

Skincare Articles

Spring Clean Your Skincare Regime

Now that spring has sprung it's time to address your skin's changing needs. So de-clutter your bathroom cupboards and clean up your regime with our top five recommendations for the new season.

1 – Clear out your cupboards

“Many bathrooms are a graveyard of broken promises so make sure you clear out those impulse buys that disappointed, and only keep your bathroom stocked with the products that work for you” says Noella Gabriel, Director of Treatment and Product Development at Elemis. A skincare routine you are happy with is far easier to follow. If you have any questions about yours, we offer free advice on the phone or via a web chat. Call 01278 727 827 or [click here](#).



2- Give skin a post-winter boost

Spring and summer beauty is really about achieving the quick cared for look in a short space of time so add an anti-oxidant to your skincare regime such as [Elemis Cellular Recovery Skin Bliss Capsules](#). With 1700% more anti-oxidant power than Evening Primrose Oil These light satin finish oils ensure maximum radiance at all times.

3-Detox

As Spring arrives our diets move away from heavy winter food. “The diet change can have a very positive effect on skin with the introduction of more fruit, salads, juices and lighter meals - all bringing a vitamin cocktail to the skin which increases skin radiance and glow” says Noella. Help to stimulate lymph and blood circulation by using the [Elemis Skin Brush](#) morning and evening. It helps to decongest systems of the body and encourages cellulite deposits to disperse.

4-Actively treat the needs of your skin

Masks make the perfect skin-conditioning accompaniment to your facial routine and you can choose one that will give you the results you are after. Try [Herbal Lavender Repair Mask](#) to repair and balance combination skin, or [Fruit Active Rejuvenating Mask](#) for a pre-party beauty ‘flash treatment’. [Absolute Lifting Mask](#) will leave skin visibly refined whilst [Exotic Cream Moisturising Mask](#) contains a dynamic blend of moisturising actives. Always exfoliate before using a mask as it will allow for the maximum penetration of active ingredients.

5-Give your feet some well deserved TLC

Your feet have been wrapped up in socks and tights for months so will need a bit of attention before being squeezed into your favourite pair of peep-toes. Exfoliate and nourish with [Exotic Lime and Ginger Salt Glow](#) to slough away dead skin cells and remineralise your skin. Pay particular attention to your heel and the balls of your feet to target dry skin and calluses. Finally massage in [Exotic Frangipani Monoi Moisture Melt](#) for deep nourishment and moisturisation. Plus it smells divine!