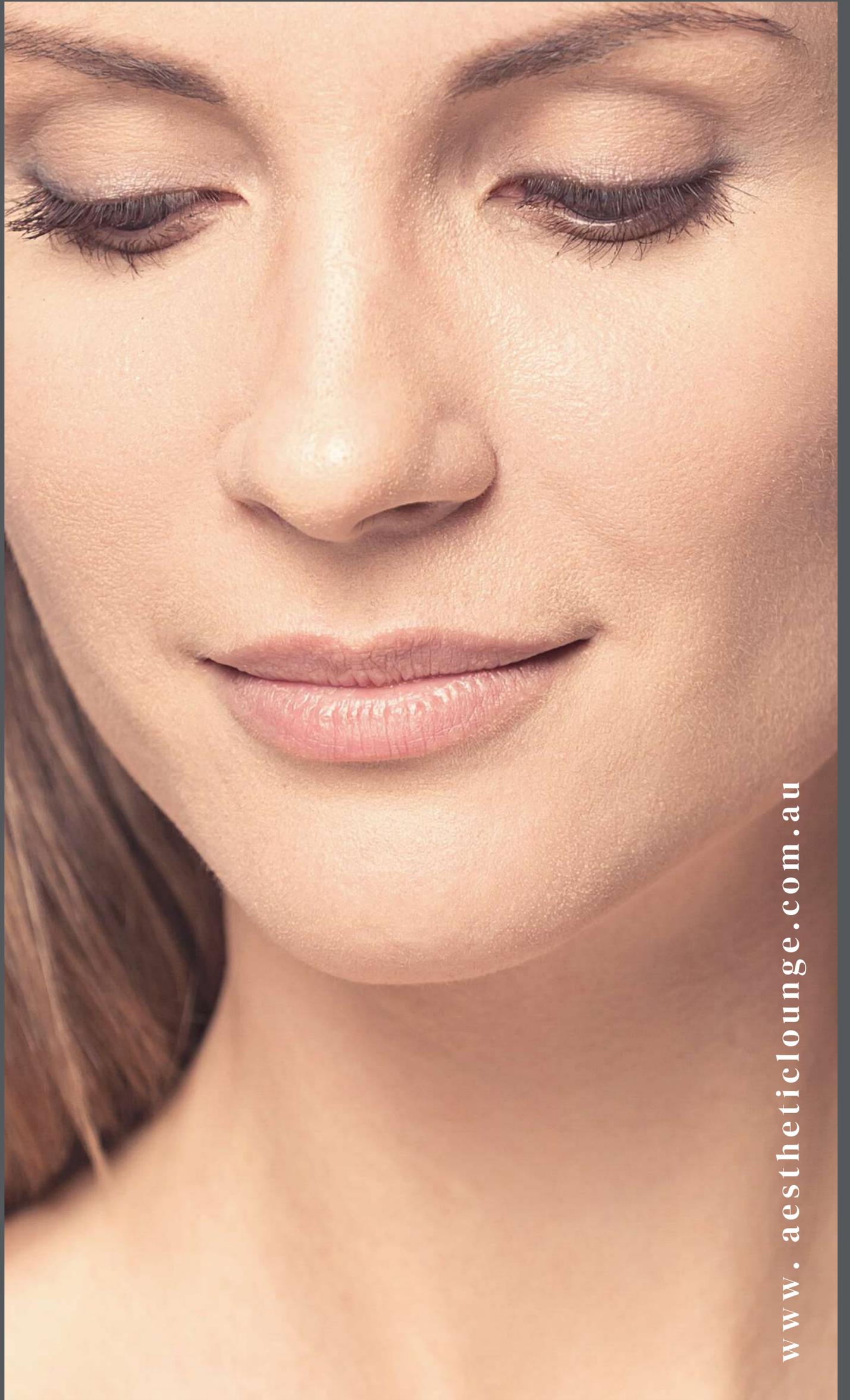


# DRY SKIN



[www.aestheticlounge.com.au](http://www.aestheticlounge.com.au)

THE 5 HABITS TO COMBAT DRY SKIN



THEAESTHETICLOUNGE



# SOFT, PLUMP, SUPPLE SKIN HAS NEVER BEEN EASIER.

Don't let your dry skin rule your life. We reveal how truly amazing skin transformations are achieved when dry skin is correctly managed by skin experts. Let us help you uncover a radiant and hydrated glow that lasts.

[www.aestheticlounge.com.au](http://www.aestheticlounge.com.au)



# THE 5 HABITS TO COMBAT DRY SKIN

**01** PROTECT YOUR SKIN

**02** CLEANSER CORRECTLY

**03** EXFOLIATE CAREFULLY

**04** NOURISH + GIVE BACK

**05** LEAVE IT TO THE  
PROFESSIONALS

# 01 PROTECT YOUR SKIN

Our skin changes seasonally. Heat stimulates oil flow within your skin, whilst the cold suppresses it. So what do I do during the months my skin doesn't have enough oil flow to create a natural barrier against environmental stressors?

