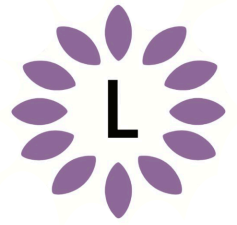


Lisse Laser & Skin Studio

FRESH, HEALTHY & BLEMISH-FREE SKIN

10-STEP HEALTHY SKIN GUIDE



Lisse **Laser & Skin Studio**

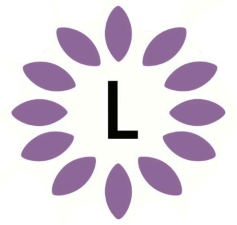
FRESH, HEALTHY & BLEMISH-FREE SKIN

10-STEP HEALTHY SKIN SYSTEM



By following these ten steps, you can implement a comprehensive system for maintaining healthy, glowing skin. From nourishing your

skin from the inside out with a healthy diet to protecting it from the sun, cleansing and moisturizing it, and taking care of specific concerns with serums and eye creams, you can create a routine that supports healthy skin. And by exfoliating and staying hydrated, you can improve your skin's texture and plumpness for a youthful, radiant appearance.



STEP 1

Protect your skin from the sun: Sun exposure can cause wrinkles, age spots, and other skin problems. Always wear sunscreen, a hat, and protective clothing when you are outside.

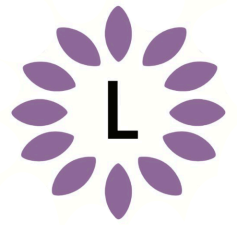
The sun's UV rays can be incredibly harmful to your skin. They can cause sunburns, premature aging, and even skin cancer. That's why it's crucial to protect your skin from the sun whenever you're outside. The best way to do this is by wearing sunscreen with an SPF of at least 30. Apply sunscreen liberally and often, especially if you're swimming or sweating.

In addition to sunscreen, you can protect your skin from the sun by wearing protective clothing. Long-sleeved shirts and pants can help shield your skin from harmful UV rays. You can also wear a wide-brimmed hat to protect your face, neck, and ears. Sunglasses with UV protection can help protect your eyes and the delicate skin around them.

It's also important to be mindful of when you're outside. The sun's rays are strongest between 10 a.m. and 4 p.m. If possible, try to avoid being outside during these hours, or seek out shade when you are outside. You can also use an umbrella or canopy to create your shade.

Finally, remember that the sun can be harmful even on cloudy or overcast days. UV rays can still penetrate clouds, so it's important to protect your skin from the sun even when it doesn't feel hot outside.

By taking steps to protect your skin from the sun, you can help prevent premature aging, sunburns, and even skin cancer. Make sunscreen and protective clothing part of your daily routine, and be mindful of when and how you spend time outside. With a little bit of care, you can keep your skin healthy and radiant for years to come.



STEP 2

Stay hydrated: Drinking enough water can help keep your skin hydrated and looking healthy.

Drinking enough water is essential for overall health, including healthy skin. When you're dehydrated, your skin can become dry, flaky, and tight, which can make wrinkles and fine lines more noticeable. That's why it's important to stay hydrated throughout the day. Aim for at least eight glasses of water per day, or more if you're very active or live in a hot, dry climate.

If you're struggling to drink enough water, there are a few tricks you can try. One is to carry a reusable water bottle with you wherever you go. That way, you'll have water on hand whenever you feel thirsty. You can also try infusing your water with fruit, such as lemon or berries, to make it more flavourful.

In addition to drinking water, you can also eat foods that are high in water content to help keep your skin hydrated. Fruits and vegetables, such as cucumbers, watermelon, and strawberries, are great options. These foods not only provide hydration, but also contain vitamins and minerals that are important for healthy skin.

It's also important to remember that certain beverages can dehydrate your body and skin, such as coffee and alcohol. While you don't need to cut these beverages out of your diet completely, it's a good idea to limit your intake and balance them with plenty of water.

By staying hydrated, you can help keep your skin looking healthy and radiant. Make water a regular part of your daily routine, and incorporate hydrating foods into your diet.



STEP 3

Cleanse your skin: Cleansing your skin every day can help remove dirt, oil, and other impurities that can clog your pores and cause acne and other skin problems.

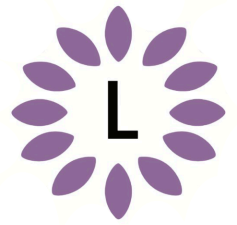
Cleansing your skin is an essential step in any skincare routine. It helps to remove dirt, oil, and other impurities that can accumulate on your skin throughout the day. If these impurities are not removed, they can clog your pores, leading to acne and other skin problems.

