

real client text - "This is my daytime routine... & this is what I use at night"

my response - "You need a therapist"

10 dermalogica multitaskers

skin rebuilding | problem solving | glow makers

Skin confidence comes with your best skin ever, & prioritising a few simple, time saving changes.

Having a routine you regularly spend more than £2K on products like this is clearly quantity over quality. And we also know you can't replicate our 20 step advanced facial at home. But you really can fast track treatment room results to your bathroom shelf, that are a joy to use - AND save money (to buy shoes...)

I regret taking such good care of my skin...

said no one ever

prep | treat | glow

Prep is priority to GLOW address your skin's condition, pH & barrier - first. Most faces respond well to any skin health focused cleanser & moisturiser, don't overthink it. Cream ? Gel ? Pick the formulation you prefer but prioritise the benefit.



ONE STEP DOUBLE PREP THE NEVER ENDING 1ML WASH OBLITERATES WAR PAINT

Transformative oil to foam formulation removes make up, sunscreen, & impurities with ultra clean efficiency. Starts as a golden gel oil infused with Sea Buckthorn & liquifies into a rich cloud like foam, washing away the dirty layers of the day with ease.

PREP & RESURFACE YOUR COMBINED CLEANSER & EXFOLIATOR POWERFUL CONDITIONING SHORTCUT

An emulsion of hydrating Lactic Acid & refreshing Rose Flower oil, accelerates skin cell turnover, dramatically retexturising. Swap out with your regular cleanser a couple of times a week & increase tolerance over time. Admittedly not for everyone, every day.



the moment your skin changed... forever

dermalogica

TREAT SOOTHE & SMOOTH
YOUR NO EXCUSE EVERYONE CAN EXFOLIATE
FLAKE RELIEVER

Polishes skin while supporting the skin's moisture barrier with healing oat & a blend of gentle alpha & beta hydroxy acids. A comfortable option to smooth, soften, & encourage renewal of even the most irritated skin. Most heard reaction - "I love this"



YOUR AT HOME PROFESSIONAL FACIAL PART 1
30% GLYCOLIC, LACTIC, SALICYLIC & PHYTIC ACIDS

A potent blend of enzymes thoroughly penetrates different layers of skin's surface to exfoliate, unclog pores & accelerate even skin tone & texture. Daily dissolving intracellular glue & dulling debris reveals brighter, healthy cells. Hydrating & lipid rich up cycled Cranberry boost instantly for radiant results between PRO treatments.

YOUR AT HOME PROFESSIONAL FACIAL PART 2
REPLENISHING AMBULANCE IN A TUBE
PROTECTIVE BARRIER FOR THE LACKLUSTRE

Your housework face saver - if you can smell your cleaning product - it's on your skin. I wouldn't spray my face with bleach or Zoflora.... Wear during chores | create a weekend spa after the night before | pre-event, detox, antioxidant packed, vitamin infused, power recovery.



beauty begins the moment you decide to be yourself

coco chanel

TRANSFORMATIVE EYE CREAM
VISIBLY LIFTS & FIRMS EYELID FOLDS
HYDRATES & ACTIVELY REDENSIFIES SKIN

Independent clinical testing participants reported...

94% reduction in fine lines & wrinkles

97% lifting in upper eyelids

97% more even skin tone

97% brighter skin



TREAT GLOW PROTECT SPF30
THE NO BRAINER 'NO FOUNDATION'
ENHANCES MAKEUP DURATION

Treats the signs of aging with potent peptides that signal for collagen & elastin production - improving skin firmness - the all in one wrinkle buster. Hydrolysed pearl & natural earth minerals provide a neutral tint to balances skin tone & reflects luminosity. Velvety silicones help even out skin texture.

TREAT GLOW RECOVER
YOUR CASHMERE BALACLAVA SOS FOR SKIN,
BOOSTS HYDRATION & HEALS

Reduces signs of skin fatigue overnight, restoring vitality & radiance by morning. Revitalising gel transforms in sync with your circadian rhythm, optimising recovery. Encapsulated, motion activated French Lavender, along with calming Sandalwood & Persian Silk Tree amplifies underlying serum benefits for the best rested skin.



wipes are for flights, fannies & festivals ONLY

day



this is your radiance in a bottle
fine line dissolver collagen booster
antioxidant safety net

Exfoliates & redresses unbalanced pigmentation, minimises & firms fine lines & wrinkles, AND prevents & corrects free radical damage.