## AM I DRY, DEHYDRATED OR BOTH?

Naturally dry skin doesn't produce enough oil and generally feels irritated, sensitive, tight and rough. Dehydrated skin has a lack of water, this can be seen as fine lines, crepey, lacklustre and can appear prematurely aged. If you have a dry skin type it is very common to be dehydrated also, as the two go hand in hand.

## CREATING A BARRIER

Your skin's barrier consists of oil and water. To re-create a healthy barrier, introduce products into your skincare routine that mimic this barrier to prevent your skin from further drying out and becoming more sensitised. Once you are using the right cosmeceutical skincare routine you will no longer have the need for creating a heavy barrier on your skin as your skin will now be doing it for itself!

## CHOOSING THE RIGHT PRODUCT

Cosmeceuticals are key players to help stimulate a healthy oil flow whilst correcting your skin. They are designed to change the way your skin functions as they are absorbed into the deeper layers of the skin, rather than sitting topically only to be washed away at the end of the day. They will help to stimulate a healthy oil flow within the skin and keep it soft, hydrated and plump.



*"Skin  
perfection  
awaits."*

## 02 CLEANSE CORRECTLY

Ensuring you're using the right cleanser for your dry skin is imperative to avoid further drying your skin out and creating sensitivity and irritation.



*"Great skin  
doesn't  
wash off."*

### STAY AWAY FROM...

Cleansing your skin with soaps, wipes, foaming, gels and exfoliating cleansers causes dry skin to become even drier. This is primarily due to the PH not being balanced to the skins natural PH of 5.5. If a product is too acidic or too alkaline dry skin will become inflamed, sensitive and very dry and can even cause inflammatory skin conditions such as eczema and dermatitis.

### GELS ARE THE ENEMY

All gel cleansers work to remove excess oil from the skin and are fantastic for oily congested skins however, as a dry skin has little to no oil to begin with gel cleansers will only dry the skin out even more and possibly strip it completely of it's protective oils.

### WHY OIL?

Oil cleansers thoroughly clean away dirt, sweat and products that come into contact with your skin throughout the day. They contain rich antioxidants and omegas to strengthen and replenish the skin with much needed oils. After using an oil cleanser your skin will feel nourished and soft. This is the ultimate cleanser for a dry skin type and will make a big impact to improve your dry skin, but keep in mind, all oil cleansers are not created equal.

# 03 EXFOLIATE CAREFULLY

Dry skin needs exfoliation, this allows for greater absorption of your softening, nourishing and nutrient-infused products. But beware, not all exfoliants are good for dry skin.

