



DR NAIDOO
SKIN SOLUTIONS

10 tips for younger looking skin

Skin Solutions is a medical aesthetic clinic. We offer up to date, innovative and clinically proven treatments to optimize your skin's health. We treat all skin types with a focus on safety and results.

Dr Naidoo is personally involved in all her patients care. Our treatment plans are customized to suit your aesthetic concerns, using a multi-dimensional approach.

Visit our website for more information:
www.skinsolutionssa.co.za

1. Cleanse morning and night. Make sure you Cleanse Twice. First to remove make up and pollution and secondly to cleanse your skin.
2. Always use cold water. Do not put your face up to the hot shower and never let the shampoo run down your face .
3. Splash your face in cold water again once out of the shower. This allows your products to work to their maximum ability.
4. If you tend to break out change your pillowcases every 2nd night. Also make sure that you clean the screen of your mobile phone regularly as well as your makeup brushes.
5. Use the eye serum morning and evening. Apply eye cream along orbital bone and not directly under the eye.
6. For puffy eyes, do a little lymph drainage massage.
7. Apply lighter consistency serums first.
8. Moisturize thereafter. It is not necessary to use a large amount of product.
9. SPF is the single most important skincare product. Reapply every 2 hours when out and about. A dust of mineral powder with SPF is great for stepping out at lunch time.
10. All products must be used face neck chest ears back of neck

Follow our tips and see the change in your skin.

Dr Naidoo offers you a **Complimentary First Consultation** to address any skin concerns and will advise you on the appropriate treatments to have you loving the skin you're in!

Contact us:

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