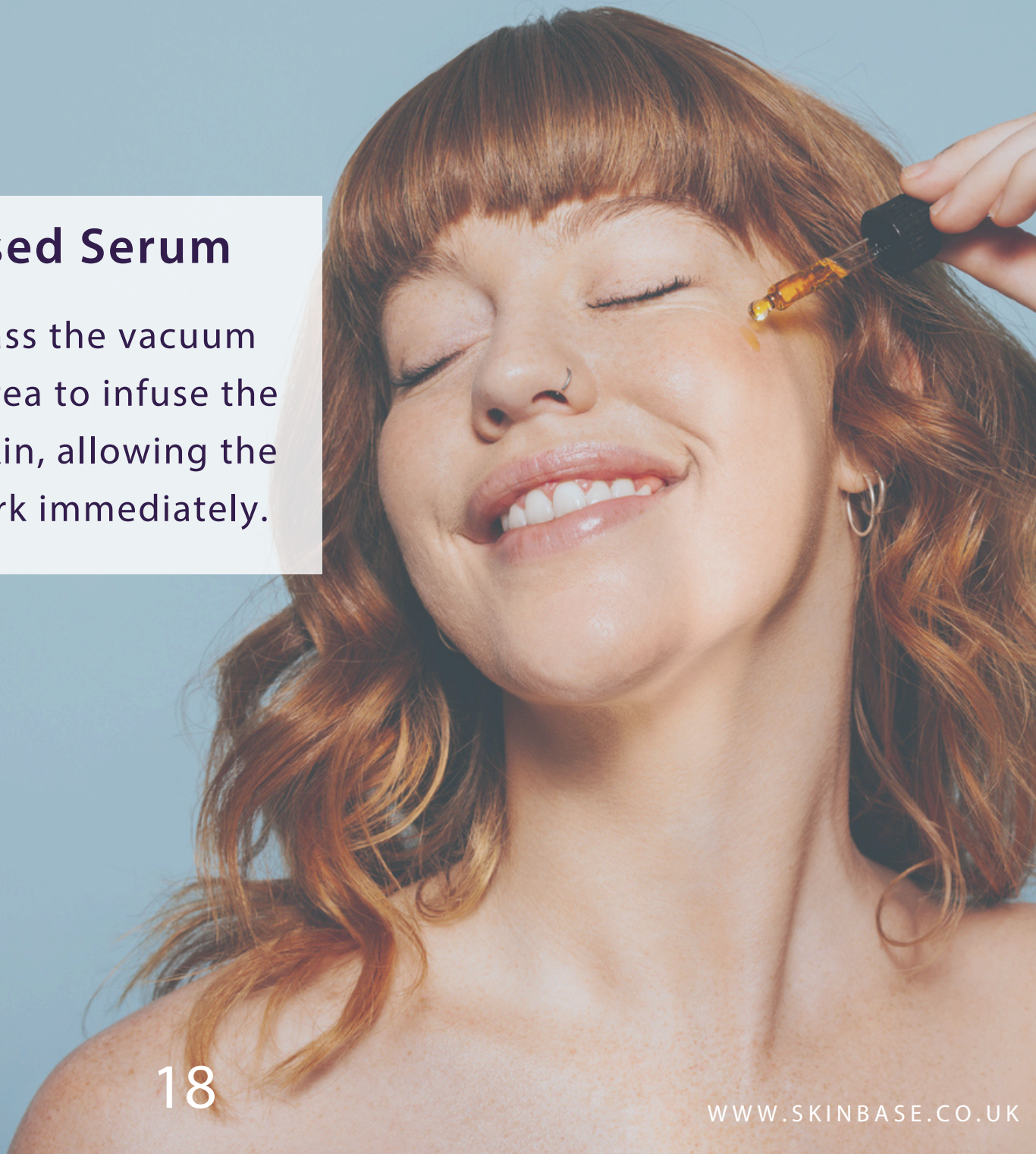


Step Two: Cleanse & Peel

- The SkinBase Purifying Gel Cleanser is used to cleanse any makeup or impurities off the skin.
- The peel is applied using a vacuum, allowing the blend of AHAs and BHAs to penetrate deep into the pores to exfoliate away dead skin cells and debris.
- The peel is left on the skin for 3-5 minutes before being cleansed off with cotton pads and water.