## GOOD BYE SALICYLIC ACID

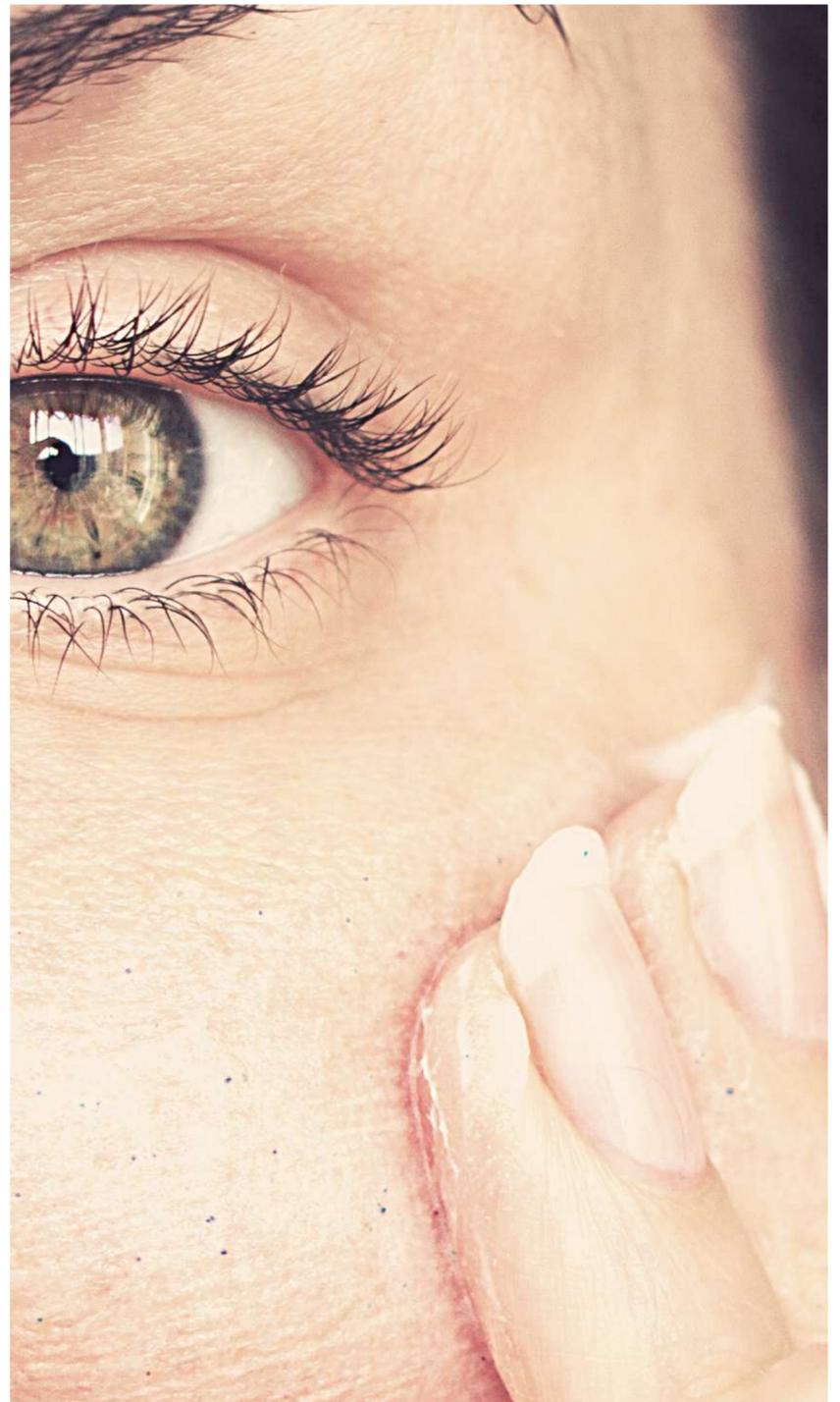
Salicylic acid thoroughly breaks down and removes oils in the skin and will only dry out your skin further. It is ideal for correcting acne and oily skin types, but will almost always cause eczema and dermatitis in dry skin.

## ENZYMES VERSUS SCRUBS

Both enzymes and scrubs are great exfoliants as they buff and break down excess dead skin build up on the skin's most superficial layers. However, if you are more sensitive, opting to use an enzyme exfoliant to gently digest dead skin cells, rather than physically scrubbing the skin is recommended as scrubbing can be highly irritating on dry skin. Enzymes and scrubs can be used 1-2 times per week alongside your lactic acid product.

## DAILY LACTIC ACID

With the right formulation, lactic acid will stimulate the healthy oils and ceramides in the skin, this helps to create a barrier against environmental stressors and allow your cosmeceutical products to feed and nourish your skin and be readily absorbed to create change within your skin. This barrier will support, plump, revitalise and ultimately keep the skin well hydrated and healthy.



*"I regret taking  
such good care  
of my skin.*

-said no one ever!

## 04 NOURISH + GIVE BACK

Skin needs protection from environmental stressors in order to combat dryness. You also need to ensure you are feeding the skin with the right products to change your skin's function so you aren't relying on thick, sticky and heavy products forever.

*"Give your skin the dedicated care you've always promised yourself."*



### MOISTURISE! MOISTURISE! MOISTURISE!

Moisturise as often as needed, not just morning and night. As soon as your skin is feeling tight, dry or itchy, it's time to moisturise again! This will ensure you are maintaining a protective barrier throughout the day and night, stopping any moisture loss until your skin is strong enough to protect itself.

### DO I NEED A THICK OR THIN CREAM?

Moisturisers come in different consistencies, to ensure you are constantly protected the use of a thicker cream morning and night until your skin is strong enough to protect itself is recommended. This will make a massive difference to the look and feel of your skin.

As the seasons change and your skin's oil flow fluctuates, you may find you can use a thinner cream during the warmer months.

### THE SKINCARE PILLARS

Vitamins A, B, C and AHA's work in synergy together to regulate, strengthen, hydrate and protect your skin. They are imperative to correct your dry skin's dysfunction and create a healthy, highly functioning skin barrier.

Consistently using your cosmeceuticals morning and night will ensure life changing results.

# 05 LEAVE IT TO THE PROFESSIONALS

Seeking professional advice will help you learn how to transform your dry skin woes into a glowing healthy complexion. Our expert skin therapists have helped many people transform their dry skin, just ask us how.

## IS YOUR DRY SKIN BOTHERING YOU?

If your dry skin has become inflamed, unmanageable, or if you're just tired of trying to constantly manage it, it's time to seek professional advice. Get the help you need to combat your dryness and regain a healthy oil flow.

