

Suh Esthetics

NEWSLETTER

November 2024

Winter Skincare Essentials: Protect, Hydrate & Rejuvenate



Hello, Beautiful Clients!

As the colder months approach, it's time to talk about winter skincare! Cold temperatures, indoor heating, and harsh winds can leave skin feeling dry, irritated, and vulnerable. A dedicated winter skincare routine is key to keeping your skin healthy, hydrated, and protected from environmental stressors. Let's dive into how our carefully curated treatments and products can help you maintain your glow this winter season.

1. Defend Against Environmental Damage

Winter air is often filled with pollutants, and free radical exposure from environmental stressors continues year-round, even when you're not in direct sunlight. Free radicals can damage collagen, increase inflammation, and accelerate aging. Our **Vitamin C-B-E-Antioxidant Serum** is an excellent first line of defense, providing potent antioxidants that neutralize free radicals, brighten skin, and boost collagen synthesis. Applying this before your sunscreen in the mornings gives your skin the added protection it needs this time of year.

In-office treatments like **Glutathione IV Therapy** also offer systemic antioxidant support, helping detoxify and protect cells throughout the body. **Myers Cocktail IVs** and **vitamin shots** can further boost skin radiance, strengthen immunity, and replenish nutrients, all of which are essential for winter skin health.

2. Increase and Lock In Hydration

With low humidity and drying indoor heating, winter can be harsh on skin hydration. A consistent approach to hydration, both in and out of the office, will help keep your skin plump and smooth.

Our **Hyaluronic Acid Serum** is ideal for providing deep hydration, as hyaluronic acid attracts and holds moisture within the skin. Our formulation process has optimized this product's molecular weight for greater skin penetration and absorption. This can be paired with our **Nutrient Rich Moisturizer**, which forms a protective barrier to lock in hydration all day long. I personally prefer applying the **Nutrient Rich Moisturizer** in the morning after my **Vitamin C-B-E-Antioxidant Serum** and before my sunscreen, so I'm set for the day. I apply our **Hyaluronic Acid Serum** as the last product on my skin in the evening before bed. Although, these two products can be interchangeable.

3. Support Skin Repair and Anti-Aging

Winter is the perfect time to focus on skin repair, as you're generally less exposed to direct sunlight. Treatments and products that target collagen and elastin production will strengthen and rejuvenate your skin, helping it stay resilient through the season.

Our **Growth Factor Peptide Serum** is a powerful addition to your routine. Formulated with Biomimetic Peptides, Neuropeptides, and Oligo Elements, this serum targets signs of aging, promotes cell renewal, and supports your skin's natural repair mechanisms. For in-office treatments, **Microneedling with or without PRP** (platelet rich plasma -also known as our Vampire Facial) can stimulate collagen production and improve overall skin texture and tone. Microneedling helps create channels for deeper absorption of serums, maximizing the effects of your skincare.

4. Soothe and Calm Sensitive Skin

Winter can make skin more reactive, and the combination of dry air and colder temperatures can exacerbate sensitivity and redness. Our **Calming Serum**, which combines Vitamin C, Vitamin E, and Ferulic Acid, is designed to reduce inflammation and soothe irritated skin, leaving it calm, balanced, and comfortable.

Using a gentle cleanser like our **Rosehip Cleanser** ensures your skin is effectively cleaned without stripping its natural oils. For those who experience flakiness or rough texture, our **Exfoliating Cleanser and Pads** can be used once or twice a week to clear away dead skin cells and reveal fresh, smooth skin.

5. Recommended In-Office Treatments

To help you achieve optimal winter skin health, we offer several in-office treatments that target winter-specific skin concerns. Here are some of our top picks:

- **Chemical Peels:** Perfect for exfoliating and renewing the skin, helping with tone, texture, and fine lines.
- **Microneedling with PRP:** Promotes collagen production and rejuvenates the skin.
- **Glutathione & Myers Cocktail IVs:** Antioxidant and nutrient-rich IVs to detoxify, brighten, and hydrate from within and helps with overall health and boosting your immune system during this time of year when respiratory illness seems to be around every corner.
- **Vitamin Shots:** Tailored vitamin injections to enhance hydration, immunity, and skin radiance.

Your Winter Skincare Guide Awaits!

As your esthetic nurse practitioner, I'm here to create a winter skincare plan that caters to your unique needs. Whether it's through customized product recommendations or professional treatments, we'll keep your skin glowing and resilient throughout the season.

Feel free to book a consultation to discuss your winter skincare goals! Let's embrace the season with healthy, hydrated, and protected skin.



Stay cozy and stay radiant,
Lacey Meyer, Advanced Registered Nurse Practitioner

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