

HOW TO

get your skin holiday-ready?



During the summer, hot temperatures, high humidity and lots of sun exposure all contribute to water evaporating from your skin, leaving it dry and sometimes even burnt.

Here are four fabulous tips to getting holiday-ready, radiant skin during the summer months!

four key steps to beautiful skin this summer:

#1: Use a gentle cleanser

Bin the harsh cleansers for the season and switch to a gentle one that won't dry out your skin, like our Gentle Cleansing Milk. The sun can be harsh enough on your complexion!

#2: Exfoliate

Get a good base and a radiant glow with the Enzyme Face Buff to exfoliating your dull skin away every 3rd evening. This leaves your pores prepped and ready to add in extra moisture.

#3: Take cold showers

Sure, long, hot showers or baths are divine, but they can dry your skin out immensely. Try to take short, cold showers or baths instead. I add our Boabab Bath Oil to my bathwater for silky-soft skin

#4: Moisturise, moisturise, moisturise!

Try to moisturise your skin twice or three times a day. The best time is immediately after a shower or bath. Thick, rich moisturisers are best for maintaining the skin's protective barrier. You can even add the Marula Face Oil to your Essential Daily Moisturiser for extra hydration.

And of course never go out without your SPF 40 Protection...

Happy summer, everyone!