

Indulge the senses

Spring clean your skin with these tips from **Denise**, the manager at Oasis Spa

Our skin is put through its paces in winter from being exposed to the cold harsh weather to central heating in our homes work and cars, both extremities can cause dehydration to our skin and break down the barrier of our skin leaving it sensitised and even more exposed to the harsh elements, so spring is the perfect opportunity to rebuild and repair the skin after winter.

Here are a couple of tips that will leave you with glowing healthy skin going into Spring.

Exfoliate 1-2 times a week after cleansing and before a mask – after winter our skin can look dull and lacklustre, this is caused by a build-up of dead skin cells sitting on top on our skin that's covering up our fresh skin underneath.

Exfoliating is like a workout for our skin as it removes all the layers of dead skin cells revealing younger fresher looking skin, it also speeds up our cell turnover and circulation allowing our new skin cells to get to the surface of our skin quicker giving a glowing youthful complexion. The exfoliator best suited for this time of year would be our Elemis Gentle Rose Exfoliator RRP €39.00 as this gently exfoliates the skin leaving it silky smooth and soft to the touch without irritating the skin so perfect for sensitive skin also.

Use a mask 1 – 2 times a week after exfoliating to allow the ingredients to be delivered deeper into the skin, this does not have to take up any time, pop a mask on while you cooking, cleaning or watching TV for a concentrated boost to your skin.

After winter our skin needs a lot of nourishment and masks are the perfect boost to any skincare routine to complement your skin and accelerate your routine.

The perfect mask for this time of year is our Elemis Peptide 4 Thousand Flower Mask RRP €46.50 – again full of peptides that are going to rebuild and repair your skin with organic matter from thousands of flowers rich in Humic and fulvic acid to help revive tired-looking skin, restoring the skin's natural radiance.



Serums — use daily after cleansing routine just before moisturising
These are concentrated infusions that enhance any skin care routine to take your skin to the next level, 2 ingredients that are perfect for any skin type and especially good this time of year are Hyaluronic acid and Vitamin C. Hyaluronic acid binds and attracts water to the skin and promotes the production of the natural water in our skin so the perfect ingredient to nourish the skin after winter and soothes

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the most irritated and sensitive skin. This ingredient can be found in our Kerstin Florian Correcting Hyaluronic Serum RRP €70.00. Vitamin C boosts firmness, improves tone and brightens the skin and reduces the appearance of fine lines and wrinkles, a skincare essential for anyone concerned with dull, pigmented, ageing skin.

This ingredient can be found in a pure form in our Kerstin Florian Correcting Serum C+ Infusion RRP €70.00.

Use a night recovery oil, such as our Elemis Peptide 4 Night Recovery Cream oil RRP €61.50

This combines the hydration of a moisturising cream with the protection of an oil, so tackling the dehydration and depleted barrier we all suffer from after winter. Peptides are proteins and as our skin is made up of protein this is the perfect ingredient to rebuild the skin after winter, so any product containing this ingredient will work wonders to your skin and have you waking up to a healthy looking complexion



SPF — this is the most important step in any skincare routine.
Even if you use all the best products and ingredients on your skin, if you don't apply an SPF daily then its undoing all your hard work. An SPF is vital every day even when the sun is not out as UV rays are very damaging to the skin not just causing pigmentation

but they breakdown the Collagen and Elastin which are responsible for skin tone and firmness in the skin, causing premature aging.
An SPF 30 is recommended every day and this can be found in our Kerstin Florian Multi-vitamin day crème SPF 30 combining high performance, anti-aging skincare with powerful nat-

“Exfoliating is like a workout for skin, removing dead skin cells to reveal younger, fresher skin...”

ural sun protection. This is a staple in any skin care routine, packed full on anti-oxidants with a broad spectrum sun screen to leave the skin hydrated, protected & luminous

Sleep.
Getting a good night's sleep not only makes your body feel good and gives you more energy, but it is also essential to having glowing, younger-looking skin.

Apart from the obvious with a good night sleep decreasing the appearance of dark circles around the eyes, it is essential for cell turnover which is responsible for younger-looking skin.

Also your skin renews itself and works its hardest when you are asleep so the more sleep you get the harder your skin works to renew itself.
So when applying products, I say it's always best to apply the most of your serums and active products at night time to get the best out of them as it's when your skin is working the hardest.

And also, you don't want to overload your skin in the morning with too much product, leaving you feeling shiny for the day.

Treatment of the Month

Revive your skin after winter to reveal brighter, younger-looking skin even after one Biotec treatment
BIOTEC RRP Midweek (Monday to Thursday) €115 or Weekend (Friday, Saturday & Sunday) €125

The Pioneering BIOTEC machine works to switch your skin back on, increasing its natural cellular energy. The clinically proven results are visibly healthy, nourished and energized skin, there are 7 different advanced technology facials to choose from to accommodate all skin concerns.

A course of Biotec facials will re-educate your skin to give long lasting results as opposed to quick fixes with temporary results. Simply choose a treatment suited to your needs, following a consultation with our therapist

Special Offer - Book 5 treatments get your 6th treatment FREE T&Cs apply
Book a course of 6 treatments performed 2 to 4 weeks apart to see optimum results just in time to reveal glowing rejuvenated skin for summer.