Step Three: Personalised Serum

Your SkinBase therapist will pass the vacuum handset across the treatment area to infuse the selected serum deep into the skin, allowing the active ingredients to get to work immediately.





Step Four: SkinBase Essentials Skincare

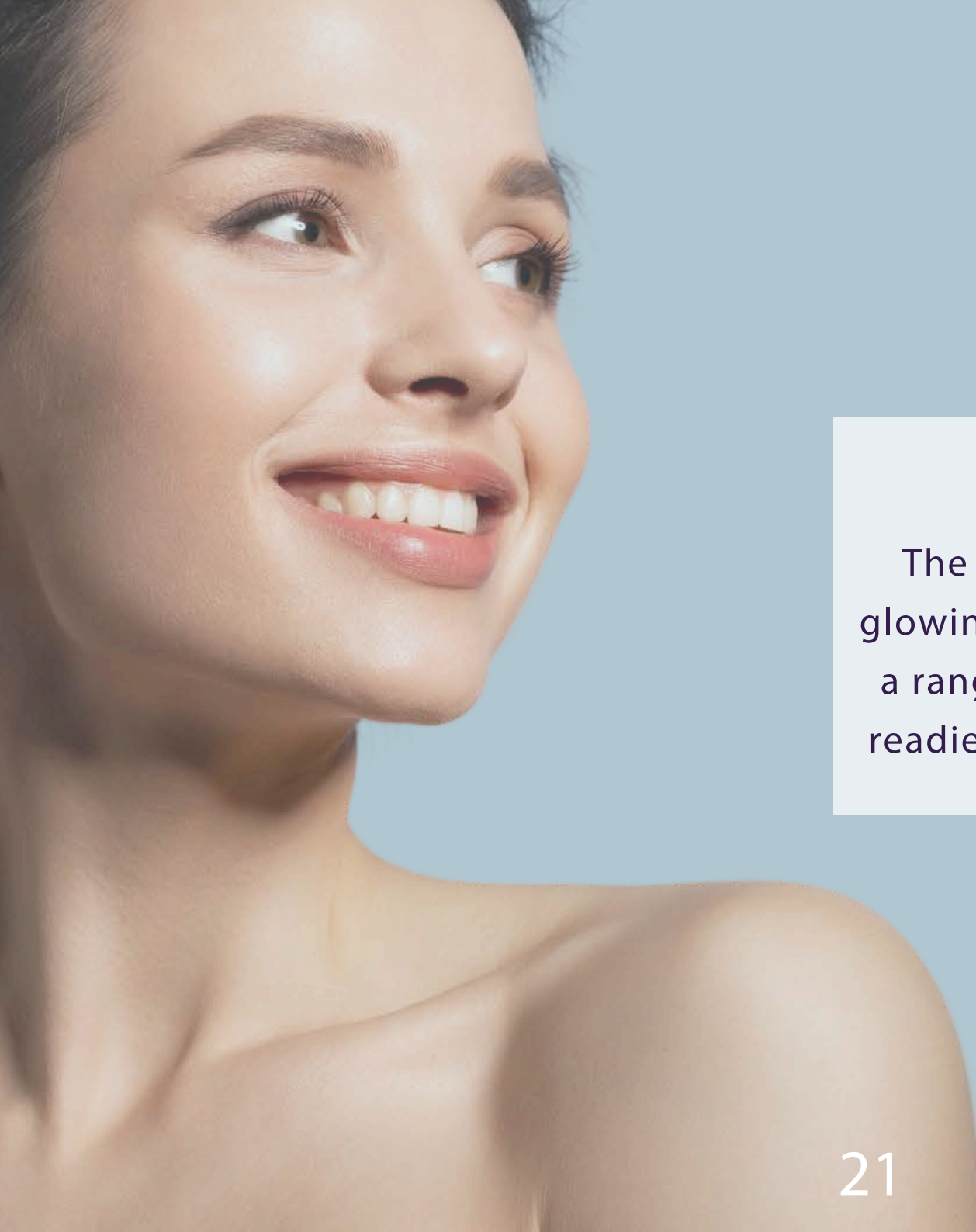
The SkinBase Essentials range will be used to lock the fantastic ingredients into your skin, and keep it moisturised and protected post-treatment.



