

This Skincare A(always) **B**(beautiful) **C**(complexions) **Starts With M**



Moisture, Moisture, Everywhere (and not a drop to spare!)

The third building block of our ABC's series is perhaps the most perplexing --- moisture. We all need it; we see moisturizing products advertised everywhere filled with all kinds of mysterious ingredients. How do you select the one which gives the best benefit for your skin?

Remember our frequent refrain: Know Your Skin! This means knowing your skin as it is right now. Products that you have used faithfully for years may not have the same effect they haven't changed, your skin has. Getting a professional opinion is a good place to start finding answers. Most aestheticians (including us!) are happy to give a quick analysis for free. Since knowledge is power, the following information should help you make the wisest choices to maintain your best look!

First, there is a difference between dry skin and dehydrated skin. Most people use the generic term "dry skin" for anything that doesn't look dewy. Technically, dry skin is skin that produces less oil. This can be genetic or a product of aging. Dehydrated skin, on the other hand, is exactly as it sounds. The skin lacks water. Dehydration can happen even in the young or those with oily skin types and can be addressed both internally and externally. Water is your friend and there are products that actually draw water to your skin! Also remember that skin needs may change seasonally ---- what works in winter may be a little too heavy for summer.



Because we use Skin Script products at MTC, the following tutorial will be explained using those products. We will investigate moisturizers from lightest to heaviest. We will also be explaining some of the ingredients commonly seen in many moisturizers. Hopefully, you will see yourself somewhere in the mix!

Moisturizer Choices

- **Light Aloe** - This is pretty much self-explanatory. It is a very light lotion and it contains Aloe, an anti-inflammatory ingredient good for oily or acneic skin. This product also contains glycerine, which draws moisture to the skin. Remember, even oily skin can be dehydrated.

In the mid-range, we have three moisturizers. They have been developed for adult skin. Why three? Each has a specific purpose in addition to providing and locking in moisture

- **Ageless** - Clean hydration with a light feel. It contains Sodium Hyaluronate to bind moisture to the skin.
- **Cacteen Balancing** - This does what it says. Cacteen balances combination skin to consistency. It also contains a high amount of anti-inflammatory agents (cactus stem extract, bisabolol) for sensitive skin. This is a good choice for combination, reactive, or sensitive skin.
- **Acai Berry** - One of our more popular moisturizers, and with good reason! It not only hydrates but also helps improve visible lines. Acai berries are a powerhouse of vitamins and good fatty acids - all building blocks of good skin. This product contains Rose Hip Oil which helps with capillary repair due to the high vitamin C content. Acai Berry is a good choice for adult skin tending to dry or mature.

Continuing on, products for more mature skin call for more oil plus



hydration. Ones with shea butter are an ideal choice as it has unique fatty acids that moisturize while giving elasticity to skin. Squalane, another premium ingredient, is a major component of human skin oil. It also helps prevent loss of water to the skin. Our two final moisturizers contain both of these fantastic things. Even though we talk of oil, the skin drinks it in like water! So here are the final contenders.

- **Peptide Restoration** - This is the pick for those of you who need dry skin help, plus healing and collagen production (wrinkle plumping) a multi-faceted workhorse.
- **Hydrating Moisture** - It has the highest concentration of Shea butter and the go to product for those with very dry and dehydrated skin. Hydrating Moisture is a perennial favorite at MTC.

So, we have finished our A,B,C's of Skincare that began in September's newsletter! To recap:

- A** - Good cleanser, twice daily
- B** - Good exfoliation, weekly, or as needed
- C** - Good moisture, twice daily

Look for more special topics for skin care lovers next month! In December, as we all prepare for the holiday season, we will feature great gift ideas that are much appreciated by others (or for yourself)! Then, in January we'll talk about how to put your New Year's Fresh Face Forward!

Still confused or have questions? Mary Ann or Bethany will help you to achieve your happiest skin ever!

Receive 10% discount on all Skin Script moisturizers during the month of November!

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