

5 things I wouldn't do
TO MY SKIN
as a skin therapist!



A 5 step guide to what
not to do with

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Things I would absolutely never do!

- 1. Use face wipes to cleanse.**

Face wipes don't cleanse. Full stop. End of story. Not only are they absolutely rubbish at actually cleaning the skin, but they also contain a whole host of chemicals which cause dryness, tightness, flakiness & irritation. Instead, opt for a liquid cleanser - an oil or balm for make-up removal and a gel (oilier skin), lotion (sensitive skin) or cream (drier skins) for your second cleanse.

- 2. Exfoliate using beads.**

While this isn't the worst thing you could do, beads can often cause unseen damage to the epidermis (the uppermost layer of the skin). Some exfoliants contain crushed shells, for example, which can actually tear the skin. The abrasive nature of these products can do more harm than good, and you'd be better off using the correct actives for exfoliation, such as glycolic, lactic or salicylic acid, which also provide additional tailored benefits.
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3. **Use a peel off mask.**
I know, I know...they leave your skin the smoothest it's ever been, but did you know that all they're actually doing is ripping off skin cells and hairs? Sometimes they also are even strong enough to pull out sebaceous filaments (dried oil deposits) which can lead to scarring of the pore?!

4. **Avoid professional treatments.**
At home skin care is great if you're doing it right, but there really is no substitute for having a professional facial. We can help you to prevent the ageing process (really!), which you won't be able to do properly yourself without any equipment.

5. **At home aesthetics.**
When I hear people talking about using microneedling rollers or dermaplaning themselves at home, it truly makes me feel sick. The damage that people can cause to their skin at home is so unnecessary and could easily be avoided by getting a professional to do your treatment instead of risking your face. Think micro scars, leading to thickening & darkening of the area, cuts & pigmentation formation or loss.

Not sure where to begin?

Join our Overhaul Your Skincare Challenge to begin your journey to better skin!

This 3 day free challenge will help you begin the journey of overhauling your skincare products and routine, helping you get better skin from the get go!

Secure your spot by joining our Facebook group!

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