



PROGRESSIVE NOT AGGRESSIVE APPROACH

Dear Skincare enthusiast,

It is often thought that if a little of something is good then more must be better. This is especially untrue when it comes to treating the skin. Inflammation is the underlying cause of many skin conditions we work to treat. Triggering irritation and inflammation in the skin with overly aggressive peeling treatments and products may worsen reactive or problematic skin conditions rather than correct them.

It is a common misconception that professional peels must always be aggressive solutions in high percentages that result in excessive visible peeling, scabbing and downtime to obtain quick results. This may be appropriate for specific conditions such as extremely thickened or asphyxiated skins and severe scarring perhaps but is not necessary for the majority of patients looking for skin rejuvenation.

By selecting professional peeling treatments that are gentle on the skin while infusing with beneficial nourishing and strengthening ingredients, faster, more dramatic treatment outcomes will consistently be achieved.

If the goal is healthy, beautiful skin then the low dose approach is usually the best choice. To optimise results, professional treatments must be supported with a customised skin maintenance program. A combination of products containing UV protection, Vitamin A, Vitamin B3, Vitamin C, DNA repair enzymes, Peptides and varying acids are essential to maintain skin health and target particular skin conditions.

In young skin, natural skin cell turnover usually follows the four-week biological calendar like many other body cycles, however the speed of the cell-turnover cycle slows with age.

Collagen, elastin and hyaluronic acid, which comprise a large part of the skin's extracellular matrix (ECM) or support structure, also decrease with time, leading to dehydration, fine lines and wrinkles.

Skin by Jo's progressive, not aggressive approach to professional treatments and products increases the skin's natural skin cell turnover rate while combating the visible changes that come with ageing, improving overall skin health and condition.

I look forward to supporting you on your skincare journey to achieve a smoother, brighter, more even-looking youthful skin!

Jo Healy

