

HYDRATION

Why and How to Keep Your Skin Hydrated

Do you think that drinking water has nothing to do with in-clinic procedures like resurfacing treatments, volume replacement, or injectables? **Think again.**

DEHYDRATED SKIN

You Have Itchy Skin

External elements like high temperatures, and sun exposure can pull moisture from the outer layer of your skin, causing a tight, itchy sensation. This is often accompanied by flaking and/or a rough skin texture.

You Have Lines & Wrinkles

Not drinking enough water, consuming high levels of salt, or drinking too much alcohol can drain your skin's water content and result in a less radiant appearance, causing more pronounced lines like wrinkles.

Your Skin Feels Dull

Without adequate hydration, your skin does not shed its most outer layer frequently enough, and dead cells accumulate on its surface. This contributes to congested pores, lack of radiance with intense, persistent tightness.

Your Skin Feels Sensitive

It is compromised when defending itself from external environmental stressors. Symptoms of inflammation and irritation are common.

HYDRATED SKIN

Promotes Healing

Tiny fractures in the skin or impairment can allow allergens, pollutants, and toxins to penetrate the skin, resulting in inflamed, itchy skin. Drinking water and keeping your skin hydrated can help to reduce itchiness and irritation.

Firmer, Tighter Skin

Hydration is key in creating the “water” barrier function that protects cells from damage, promotes cellular metabolism and the efficient transport of nutrients all needed to keep cells youthful and healthy.

Improves Your Complexion

Drinking water helps your digestive system flush out toxins from the body. It also has a dramatic impact on gut health and the balancing of hormones, which play a big part in skin health.

Reduces Inflammation

Drinking water can help balance your pH levels, and maintaining a healthy pH is key to restoring calm, balanced and blemish-free skin.



"If your skin is dry and sensitive it could put a full stop on in-clinic treatments altogether and if your face is puffy because of water retention, the results from any type of injectable treatment that's meant to give definition to the facial features will just get lost!"

Nurse Prescriber, Lisa Waring

THE HYDRATION HEROES



HydraBoost

Ultimate Boost Serum

HydraDew/Light/Rich

Aqua Infusion Mask

Sheer Hydration

AluminEye™

Eye Rescue Pads

HYDRATION TOP TIPS

#1

Twice a day after washing, remember to gently apply a hydrating product to boost hydration and reduce feelings of tightness.

#2

Protect yourself if you will be exposed to intense cold or UV rays. Remember to hydrate your skin after the pool to limit the drying effect caused by chlorine.

#3

Our bodies are made up of over 70% water and our brains are made up of around 85% water. Aim to drink at least 1.5-2 litres of water per day!

#4

20-30% of fluid we consume comes from fruit and vegetables. Some are over 90% water and are a great contribution to our overall fluid intake.

FACTORS THAT CAN CAUSE DEHYDRATION

Environmental factors

Pollution, UV rays, extreme temperatures

Emotional factors

Stress or fatigue

Gut-health

Poor diet and nutrition

Lifestyle factors

Tobacco, alcohol, caffeine