

Simply Elegant

Winter Skin Recovery

NOURISH, RESTORE
& RENEW YOUR SKIN

Your guide to healthy,
radiant skin this season.

Healthy skin
is more than
a goal – it's
self-care



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To Our Winter Skin Recovery Edition

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For healthy, glowing skin



LIFTERA

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& menopause

As the seasons change, so do the needs of our skin. During winter, many people notice increased dryness, sensitivity, dullness and dehydration, particularly as cooler weather, indoor heating and environmental stress start to affect the skin barrier.

This time of year is also when many clients choose to focus on skin rejuvenation, hydration and long-term skin health. At Simply Elegant, we believe healthy skin is about more than just appearance. It's about confidence, self-care and taking time to invest in yourself.

Winter is the perfect season to restore, strengthen and support your skin with the right combination of professional treatments and high-performance skincare.

In this edition, we are excited to introduce the NEW Real Results additions, featuring three new products formulated to nourish, hydrate and restore the skin throughout the cooler months. We also explore why consistency is the secret to long-term skin results, the growing popularity of Liftera for non-surgical skin rejuvenation, and how hormonal changes during perimenopause and menopause can affect the skin.

Whether your focus is hydration, skin tightening, collagen support or simply taking time for yourself, our experienced team is here to guide you with personalised advice and treatment recommendations tailored to your skin goals.

We hope you enjoy this Winter Skin Recovery Edition and look forward to seeing you in the salon soon.

With love

The Simply Elegant Team





Your Skin Is Always *Changing.* Is Your Skincare Keeping Up?

One of the most common things we hear in the salon is:

"I've been using the same products for years, but lately they just don't seem to be working the same way."

If you've ever felt that way, you're certainly not alone.

The truth is, our skin is constantly evolving. The skin you had five years ago isn't the skin you have today.

Seasons change, stress levels rise and fall, hormones fluctuate, and even things like sleep, exercise and lifestyle can influence how your skin looks and feels.

Winter is often when these changes become more noticeable. Skin can start to feel tighter, drier or more sensitive. You may notice a loss of radiance, changes in pigmentation, or simply feel like your complexion looks a little tired.

That's why we place such a strong focus on regular skin consultations at Simply Elegant.



The skin you had 3 months ago isn't the skin you have today.



Looking Beyond the Surface

Rather than guessing what your skin needs, we prefer to understand exactly what's happening beneath the surface.

Using our Observ Skin Analysis system, we're able to look at your skin in far greater detail than the naked eye allows. It gives us a clearer picture of your skin's condition and helps us create recommendations that are tailored specifically to you.

The technology allows us to assess concerns such as:

- ✓ Hidden dehydration
- ✓ Early sun damage
- ✓ Pigmentation changes
- ✓ Sensitivity and redness
- ✓ Congestion and pore concerns
- ✓ Early signs of ageing

Just as importantly, it allows us to track changes over time.

I often explain to clients that skin consultations aren't about finding problems. They're about creating a plan.



Think of it like this...

Just as regular dental check-ups help protect your teeth before problems develop, regular skin consultations allow us to identify changes early and make small adjustments before concerns become more noticeable.



A Different Story at Every Age

As we move through different stages of life, our skin changes with us.

This becomes particularly noticeable during perimenopause and menopause. Many women are surprised by how dramatically hormonal changes can affect their skin. Increased dryness, loss of firmness, sensitivity and changes in skin tone can sometimes seem to appear almost overnight.

What worked beautifully in your forties may not deliver the same results in your fifties and beyond.

That's where personalised advice becomes invaluable.

For some clients, the focus may be rebuilding hydration and supporting the skin barrier. For others, it may be stimulating collagen production, improving skin firmness or addressing pigmentation concerns.

Every skin journey is different, which is why we never believe in a one-size-fits-all approach.

Healthy skin isn't about perfection.

It's about understanding your skin, supporting it through each stage of life and making informed decisions based on what it truly needs.

Winter Skin Tip

If your skin feels different this winter, don't assume your products have stopped working.

Often, your skin's needs have simply changed. A professional skin consultation can help identify exactly what support your skin is looking for right now.

*"Beautiful skin isn't about age.
It's about understanding
what your skin needs today."*

Winter Skin

feeling different

this year?

WHY HYDRATION, NOURISHMENT AND BARRIER SUPPORT MATTER MORE THAN EVER.

Every winter, we hear similar comments from clients.

“My skin feels tight.”

“I can’t seem to get enough moisture into it.”

“My makeup just isn’t sitting properly.”