When choosing a cleanser, it's important to consider your skin type. If you have oily skin, look for a cleanser that contains salicylic acid or benzoyl peroxide, which can help to control oil production. If you have dry skin, look for a gentle cleanser that contains hydrating ingredients like glycerin or hyaluronic acid.

It's also important to be gentle when cleansing your skin. Avoid scrubbing too hard or using hot water, which can irritate your skin. Instead, use lukewarm water and a gentle cleanser, and massage it into your skin using circular motions. Rinse thoroughly and pat your skin dry with a clean towel.

If you wear makeup or sunscreen, it's especially important to cleanse your skin at night. These products can clog your pores and lead to breakouts if they're not removed. Use a makeup remover or oil cleanser to dissolve and remove these products, then follow up with a gentle cleanser to remove any remaining impurities.

By cleansing your skin regularly, you can help to keep it healthy and clear. Choose a cleanser that works for your skin type, be gentle when cleansing, and make sure to remove makeup and sunscreen before bed.



STEP 4

Exfoliate: Regular exfoliation can help remove dead skin cells, revealing smoother, healthier-looking skin.

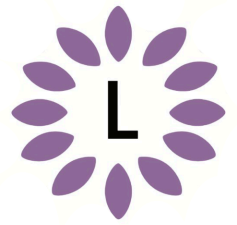
Exfoliation is an important step in any skincare routine. It involves removing dead skin cells from the surface of the skin, revealing smoother, healthier-looking skin underneath. Regular exfoliation can help to improve skin texture, unclog pores, and promote cell turnover, leading to a brighter, more radiant complexion.

Exfoliating helps to remove dead skin cells that can accumulate on the surface of the skin, making it look dull and lifeless. By removing these dead skin cells, you're allowing new, healthy skin cells to come to the surface, giving your skin a fresher, more youthful appearance.

Exfoliating can also help to unclog pores, which can become blocked with dead skin cells, dirt, and oil. By removing these impurities, you're helping to prevent breakouts and other skin problems that can be caused by clogged pores.

There are two main types of exfoliants: physical and chemical. Physical exfoliants use a scrub or brush to physically remove dead skin cells, while chemical exfoliants use acids or enzymes to dissolve them. Both types of exfoliants can be effective, but it's important to choose the right one for your skin type and concerns.

When exfoliating, it's important to do so gently and not overdo it. Exfoliating too frequently or using harsh exfoliants can damage the skin and cause irritation. Most people can benefit from exfoliating once or twice a week, but those with sensitive skin or certain skin conditions may need to exfoliate less frequently or use gentler products.



STEP 5

Moisturize: Keeping your skin moisturized can help prevent dryness, which can lead to itching, flaking, and other skin problems.

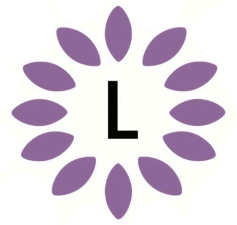
Using a moisturizer is an important step in any skincare routine. It helps to keep your skin hydrated, which can prevent dryness, flakiness, and premature aging. Moisturizers work by trapping water in the outer layer of your skin, preventing it from evaporating into the air.

When choosing a moisturizer, it's important to consider your skin type. If you have oily skin, look for a lightweight, oil-free moisturizer that won't clog your pores. If you have dry skin, look for a richer, more emollient moisturizer that contains ingredients like shea butter or ceramides to help lock in moisture.

Moisturizers can also contain other beneficial ingredients, such as antioxidants or alpha hydroxy acids (AHAs), which can help to improve the appearance of your skin. Antioxidants can help to protect your skin from environmental damage, while AHAs can help to exfoliate dead skin cells and improve skin texture.

It's important to apply moisturizer to clean, dry skin. Use a dime-sized amount and massage it into your skin using gentle upward motions. Pay particular attention to areas that tend to be drier, such as your elbows and knees. Wait a few minutes for the moisturizer to absorb before applying makeup or sunscreen.

By using a moisturizer regularly, you can help to keep your skin looking healthy and radiant. Choose a moisturizer that works for your skin type and contains beneficial ingredients, and apply it daily after cleansing.



STEP 6

Use gentle products: Avoid using harsh soaps or products that contain alcohol, which can dry out your skin.

