

5 things you can do
TODAY

to get your best ever skin!



A 5 step guide to your
best skin ever with

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Things you can start doing today!

1. **Stop compromising your skin barrier!**

Using too many actives (retinol, Vitamin C, acids etc) or over exfoliating (more than 3 times per week) is detrimental to your skin barrier and overall skin health. To help heal the barrier, cut out all abrasive actives immediately, and stop exfoliating altogether for now. Add a low molecular weight hyaluronic acid to your routine and use soothing ingredients such as Vitamin E.

2. **Sort out your nutrition!**

Sugar causes glycation - the bonding of cells (basically, they glue together), which prevents normal function and causes premature ageing. Reduce your refined sugar intake and increase your intake of leafy greens, oily fish (or a substitute), colourful veggies & water. Foods or drinks which cause hormonal imbalance should also be reduced, such as dairy, red meat, ready meals as contain lots of additives, foods which have been preserved, fast food & alcohol.



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3. **Hydrate, hydrate, hydrate!** Internal and external hydration is super important when it comes to skin health. Drinking water improves cell turnover, quality and function, leading to a better process within the skin. External hydration comes from using hyaluronic acid at a low molecular weight.

4. **Go see a professional.** While it sounds like a sales tactic, skin pros genuinely have a huge amount of knowledge about the skin and how to treat it. Not only can they recommend a good course of treatment which suits you, but can offer you home care advice, too.

5. **Use the right products!** I cannot stress this enough...not every product is right for your skin! Stop buying products because they're on sale, they are cheap as chips or because your mum's friend's nan's cousin uses it and said it was good. Again, go see a skin pro who will be able to recommend a course of homecare for you which will actually work for you! Using cheap, rubbish products isn't going to sort out your skin woes, and will likely make them worse.

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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