## I HAVE USED IT ALL!

If you feel like you are forever putting on a miracle cream that's not living up to its name, or no matter how much product you use your skin is just as dry and irritated as ever, then put down your cosmetic products and get ready to start Cosmeceuticals for life changing results.

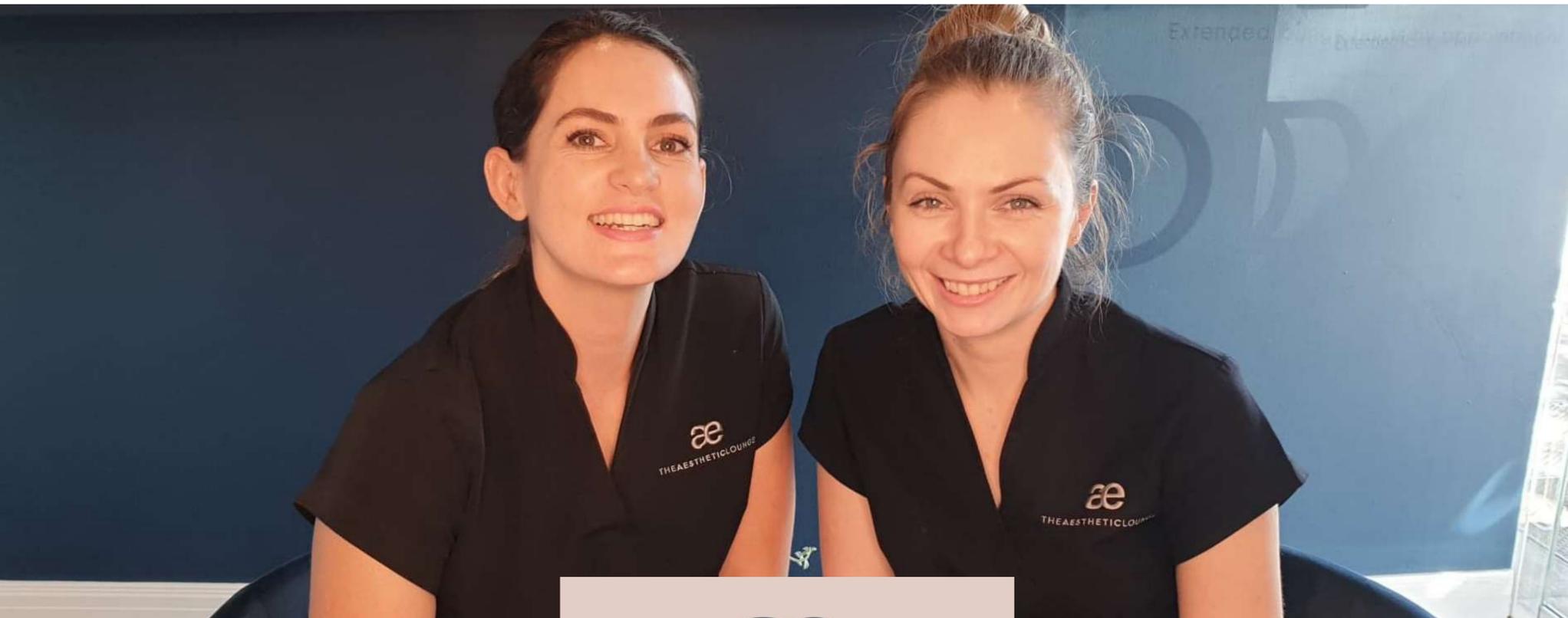
## PROFESSIONAL HELP

Our skin experts are specifically qualified and trained in skin science, allowing us to safely and effectively treat dry skin. This passion for all things skin creates amazing transformations you need to see to believe.



*"Once you see results, it becomes an addiction!"*

[www.aestheticlounge.com.au](http://www.aestheticlounge.com.au)



# We help people transform their skin.

WITH OVER 40 YEARS OF EXPERIENCE, LANA AND YASMINE UNDERSTAND SKIN AND HOW TO SAFELY CREATE LIFE CHANGING TRANSFORMATIONS. THE FOUNDATION TO ACHIEVE THIS COMES FROM A MULTILAYERED APPROACH. STARTING WITH A CONSULTATION OUR PASSIONATE SKIN EXPERTS WILL GUIDE YOU THROUGH A TAILORED JOURNEY TO SKIN PERFECTION.

## CALL US NOW

MENTION THIS E-BOOK AND WE WILL REDEEM YOUR SKIN CONSULTATION FEE ON OUR LIFE CHANGING SKINCARE.

# (03) 9598 3451



**NEWSLETTER**

**[WWW.AESTHETICLOUNGE.COM.AU](http://WWW.AESTHETICLOUNGE.COM.AU)**