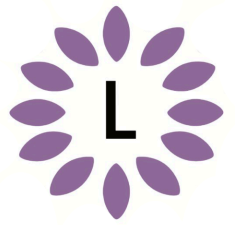
Using gentle skincare products is important for maintaining healthy skin. Harsh or abrasive products can strip the skin of its natural oils, leading to dryness, irritation, and inflammation. This can exacerbate existing skin conditions, such as acne and eczema, and cause premature aging.

When choosing skincare products, look for ones that are formulated for your skin type and that contain gentle, non-irritating ingredients. Avoid products that contain alcohol, fragrances, and other harsh chemicals that can be drying and irritating to the skin.

In addition to using gentle skincare products, it's important to avoid over-cleansing and over-exfoliating the skin. Cleansing too often or using harsh exfoliants can strip the skin of its natural oils and lead to irritation and inflammation.

To maintain healthy skin, aim to cleanse your skin once or twice per day using a gentle cleanser, and exfoliate no more than once per week using a gentle scrub or chemical exfoliant. You can also use a moisturizer to help keep your skin hydrated and nourished.

By using gentle skincare products, you can help to maintain healthy, glowing skin. Look for products that are formulated for your skin type and that contain gentle, non-irritating ingredients. Avoid over-cleansing and over-exfoliating the skin, and use a moisturizer to keep your skin hydrated and nourished.



STEP 7

Get enough sleep: Lack of sleep can lead to dull, tired-looking skin. Aim for seven to nine hours of sleep each night.

Getting enough sleep is important for many aspects of health, including healthy skin. When you sleep, your body goes into repair mode, producing collagen and other important substances that help to keep your skin looking smooth and youthful.

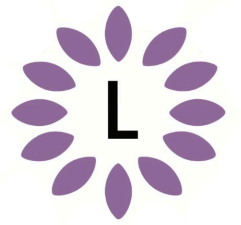
Lack of sleep can lead to a number of skin problems, including dark circles under your eyes, puffiness, and dryness. When you don't get enough sleep, your body produces more of the stress hormone cortisol, which can break down collagen and lead to wrinkles and fine lines.

In addition to its effects on skin aging, lack of sleep can also exacerbate existing skin conditions, such as acne and eczema. This is because lack of sleep can lead to inflammation in the body, which can worsen these conditions.

To get the benefits of sleep for your skin, aim for seven to nine hours of sleep per night. Try to establish a regular sleep routine, going to bed and waking up at the same time each day. This can help to regulate your body's internal clock and improve the quality of your sleep.

If you're having trouble sleeping, there are a few things you can try. Make sure your bedroom is dark, cool, and quiet, and avoid using electronic devices in the hour before bedtime. You can also try relaxation techniques, such as meditation or deep breathing, to help calm your mind and body before sleep.

By getting enough sleep, you can help to keep your skin looking healthy and youthful. Aim for seven to nine hours of sleep per night, establish a regular sleep routine, and try relaxation techniques if you're having trouble sleeping.



STEP 8

Eat a healthy diet: Eating a diet rich in fruits, vegetables, and whole grains can provide your skin with essential vitamins and minerals.

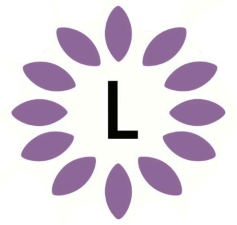
Eating a healthy diet is essential for maintaining healthy skin. Your skin is the largest organ in your body, and it needs a variety of nutrients to function properly. A diet rich in fruits, vegetables, and whole grains can provide your skin with essential vitamins and minerals that help keep it looking its best.

Fruits and vegetables are particularly important for healthy skin. They are packed with antioxidants, which help to protect your skin from damage caused by free radicals, such as pollution and UV radiation. Free radicals can cause premature aging, wrinkles, and other skin problems, so it's important to get enough antioxidants in your diet to counteract their effects.

Whole grains are another important part of a healthy diet for healthy skin. They are rich in fiber, which helps to regulate digestion and promote healthy elimination, which in turn can lead to clearer, healthier-looking skin. Whole grains also contain essential vitamins and minerals, such as vitamin E, which is important for skin health.

Protein is another important nutrient for healthy skin. It helps to build and repair tissues, including skin cells. Eating a diet that includes lean protein sources, such as fish, chicken, and beans, can help to support healthy skin growth and repair.

Finally, it's important to stay hydrated by drinking plenty of water. Dehydration can cause dry, flaky skin and can exacerbate existing skin problems, such as acne and eczema. Drinking enough water helps to keep your skin hydrated from the inside out, leading to a more youthful, radiant appearance.