For many people, winter brings noticeable changes to the skin. Cooler temperatures, indoor heating and lower humidity can all contribute to dryness, sensitivity and a loss of radiance.

And if you’re navigating Perimenopause or menopause, those changes can feel even more pronounced. The good news is that winter doesn’t have to be a season of struggling with your skin.

With the right support, it can actually become one of the best times of year to improve hydration, strengthen the skin barrier and bring back that healthy glow many of us miss during the cooler months.

“

Winter doesn’t create skin problems. It often reveals what your skin has been missing.



What Your Skin Is Asking For

When skin becomes dry or uncomfortable, our first instinct is often to apply more moisturiser. While hydration is important, healthy winter skin is really about three key areas:



NOURISHMENT

Skin needs ingredients that help replenish what has been lost through environmental stress and seasonal changes.



PROTECTION

A strong skin barrier helps lock moisture in and keep irritation out.



RECOVERY

Night-time is when the skin naturally repairs and regenerates, making it the ideal time to support long-term skin health.

When these three elements work together, skin often feels calmer, softer and more resilient throughout winter.



From Cherie

One thing I've noticed over the years is that many women assume they need stronger products in winter. More often than not, their skin is simply asking for more nourishment and support.

Supporting Skin *through winter*

This winter, we've welcomed three beautiful new additions to our Real Results Collection.

Each has been created to support skin through periods of dryness, environmental stress and seasonal change.



OVERNIGHT SKIN RECOVERY CREAM

Repair - Nourish - Restore

A deeply restorative cream that works while you sleep to replenish, soothe and support dry, dehydrated or mature skin. Wake up to skin that feels softer, smoother and comforted



ADVANCED C SERUM

Brighten - Protect - Strengthen

A lightweight antioxidant serum that helps brighten dull - looking skin, improve uneven tone and support collagen for a more radiant and healthy-looking complexion.



RADIANCE ELIXIR

Hydrate - Nourish - Glow

A luxurious nourishing elixir that boosts hydration, enhances your moisturiser and leaves skin looking luminous, smooth and revitalised.

“Healthy skin rarely comes from one product.
It comes from consistent care.”



“

Beautiful skin isn't built in a day. It's built through small acts of care repeated over time.

”

The Little Things That Make *The Biggest Difference*

WHY CONSISTENCY IS THE SECRET BEHIND HEALTHY, GLOWING SKIN

We live in a world that loves quick fixes. A new product. A new treatment. A promise of instant results.

But when it comes to healthy skin, the biggest transformations rarely happen overnight.

They're built through consistency.

Over the years, I've seen that beautiful, healthy skin isn't created by a single treatment. It's the result of small, consistent actions repeated over time — both in the salon and at home.

They're the ones who come to look after their skin regularly.

Small steps repeated consistently create further for greater results than occasional bursts of effort.

That's true for our health, our fitness and certainly our skin.

Why Your Skin Loves Routine

Healthy skin thrives on consistency. When treatments and home care work together, the skin has the opportunity to maintain hydration, support collagen production and function at its best.

REGULAR TREATMENTS CAN HELP:

-  Maintain hydration levels
-  Support a healthy skin barrier
-  Improve skin texture and radiance
-  Encourage collagen support
-  Assist with age-management concerns
-  Keep skin looking refreshed throughout the year

But perhaps the greatest benefit isn't something you can always see in the mirror.

It's confidence.

When your skin feels healthy, comfortable and cared for it, changes the way I feel about yourself.



More Than Just A Treatment

For many of our clients, their monthly appointment has become something they genuinely look forward to.

It's an opportunity to step away from work, family responsibilities and the endless demands of everyday life.

For an hour or two, the focus shifts back to themselves.

Of course we love seeing the improvements in skin health.

But we also see something else.

Clients leave feeling lighter.

More relaxed.

More confident.

That's why we often say that looking after your skin isn't purely about appearance.
It's an act of self-care.

A regular reminder that you deserve the same care and attention you so often give to everyone else.

Healthy skin is simply one of the beautiful side effects.



**DISCOVER OUR
MEMBERSHIPS**

Exclusive Benefits



Explore Details →



"I've been going to Simply Elegant for as long as I can remember, they always provide exemplary consistent customer service, fantastic treatments/services and wonderful products.

Over the last few months, I've joined the membership program, and this was the best decision I've ever made! I developed rosacea and having monthly LED facials have provided amazing results and on top of that receive a discount on my Real Results Skin Care Products which I love!"