Unique to Dermalogica, irrespective of concentration - offers the highest performance & superior bioavailability (potent) industry wide.. Unrivalled clinical results show optimised delivery (works where it can be used), & ultra stability (doesn't degrade on opening). The ultimate 24 / 7 product.

Alternate at night to manage retinol use. Switch up your routine before an event or a detox for that ultimate, refined, firm glow.

Use as a program am & pm on holiday to deter oxidative stress, prolonging skin refinement & radiance on your return.

As a course to minimise skin discolouration gives you a clearer picture of more resistant pigmentation to be addressed with targeted treatments.

night



this is your night time face rebuilder
skin repairing wrinkle reverser
botox in a bottle

Retinol forces your skin into action, coding for its structure & rebuilding all vital cell components. Proven to turn back time & insure your future face.

Reduces sebaceous gland size & secretion, along with bacterial activity, it encourages fewer (if any) persistent breakouts long term. Suppressing keratinisation (dead skin cell clumping that clogs pores), in turn reduces inflammation & the dissipates sun damage. Do not tweakment until you've forgotten the year you first started using it.

Allow at least 6 months of an established routine to acclimate as the initial scaffolding & storage is established.

Microincapsulated for gradual release, with squalene, - suitable for almost all skin. Fast-acting multi-retinoid visibly reduces the 4 signs of skin ageing in just 2 weeks.

Retinol Clearing Oil as an alternative actively nourishes with skin-mimicking phytoactive lipids when congestion is challenging.

Get the basics right, skin transforms when your cleanser & moisturiser are optimised. Exfoliate (protein). Hydrate (water). Moisturise (lipid). These correct & condition your skin, change with lifestyle & the season. Vitamin C & Vitamin A inform the behaviour. Don't go getting a random personal trainer you use sporadically - before you start going to the gym.

skin isn't the whole story...

I was once told by a careers adviser I was "too stupid" to become a beauty therapist. Naturally, I went off to medical school, graduated top of my year... & left. I later discovered I was simply AuDHD - life has a sense of humour.

Over 3 decades, scientific curiosity & an inability to stop learning have shaped everything I do. My mission is to decipher the longevity industry's marketing noise with honest advice that saves all of us time & money - and as I hurtle towards 60, I feel a real responsibility to pass on everything I've learned. Whether through free education, massage masterclass, or Lions Den workshop - great skin feels simpler, more affordable, & far less overwhelming. Ask away on social media, let's make sense of it all - every conversation, like, follow helps me reach more women who deserve honest advice.

Local to Norwich? My clinic is tucked up high in a loft opposite Jarrolds. I create beautifully choreographed treatments blending Dermalogica's flagship PRO protocols with the light & shade of facial & fascial massage.

Your best skin isn't achieved through the occasional "pamper." It's nurtured through expert treatments, whole-body wellbeing & evolving understanding of your own skin. And if you want to go even deeper, join me for a Mojo & Glow workshop or escape on retreat somewhere extraordinary.

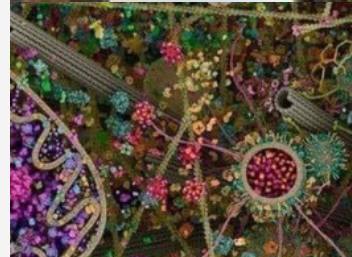
start your skin confidence journey...

I believe so strongly that the best skincare routine begins with understanding your skin, not shopping for it - your first Discover Healthy Skin Session includes a complimentary Dermalogica Discover Healthy Skin Kit to help you start your journey with confidence.

Each visit builds on the last over four natural skin renewal cycles, we'll build healthier, more resilient skin through consistent professional care, thoughtful home routines & a series of treatment upgrades designed to help you discover what truly works for your skin.

Sam x

ps... a skin cell under a microscope - how beautiful are we...



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BOOK NOW
Discover Healthy Skin Session