

5 EASY SKINCARE TIPS FOR BUSY BRIDES

If you want your skin to glow on your wedding day, start by prepping your skin ahead of time. Here are some of my favourite tips.

1. Double Cleanse your skin in the evening. The first cleanse, removed with a damp facecloth will remove makeup, any spf and grime of daily life. The second cleanse will clean much deeper into the pores to remove any impurities giving you lovely happy skin. I'm loving Cerave Hydrating Cleanser at the moment!

2. Look after those peepers with Eye Cream twice a day will brighten, hydrate and help reduce puffiness. Pat a small amount around your orbital bone. Kiehls Creamy Avocado eye cream is great.

3. Spots - if the dreaded stress spot should arise, you could consider using a pimple patch the night or two before. CosRx Acne Pimple Patch has great reviews or Mario Badescu Drying Lotion as an alternative.

4. Using Targeted Serum or Acid- Add a serum into your skincare routine after cleansing and before moisturising. Serums contain potent active ingredients that penetrate deep into the skin and target specific concerns like dryness, wrinkles and acne. Choose one (or more) that's specific to your skin:

Vitamin C brightens dull skin and promotes collagen production to reduce fine lines.

Hyaluronic Acid can hold 1000x its weight in water making it one of most powerful natural moisturising ingredients. It's an anti-ageing hero product to plump up fine lines and hydrate dry skin.

Retinol is a powerful, non-prescription form of Vitamin A which is highly effective at reversing sun damage and signs of ageing. It firms skin, diminishes wrinkles, improves uneven skin tone, stimulates skin turnover, clears and shrinks pores, and reduces redness. **Please note that Retinol will make your skin sun sensitive therefore you will need to use a daily SPF. Also when adding retinol to your routine, you can experience a bit of a "purge". Anything underlying in the skin will come to the surface and cause breakouts - this tends to last around 2 weeks but for some people will last up to 6 weeks (basically the normal skin cell rotation).**

Niacinamide serum is brilliant multi-tasker if you have acne. It regulates oil secretions, improves pore appearance and minimises dark spots and hyperpigmentation.

Glycolic acid is an AHA that retextures and resurfaces skin. It chemically exfoliates dead skin cells to unclog pores, smooth and tighten skin.

5. Lastly and more importantly, drink 2L of water a day to help keep your skin clear and to keep your body hydrated.

Glowing skin is the goal, I often tell my brides that their makeup will only look as good as the skin underneath. I love it when skin looks like skin and your natural beauty shines through x

Recommended Targeted Serums or Acids