SkinBase Hydro: The Ingredients

SkinBase Hydro is gentle yet effective, allowing you to see and feel a difference in your skin immediately post-treatment.

This is thanks to the fantastic active ingredients used.



Hydro Peel

The peel is a great first step in achieving glowing, healthy skin. The solution contains a range of effective active ingredients and readies the skin for the personalised serum.

- **Salicylic Acid** - A versatile beta hydroxy acid (BHA) that penetrates deep into your pores to unclog and exfoliate away dead skin cells.
- **Mandelic Acid** - A gentle alpha hydroxy acid (AHA) that activates cell turnover to reveal brighter, clearer skin.
- **Lactic Acid** - An exfoliating AHA that promotes the shedding of dead skin cells to soften and smooth your skin.
- **Glycolic Acid** - An AHA that exfoliates your skin while maintaining a natural pH balance.
- **Arginine** - A fabulous ingredient that speeds up cell regeneration and boosts collagen production so you can achieve visibly brighter skin.

Renewing Serum

The Renewing Serum is the perfect choice for minimising signs of ageing. Full of powerful ingredients to give mature skin a youthful, healthy glow.

- **Hyaluronic Acid** - A skincare superstar that occurs naturally within your skin and acts like a sponge - holding up to 1000x its own weight in water.

- **Lactic Acid** - A fantastic ingredient that promotes hydration, minimises wrinkles, improves texture and increases the firmness of your skin.

- **Hydrolysed Soybean Extract** - Soybean positively influences moisture balance, filling wrinkles from within while smoothing and regenerating your skin.

- **Dimethyl MEA** - Derived from Vitamin B, this ingredient works wonders by adding fullness, reducing facial lines, hydrating, and strengthening collagen.

- **Decarboxy Carnosine Hcl** - Maintains collagen levels within your skin while warding off the negative effects of environmental stressors.



Brightening Serum

The brightening serum is the perfect serum choice if you are suffering with discolouration, pigmentation and texture and want to achieve glowing skin.

- **Niacinamide** - A versatile skincare hero which will renew and restore your skin by tightening pores and diminishing dullness for a more even skin tone.
- **3-O-Ethyl Ascorbic Acid** - A form of Vitamin C that fades hyperpigmentation, provides protection from free radicals and brightens your skin.
- **Kojic Acid** - With antioxidant, anti-inflammatory and anti-viral properties to prevent the formation of melanin and treat pigmentation and dark spots.
- **Glycolic Acid** - A naturally occurring exfoliant that renews the surface of your skin by shedding dead skin cells. Also provides skin with significant hydration.
- **Glycine Soja Oil** - A great anti-oxidant and emollient, perfect for smoothing your skin, preventing water loss and fading stubborn pigmentation.

Clarifying Serum

The clarifying serum is packed full of natural ingredients, and is the perfect choice if you want to clear and calm your acne-prone skin.

- **Niacinamide** - With anti-inflammatory properties, it renews and restores skin by repairing past damage, minimising sebum and improving your skin barrier.

- **Barosma Betulina Leaf Extract** - A natural ingredient that regulates excess oils, refines pores and mattifies shine to improve the appearance of your skin.

