

REFRESH, RENEW, AND REBALANCE YOUR ROUTINE

AS WE BID FAREWELL TO THE DRY, LACKLUSTRE DAYS OF WINTER, SPRING INVITES A FRESH START – AND THAT INCLUDES YOUR SKINCARE ROUTINE. WARMER WEATHER, INCREASED HUMIDITY AND LONGER SUN EXPOSURE MEAN IT'S TIME TO REASSESS THE PRODUCTS YOU USE AND HOW YOU CARE FOR YOUR SKIN. JUST AS NATURE BLOOMS AND RESETS, SO TOO SHOULD YOUR APPROACH TO SKINCARE.

1. SWITCH TO A LIGHTER MOISTURISER

The rich creams that protected your skin during winter can feel too heavy as temperatures rise. Opt for a lightweight, hydrating moisturiser – think gel- or water-based formulas that absorb quickly and keep skin feeling fresh without clogging pores. Skin Renewal's HA with Peptides is an excellent choice.

2. REINTRODUCE OR INCREASE EXFOLIATION

Winter often results in a buildup of dead skin cells. Spring is the perfect time to gently sweep them away. A mild exfoliant, such as a lactic acid or enzyme-based product, used once or twice a week, can brighten the complexion and smooth skin texture. Avoid over-exfoliating, which can weaken the skin barrier and increase sensitivity. Try Skin Renewal's Treatment Prep Cream or Lamelle Cathepzyme to revive your skin's radiance.

3. STEP UP YOUR SPF

Sun protection is essential all year round, but spring calls for renewed vigilance. With more time spent outdoors, daily broad-spectrum SPF becomes non-negotiable. Choose a sunscreen with both UVA and UVB protection, and remember to apply it to your neck, chest and hands. Formulas enriched with antioxidants offer extra defence against environmental stressors. Lamelle Helase contains DNA-correcting

ingredients and antioxidants to protect against the full spectrum of UV rays.

4. ADD ANTIOXIDANTS TO YOUR ROUTINE

Spring brings increased UV exposure and pollution. Antioxidants such as vitamin C and niacinamide help shield the skin from free radical damage while boosting brightness and evening out tone. Apply them under your moisturiser or SPF for optimal results. For extra nourishment, pair a Glutathione Peel and Glutathione Serum with Skin Renewal's Anti-Oxidant Serum with Phloretin to care for your skin from the inside out.

5. HYDRATE FROM WITHIN

Seasonal shifts in temperature and allergens can leave skin feeling unbalanced. Support your skincare routine with internal hydration: increase your water intake and incorporate foods rich in omega-3s and antioxidants to promote skin health from within. Skin Renewal's Omega 3 supplement makes an ideal addition to your morning routine.

6. SPRING-CLEAN YOUR SKINCARE SHELF

Check expiry dates, clear out half-used products and make room for season-appropriate essentials. A streamlined skincare routine not only benefits your skin but also makes your daily ritual more enjoyable. *18*