



TOP TIPS FOR END-OF-SUMMER SKIN REHAB

Dr Kim describes treatments that can help your skin recover from a summer well spent

The final weeks of summer are here, and you may be noticing the effects of too much sun, salt and cocktails on your skin. Revitalising and hydrating treatments are most likely top of your agenda, but don't forget it's time to start planning your Winter rejuvenation plan. The less sunny months are the ideal time to consider more advanced treatments that will lead to longer term tightening and toning.

SKIN CARE

A good quality vitamin C serum first thing and peptide regenerating creams at night are a good start but if you want to switch it up, vitamin C combined with vitamin E and

ferulic acid has been shown to be 85% more effective at protecting your skin from the effects of UV and pollution, and niacinamide can reduce the DNA damage that leads to skin cancer. It is also a good time to restart retinol if you take a break over summer as results take 6 to 12 weeks to become noticeable.

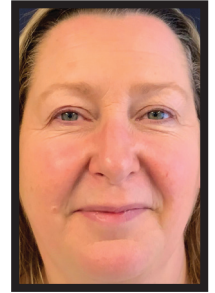
DEEP CLEANSING

Breakouts are common during hot weather and a deep cleansing treatment will help decongest your skin. The Geneo 4-in-1 Superfacial is a favourite on the Forbes Summer Facial menu as it combines deep exfoliation with oxygenation and infusion of bespoke ingredients to leave you with clear, glowing complexion. Lipofirm FaceLifts combine radiofrequency and dynamic muscle activation for lifting and tightening and it is

BEFORE



AFTER



THE LEGEND M2 NON-SURGICAL FACELIFT PROGRAMME

also highly anti-inflammatory so is also a go-to treatment for persistent blemishes.

HYDRATING AND NOURISHING

Profilo restores post-summer hydration and its longer-term biorevitalisation properties mean that it can also play a role your Autumn rejuvenation programme. Another popular choice is the WOW facial which uses an innovative microneedling device to combine the collagen-induction with an infusion of amino acids, vitamins and hyaluronic acid – also called the Hollywood Cocktail. The treatments are preceded by a gentle fruit acid peel to help you achieve mirror-glass smooth skin.

SMOOTHING SKIN TEXTURE

Skin produces extra oil to protect against wind and heat making your pores more noticeable. Microablative treatments tighten and resurface the skin but wait until your tan has faded before heading in for laser or IPL. New generation hybrid RF microneedling treatments (Legend M2 or Lipofirm MED non-surgical facelifts) combine RF microneedling with galvanic current to improve results and minimise recovery (and discomfort). These treatments lead to instantaneous tightening and reduction of the appearance of pores and fine lines, as well as firming and improving tone and texture. 📌



DR KIM PRESCOTT

Dr Kim Prescott consults in Aesthetic and Lifestyle medicine at the Penrose Clinic as well as lecturing, training and working in clinical research. If you have any questions you are welcome to email her at drkim@psmd.co.uk.
Penrosemd.co.uk
Drkplclinic.co.uk @[@dr.kimpreScott](https://www.instagram.com/dr.kimpreScott)
[@penroseclinic](https://www.instagram.com/penroseclinic)