- **Arnica Montana Flower Extract** - With anti-inflammatory properties, it naturally accelerates tissue healing to quickly clear any breakout symptoms.

- **Arctium Majus Root Extract** - Acts as a sebum regulator and skin purifier, while improving the quality and texture of your skin with its soothing properties.

- **Citric Acid** - Promotes exfoliation and cell turnover, while restoring moisture to your skin to treat breakouts.



Benefits of SkinBase Hydro

SkinBase Hydro is non-invasive, gentle and relaxing, allowing natural skin renewal in as little as 30 minutes. Hydro benefits are numerous.



1. Flexible to Suit Individual Skin Types

The treatment is suitable for all skin tones and skin types, and can be personalised with the choice of serums to treat specific skin concerns.

2. Incredibly Effective

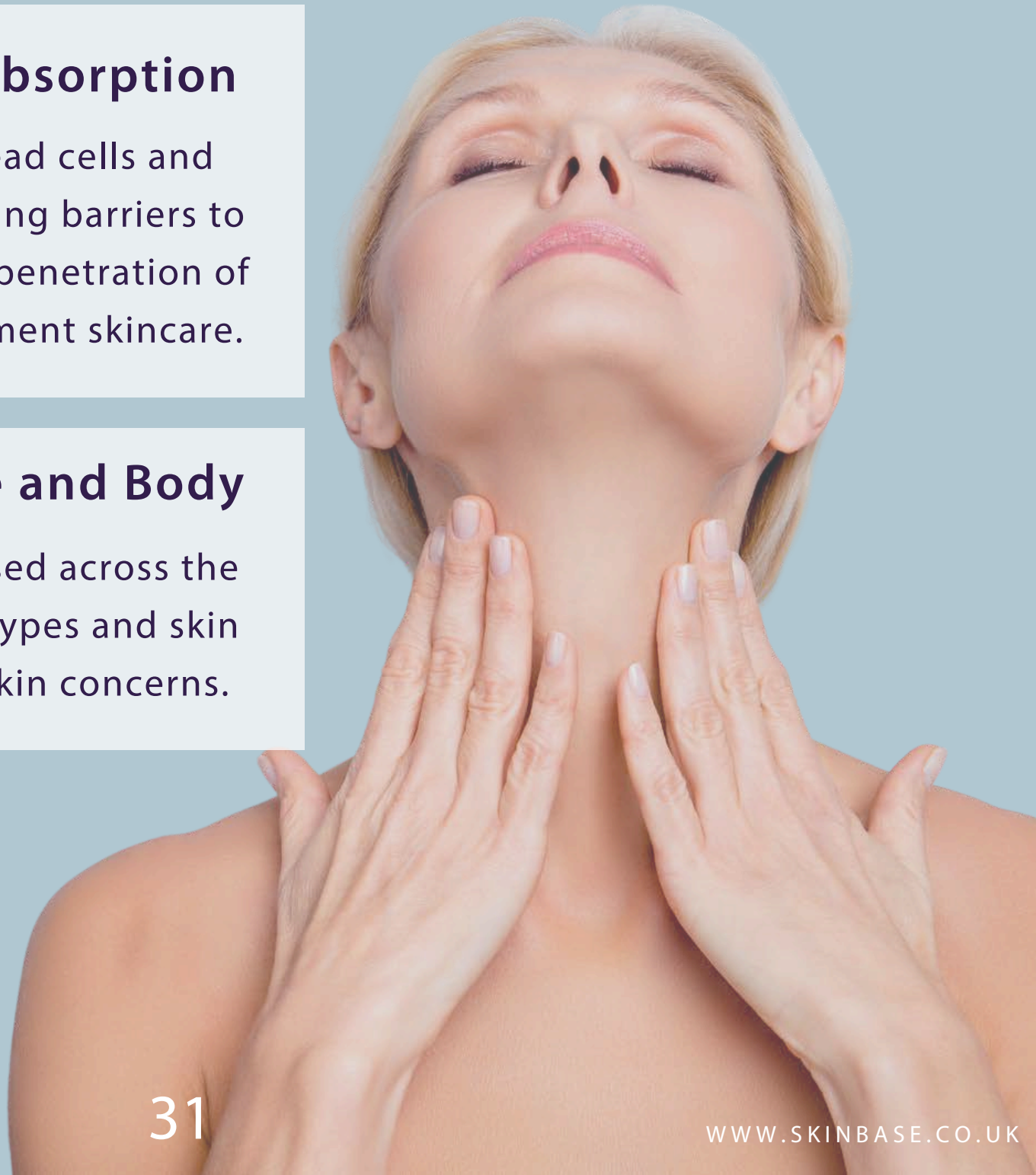
The combination of natural AHAs, BHAs and active ingredients within the peel and serums are incredibly effective, allowing you to see and feel a difference in your skin immediately.