STEP 9

Manage stress: Stress can cause your skin to break out, become dull, and look tired. Try to manage your stress levels through activities like exercise, meditation, or yoga.

Managing stress is an important part of maintaining healthy skin. Stress can cause your skin to break out, become dull, and look tired. When you're stressed, your body releases hormones like cortisol, which can increase oil production and inflammation, leading to acne and other skin problems.

One way to manage stress is through exercise. Exercise has been shown to reduce stress levels and increase endorphins, which are feel-good chemicals that can improve your mood and help you feel more relaxed. Exercise can also improve circulation, which can lead to healthier-looking skin.

Another way to manage stress is through meditation or yoga. These practices can help to calm your mind and reduce stress levels. Meditation has been shown to reduce cortisol levels and improve sleep quality, both of which can have a positive impact on your skin.

Getting enough sleep is also important for managing stress and maintaining healthy skin. When you are sleep-deprived, your body produces more cortisol, which can cause inflammation and other skin problems. Aim for 7-8 hours of sleep per night to give your body time to repair and regenerate.

Finally, it's important to take time for yourself and do things that you enjoy. Whether it's reading a book, taking a bath, or spending time with friends and family, taking time to relax and unwind can help to reduce stress levels and improve your overall well-being.



STEP 10

Don't smoke: Smoking can damage your skin, causing wrinkles and making it look older. If you smoke, try to quit.

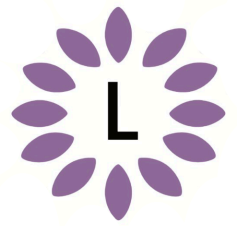
Smoking is not only bad for your overall health, but it's also detrimental to your skin. Smoking causes damage to your skin, making it look older and more wrinkled. Smoking can also reduce the blood flow to your skin, which can deprive it of oxygen and nutrients, leading to a dull, sallow complexion.

The chemicals in cigarettes are also known to damage collagen and elastin, which are essential for keeping your skin firm and elastic. This can cause wrinkles, fine lines, and sagging skin, making you look much older than you actually are. Smoking can also increase your risk of developing skin cancer, which can be deadly.

If you smoke, the best thing you can do for your skin and your overall health is to quit. Quitting smoking can improve your skin's appearance and reduce your risk of developing skin cancer. It can also improve your circulation, which can lead to healthier-looking skin.

Quitting smoking is not easy, but there are many resources available to help you. You can talk to your doctor about prescription medications or nicotine replacement therapies that can help to reduce withdrawal symptoms and cravings. You can also seek support from friends and family or join a support group to help you stay motivated and on track.

In summary, smoking is harmful to your skin and your overall health. It causes wrinkles, fine lines, and sallow skin, and increases your risk of developing skin cancer. If you smoke, the best thing you can do for your skin is to quit. There are many resources available to help you quit, and your doctor can provide guidance on the best approach for you.



HOW TO

IMPLEMENT OUR 10-STEP SYSTEM

1. Protect your skin from the sun by wearing protective clothing and applying sunscreen with an SPF of at least 30 daily.
2. Stay hydrated by drinking plenty of water and using hydrating skincare products to keep your skin plump and supple.
3. Cleanse your skin gently using a non-irritating cleanser twice a day to remove dirt, oil, and makeup.
4. Exfoliate once a week using a gentle physical or chemical exfoliant to remove dead skin cells and improve skin texture.
5. Use a moisturizer to hydrate and protect your skin, choosing one that's appropriate for your skin type.
6. Use gentle serums to target specific skin concerns, such as fine lines, wrinkles, or hyperpigmentation. Use a toner to balance your skin's pH and help remove any remaining impurities. Use eye cream to hydrate and protect the delicate skin around your eyes.
7. Get enough sleep each night to allow your body to repair and rejuvenate your skin.
8. Consume healthy diet rich in nutrients such as antioxidants and healthy fats, to nourish your skin from the inside out.
9. Find ways to manage stress levels through activities like exercise, meditation, yoga, going for a stroll, taking time for yourself, doing things that brings you joy.
10. Do not smoke cigarettes. If you smoke, the best thing you can do for your skin and your overall health is to quit.



HOW TO BOOK AN APPOINTMENT WITH US

If you are interested in booking an appointment to add to your skin health regimen, don't hesitate to contact us today!

Website: www.LisseQB.ca

Email: hello@LisseQB.ca

Phone: 250.927.4840

Facebook: www.facebook.com/LisseQB

Instagram: www.instagram.com/Lisse.Laser.Skin.Studio

We look forward to hearing from you and helping you keep or regain that youthful glow we all wish to have.