

10 Skin Care Tips for a Glowing Skin

By Kosmo Terra

Most of us have lived in pants and sweater for months now; is your skin looking fresh and summer-ready? The chances are good that your skin needs a little TLC before you are ready to pull out the summer clothing. So, let's get ready for Summer:

1. Sign up for a Deep pore, Exfoliating Professional Facial and follow with a home care regimen.
2. Use a Hydrating Spray during the day.
3. Exfoliate Your Body 2-3 times a week to remove dead cells and dryness. Use a gentle scrub and loofah. Have professional exfoliations done alternatively.
4. Hair Removal, try waxing instead of shaving since it helps to slow hair growth, decreases ingrowns and doesn't darken areas such as underarms.
5. Hydrate your Body with a Summer-Scented Light Lotion. Apply right after shower to seal in the moisture your body just soaked in. Sunscreen if needed to protect your skin.
6. Get a Safe Summer Glow with self tanners or your preference; remember to exfoliate first to avoid spots.
7. It's sandal season and time to schedule a pedicure, soften dry heels & calluses, scrub off dead dry skin, and show a polish that screams summer. Keep a foot scrub & file in your shower, scrub your feet a few times a week.
8. Have a Balanced nutrition rich in vitamins, antioxidants and essential fatty acids, also eating the essential beauty foods that contain vitamins A, B, C, D, E, proteins, and drink plenty of water.
9. Exercise regularly & detoxify your system, start your favorite activity to build your figure and tone your muscles. Add a body wrap.
10. Great make-up start with healthy radiant skin to enhance your natural beauty and not resort to a heavy cover-up, once you have that find a make-up that will protect your skin, give you a natural look and will not clog your pores, also, it will even your tone over use. Use a brush vs. a sponge. Cinema Secrets is great.

Give your skin a chance to glow! **Call 408-378-5600** for all the services you need.

OFFER:

Receive 10% off on all Skin Services during Summer.
Our Annual Event is like buying bulk, save 20-50%! 3 weeks only