You simply can't go past Cherie and her team ❤️— Natalie Butler Google Review

“
Lift, tone and
restore –
without
surgery or
downtime.
”

The Non-Surgical Lift

Clients Are Loving

A NATURAL APPROACH TO FIRMER, YOUTHFUL-LOOKING SKIN

More and more clients are seeking results that look natural, not like they've had something 'done'. They simply want to feel like the best version of themselves, not someone else.

That's exactly why we love offering non-surgical lifting treatments at Simply Elegant.

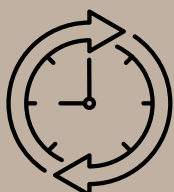
These treatments work with your skin, stimulating its natural processes to lift, tone and rejuvenate without surgery, without downtime and without compromising beautiful, natural results..

It's skin that looks refreshed, healthy and like you... just more rested and radiant.



NATURAL RESULTS

Enhances your natural beauty



NO DOWNTIME

Get on with your day straight away



SAFE & EFFECTIVE

Advanced technology, trusted results



LONG LASTING

Results that improve with every treatment

How It Works

Our non-surgical lifting treatments use advanced technology to stimulate the deeper layers of the skin and facial muscles.

This encourages collagen and elastin production, improves muscle tone and supports lymphatic drainage.

The result?



Lifted & firmer skin



Improved tone & definition



Enhanced radiance



Better circulation & skin health



From Cherie

One of the things I love most about these treatments is that they work with your own natural processes. We're not changing who you are - we're simply supporting your skin to function at its best, so you can feel confident and refreshed in your own skin.

What Can You Expect?

- ✓ A comfortable, relaxing treatment experience
- ✓ A subtle lift and improved muscle tone
- ✓ Gradual, natural-looking results
- ✓ No surgery, no needles, no downtime
- ✓ Improvement with a series of treatments

*It's not about changing your face ,
it's about bringing back what time has softened.*





Many women
tell us they
feel like their
skin changed
almost
overnight.

When Your Skin Suddenly Feels Different

*Understanding the changes that can occur during
perimenopause and menopause*

It's something we hear often in the salon.

"My skin just isn't the same anymore."

You might have noticed more dryness, less firmness, new sensitivities or changes in pigmentation. Maybe your usual skincare suddenly doesn't seem to work the way it used to.

If this sounds familiar, you're not alone. Many women tell us they feel like their skin changed almost overnight.

The good news is that understanding why these changes happen is the first step to supporting your skin with confidence.



Your skin isn't falling you.

It's *adapting* to a new stage of life.

Why Does It Happen?

Hormonal changes during perimenopause and menopause can influence many aspects of the skin.

Here are some of the most common changes women experience.



LESS HYDRATION

Skin often feels drier, tighter and may lack that natural plumpness.



CHANGES IN FIRMNESS

Collagen production naturally slows, which can affect skin firmness and elasticity.



INCREASED SENSITIVITY

Products you've used for years may suddenly feel different or cause irritation.



PIGMENTATION CHANGES

Existing pigmentation can become more noticeable, or new spots may appear.



From Cherie

One of the most common conversations I have with women in their forties and fifties is that they usually feel like their skincare isn't working anymore. More often than not, it's not the products. More than that, it's simply that their skin needs have changed.



www://



Supporting Your Skin Through Change

The right combination of professional treatments, advanced skincare and consistent self-care can help your skin look and feel best.

Our focus is on strengthening, nourishing and supporting your skin through every stage.



HYDRATE & NOURISH

Replenish moisture & support the skin barrier



SUPPORT COLLAGEN

Stimulate and protect collagen for firmer, more resilient skin



SOOTHE & PROTECT

Calm sensitivity and reduce inflammation.



PERSONALISED TREATMENTS

Target your specific skin concerns with medical-grade treatments.



CONSISTENT CARE

The right home care and regular appointments can all the difference.

What We Often Recommend



SKIN ANALYSIS

Advanced technology to understand your skin at a deeper level.



HYDRATION-FOCUSED TREATMENTS

Boost hydration and support the skin barrier



LED THERAPY

Supports cell health, reduces inflammation and promotes healing.



BARRIER-SUPPORTIVE SKINCARE

To strengthen and protect your skin.



PERSONALISED HOME CARE

Tailored to your skin's unique needs.

Menopause isn't the end of healthy skin.
It's simply the beginning of a *new chapter.*



Best Skincare Salon
GLOBAL WINNER
Best Beauty Salon
AUSTRALIA & OCEANIA
Luxury Skincare Clinic
AUSTRALIA & OCEANIA

