

Skincare **A**(always) **B**(beautiful) **C**(complexions)

September is a time of transition and new beginnings. Summer has waned, school begins and the stirring of change is felt by everyone.

With that in mind, we are beginning a new series titled Skincare ABC's. We will be going back to school to review the basics of skin care for a beautiful, healthy look!

So, let's begin at the beginning and that would mean cleansing. **Proper cleansing is probably the most important element of our ABC's.** It prepares the skin and makes it more receptive to whatever follows. So how do we get optimal results? Generally, a two-step process. Before you think a two-step process is a lengthy and involved procedure, let us reassure you that it takes about the same amount of time as what you do now, and your skin will thank you!



As estheticians we see two common mistakes: younger people scrub too much and moisturize too little, while older folks use too much moisturizer with little to no exfoliation! **Proper cleansing gets your skin ready for both exfoliation and moisturizing without stripping the skin.** At MTC, we are devotees of Skin Script products as they deliver great results, so we will be going through the routines using Skin Script as our example - however, the process itself can be followed using another skin care regimen.....so, here it is.

First, a mild cleanser. We recommend Skin Script Pomegranate Cleanser. Apply a light layer, massage gently, and remove gently with a warm, wet washcloth. This step gets rid of most make-up and surface oil and grime. It also prepares your skin for a thorough cleansing without stripping or scrubbing.

Next, pick your cleanser relative to your skin type, normal to dry skin would use Green Tea Citrus and oilier skin would use Glycolic or Raspberry Refining. Put a SMALL amount in the palm of the hand, foam up and apply with a light, circular motion. Rinse thoroughly with warm water and PAT dry. Your skin will feel clean, refreshed, and good!

Here are a few suggestions for different skin types (but can always be customized especially for your needs). If you have super oily skin, you may use the Pomegranate Cleanser only to remove make-up, with Glycolic or Raspberry Refining as your main go-to cleanser. If you have super dry skin, you may use the Pomegranate Cleanser with the addition of the Green Tea Citrus a few times a week. The key is to find the combination which gives YOU optimum results.

You might be asking, "how often should I cleanse?" Most people have skin that can be cleansed morning and night. However, if you have super dry skin, you may only need to cleanse at night. The morning cleansing would only need to be one step. Pomegranate for dry, Green Tea Citrus for normal to oily and Raspberry Refining for oily/acneic skin. Like the evening routine, you may need to experiment to see which cleanser works for you. Also, you should always cleanse after working out to remove oil, sweat, etc. to keep breakouts at bay.

With all this being said, here's a reality check. We know that routines are not written in stone and there will be lapses (we do it too!), so don't feel pressure to make it perfect the first few times. **We do, however, recommend that you start to make cleansing a habit** as it will help promote your healthiest complexion and achieve your goal...healthy skin as easy as A(*always*), B(*beautiful*), C(*complexion*)!



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