





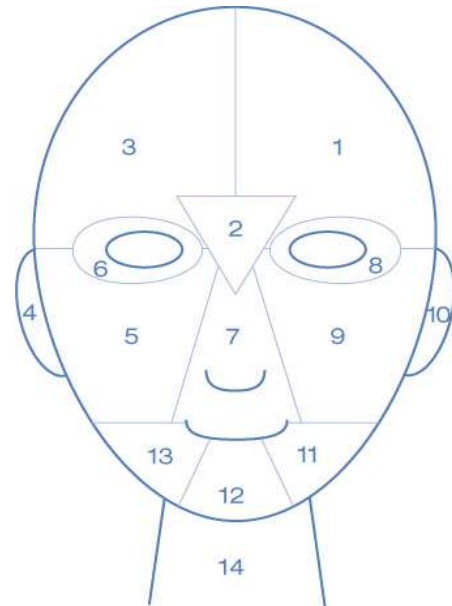


# LOVE YOUR SKIN CONSULTATION



	Normal/healthy skin
	Oily pores
	Congestion – spots/blackheads
	Pigmentation/freckles – areas of sun damage or indication of fair skin type
	Dry/dehydrated patches
	Flaky areas – need exfoliation



Your skin consultant will mark on the page with coloured pens to show what they can see.

Sun damage is one of the biggest causes of premature ageing, leading to wrinkles, pigmentation and coarse, leathery skin. By avoiding overexposure from the sun or sunbeds, and by following the tips below, you can keep your skin looking beautiful and also reduce your risk of skin cancer.

## your skin type (tick here)

- Type I** - Often burns, rarely tans. Tends to have freckles, red or fair hair, and blue or green eyes.
- Type II** - Usually burns, sometimes tans. Tends to have light hair, and blue or brown eyes.
- Type III** - Sometimes burns, usually tans. Tends to have brown hair and eyes.
- Type IV** - Rarely burns, often tans. Tends to have dark brown eyes and hair.
- Type V** - Naturally black-brown skin. Often has dark brown eyes and hair.
- Type VI** - Naturally black-brown skin. Usually has black-brown eyes and hair.

## love your skin top tips

avoid burning  
know your skin type  
relax in the shade  
cover up using hat, sunglasses and clothing  
use at least SPF 15 sunscreen  
avoid sunbeds

### how to apply your sunscreen: the *right* way

- Use at least SPF 15 sunscreen. Make sure it is 'broad-spectrum' (both UVA and UVB protection) with a 4\* rating.
- Cheaper sunscreens can be just as effective as more expensive ones – the rating is more important than the price.
- Most sunscreens expire after 1-2 years so replace them regularly.
- Apply sunscreen about 30 minutes before you plan to go outdoors so it will have time to absorb.
- Make you sure don't miss bits that will be exposed – remember your hands, feet, nose, shoulders and back of the neck.
- Coat be generous with your application – you need more than you think.
- Reapply every two hours, or after spending time in the water or sweating. Even 'water-resistant' sunscreen can lose its effectiveness after about 40 minutes in the water.

### fake tan dos

- Perform a patch test 24 hours before application.
- Exfoliate and moisturise 24 hours before application, concentrating on dry areas such as elbows and knees.
- Remove any unwanted hair 24 hours before application.
- Use gloves or a tanning mitt to get the best results.
- When tanning the face, protect your hairline to prevent discolouration of the hair.
- Try to tan overnight, or shower 6-8 hours after application.
- Wear dark, loose clothing while the tan is developing.
- Use a tan optimiser to maintain the tan and exfoliate regularly to ensure that your tan will fade evenly.

### fake tan don'ts

- Don't shower straight after application.
- Don't use moisturiser, perfume or deodorants before application or while the tan is developing.
- Avoid contact with water while the tan is developing.
- Try not to get toothpaste round the mouth area as it strips the tan.
- Don't forget that fake tan does not offer you any protection against the sun – you still need to wear sunscreen on top.
- Sunscreen can also be rubbed off, so reapply after you towel dry.
- Use an aftersun lotion to keep your skin hydrated.
- No sunscreen gives 100% protection, so don't be tempted to stay out longer if you're wearing it.