



Hidden Door
SPA | SALON | MEDSPA

SPRING 2024

SKINCARE GUIDE

AN 'OPENING DOORS' EXCLUSIVE ROADMAP TO HEALTHIER SKIN.

At Hidden Door, we believe in empowering our patients to look and feel their best every day. That means not only delivering an incredible experience in the med spa, but also educating guests on the latest techniques, technological advances and products.

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Transitioning Your Skincare Routine from Winter to Spring.

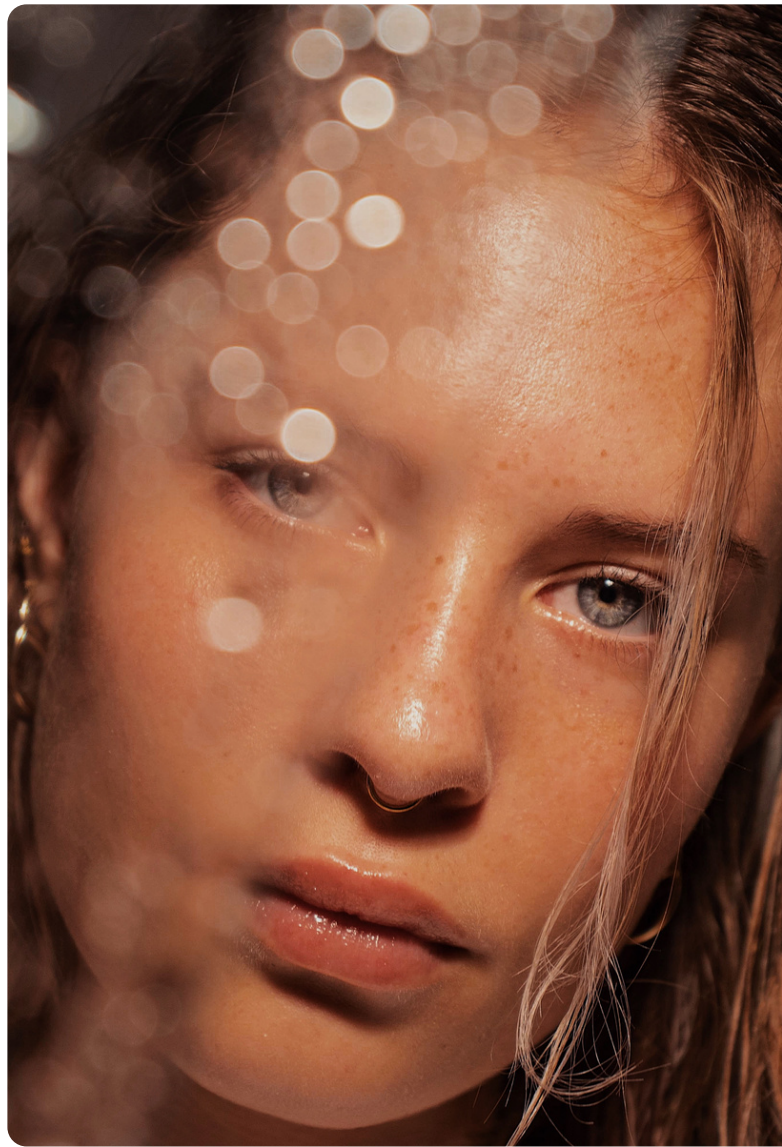
As the seasons change from the cold, dry winter to the warmer, more humid spring, it's essential to adjust your skincare routine to ensure your skin remains healthy and vibrant. The fluctuating weather conditions can impact your skin's moisture levels, elasticity, and overall appearance. To help you navigate this transition smoothly, we've compiled a comprehensive guide with three important action steps and product recommendations from our Hidden Door skincare experts.



HYDRATION

During the winter months, cold air and indoor heating can strip your skin of its natural moisture, leading to dryness, flakiness, and irritation. As spring arrives, the humidity

levels rise, but your skin still needs hydration to maintain its balance. Switch to lightweight, hydrating products that provide ample moisture without feeling heavy or greasy.



ACTION STEP:

- Invest in a hydrating serum with ingredients like hyaluronic acid, glycerin, or vitamin E to replenish moisture and improve skin elasticity.
- Use a moisturizer formulated for your skin type to lock in hydration and rebalance from the harsh winter dryness.



PRODUCTS:

SkinCeuticals Hydrating B5 Gel

Hydrating B5 Gel, Moisture-enhancing gel with hyaluronic acid replenishes hydration and nutrients to smooth and soften the skin.

NEW skinbetter Trio Luxe Moisture Treatment

Rich moisturizer with a velvety feel that provides a triple action approach to support skin barrier and improve hydration. Ideal for moderate to severely dry skin for a healthier-looking appearance and improved skin texture.



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UV PROTECTION

As the sun becomes stronger in spring, it's crucial to prioritize sun protection to prevent premature aging, sunburn, and skin cancer. UV rays can penetrate clouds and windows, so wearing sunscreen daily is non-negotiable, regardless of the weather.

ACTION STEP:

- Apply a broad-spectrum sunscreen with an SPF of 30 or higher every morning, even on cloudy days.
- Reapply sunscreen every two hours, especially if you're spending time outdoors.



PRODUCTS:

Epionce Daily Shield Lotion Tinted SPF 50

This tinted sunscreen provides broad spectrum protection that evens out skin tone while imparting a natural-looking healthy glow.

Colorescience Sunforgettable Total Protection Face Shield SPF 50

Exclusive EnviroScreen Technology provides 100% mineral protection from environmental aggressors such as UVA/UVB, pollution, blue light, and infrared radiation.



EXFOLIATE GENTLY

During winter, dead skin cells can accumulate on the skin's surface, leading to dullness and clogged pores. In spring, exfoliation becomes even more important to reveal fresh, radiant skin. However, opt for gentle exfoliants to avoid over-stripping or irritating the skin.

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ACTION STEP:

- Incorporate a gentle exfoliating scrub or enzyme mask into your skincare routine 1-2 times per week to slough off dead skin cells and promote cell turnover.
- Avoid harsh physical exfoliants with large abrasive particles, as they can cause micro-tears in the skin.

PRODUCTS:

Skin Better Science AlphaRet Exfoliating Peel Pads

Supports exfoliation and removes dead skin to help prevent clogged pores. Proprietary combination of AlphaRet and a triple-acid complex



Farmhouse Fresh Pudding Apeel Tapioca + Rice Active Fruit Glycolic Mask

This gentle vanilla tapioca pudding resurfacing mask helps slough away dead surface cells, revealing newer, smooth textured skin. All of this, with no abrasion needed!



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By following these three action steps and incorporating the recommended skincare products into your routine, you can successfully transition your skin from winter to spring, ensuring it remains healthy, hydrated, and radiant throughout the changing seasons. Remember to listen to your skin's needs and make adjustments as necessary to achieve your desired results. Here's to a glowing complexion all year round!

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