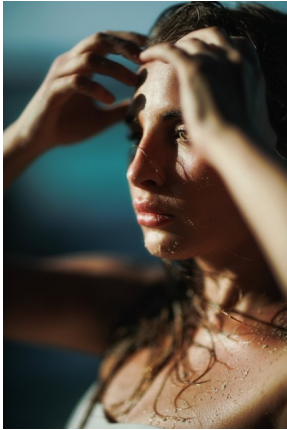


At-Home Skin Care Tips

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Getting into the groove of a new skin care routine can be challenging, but if you find yourself with a little extra time on your hands, taking care of your skin can be managed in just three easy steps. Pursuing a wellness routine for your skin also gives you a moment to focus on yourself and breathe, which can be an essential self-care practice during stressful times. Below is a simple process to follow to get your glow back in no time.

Cleanse Anything from air pollution to a daily workout can leave grime on the skin. Cleansing once or twice a day, depending on skin type, can help reduce clogged pores. Reducing clogged pores helps eliminate acne and dull skin. If you feel like your skin needs some extra TLC, it is okay to cleanse twice a day, or even halfway through the day, as long as you are being careful to not strip away all of your natural oils. A call to your esthetician can help determine how often you should be washing your face.

Repair Adding a serum after cleansing makes your skin healthier and more radiant. Serums are made up of smaller molecules that can penetrate the skin to offer an array of benefits from anti-aging to acne reduction. You can boost these treatments with certain facials like the Hydrafacial, which exfoliates and deposits serum into the skin at the same time and can be performed by your esthetician.

Moisturize & Protect Lastly, add a moisturizer to lock-in your serum's hard work and add on an SPF if you're planning on spending time in the sunlight or by a window. Moisturizing and protecting skin is a must, even if your plans simply consist of a Netflix binge. Lack of moisture and SPF can prematurely age the skin and reduce its elasticity.

By keeping up your skin care routine, you are able to invite a sense of normalcy and self-care into your life that has positive mental and physical impacts in the long run. Local estheticians can provide guidance on your personal skin care journey if you are looking for the right products for your skin type.

Dr. Maggie Husami is the medical director for Derma Health Skin & Laser. Derma Health has served more than 50,000 patients at four locations in the Phoenix metropolitan area. It is ranked as a top 1% med-spa in the nation and is the No. 1 provider of dermal fillers and Botox in the Southwest. Derma Health recognizes your needs are unique so we offer all patients free consultations to assess the treatment options available. Learn more at [dhiskin.com](https://www.dhiskin.com).