3. Enhanced Product Absorption

The peel solution removes dead cells and impurities off your skin, removing barriers to absorption and enhancing the penetration of the serums, and any post-treatment skincare.

4. Suitable for the Face and Body

The Hydro treatment can be used across the face and the body, on all skin types and skin tones, so you can easily treat skin concerns.





5. Relaxing and Pain Free

Hydro is non-surgical and non-invasive, therefore it is a relaxing and pain free treatment, requiring zero recovery time. So, you can return to your normal lifestyle immediately.

6. Better Skin for Longer

The Hydro treatment enhances the cell renewal process, allowing better skin for longer. The quench of hydration and hardworking serums combined also work to improve the appearance of your complexion progressively over time.

Hydro Pre-Treatment Advice

The Day Of Treatment:

- Avoid wearing makeup on the day of your Hydro treatment if possible to maximise results. Wearing makeup can affect the cleaning process, potentially influencing the effectiveness of the treatment.
- Avoid exposing your skin to the sun before your treatment. Use a broad spectrum SPF, such as the SkinBase Daily Protect SPF, to avoid increased skin sensitivity.

24 Hours Before Treatment:

- Allow 24 hours after waxing/shaving the treatment area before having the Hydro treatment. Waxing/shaving can increase skin sensitivity and cause irritation.

Hydro Pre-Treatment Advice

48/72 Hours Before Treatment

- Wait 48 hours after using retinoids/exfoliating products before having the Hydro treatment as exfoliants can be too harsh on the skin, causing irritation.
- Schedule your Hydro treatment 48/72 hours before any big events that you are prepping for to ensure any mild side effects, such as redness or peeling, have time to subside.

7 Days Before Treatment:

- Allow 7 days after having a facial or a peel (less than 20%) before having the hydro treatment. Facials/Peels can cause irritation or redness.

Hydro Pre-Treatment Advice

14 Days Before Treatment

- If you have had botox or dermal fillers, allow 14 days before having a Hydro treatment to give the botox/fillers time to settle.
- If you have completed a course of laser treatments, wait at least 2 weeks before commencing SkinBase Hydro treatments. Ensure lesions are healed and any swelling or redness is resolved.

4 Weeks Before Treatment:

- If you have had a 20% or higher peel, wait 4 weeks before having the Hydro treatment.

Hydro Aftercare

For 12 Hours After Treatment

- No heavy makeup.

For 24 Hours After Treatment

- No swimming, no facial waxing.

For 48 Hours After Treatment:

- No sauna, sun beds, or sun exposure. No botox, collagen injections or dermal fillers.

Hydro Aftercare

For 72 Hours After Treatment

- Avoid using active ingredients on the skin.
- Do not use anti-ageing creams, AHA's, Glycolics or Retinol.
- Do not use exfoliating products. Exfoliants after treatment can irritate the skin.

At All Times During Treatment

- SPF 30 minimum must be applied and exposure to UV should be avoided.
- Regular moisturiser applications are vital to replenish moisture and prevent the skin from becoming dry and peeling.