

Face the Future

MAGAZINE

ISSUE 3 | AUTUMN 2024

Autumn Makeup Shakeup

Goodbye autumn
neutrals, hello pinks!

an *Interview*
with **Sarah Chapman**

The facialist
behind the stars



Meet Our Cover Stars

REAL CUSTOMERS,
INSPIRING STORIES,
BEAUTIFUL SKIN.

[FACETHEFUTURE.CO.UK](https://www.facethefuture.co.uk)

BIOEFFECT

BIOEFFECT
EGF POWER EYE CREAM
CRÈME EGF YEUX INTENSE



EGF Power Eye Cream.



Scan Here
To Shop



Editor's Letter

As the days grow shorter and the nights draw longer, our hearts are turning toward the comforting embrace of autumn. Crisp leaves crunch beneath our feet, whilst cosy evenings at home, illuminated by the soft glow of our pumpkin spice scented candles, offer us sanctuary from the chill in the air.

Autumn is a season of transition: a time to switch up our routines, nourish our skin, nurture our souls, and embrace the changes around us. In this edition of our Face the Future magazine, we're bringing you the skincare and self-care treats (no tricks!) that will help you to glow from the inside out. We're also encouraging you to take a moment to slow down and indulge in those wellbeing practices that bring pockets of peace to your every day.

Before we leave you to enjoy your reading, we'd like to give a heartfelt thank you to our radiant cover stars. These beautiful women, our valued customers, have graciously shared their skincare stories with us, and it's an honour to have been a part of their journeys.

So, let's celebrate the arrival of autumn and appreciate the beauty that comes with transformation, a reminder to ourselves of our own potential for growth and empowerment.

Rachael Divers

Editor & Senior Content Executive
Face the Future

A handwritten signature in black ink that reads "Rachael". The signature is fluid and cursive, with a large loop at the end.

In This Issue

AUTUMN 2024

- 6 Men's Autumn Skincare Switch Up
- 8 Your Autumn Guide To SPF For Healthy Skin
- 10 Pre-Party Season Prep: The Products To Add To Your Routine Now
- 12 Holiday Season Skincare With BIOEFFECT
- 13 Cosy Autumn Beauty Essentials, As Loved By Team FTF
- 14 The Best Self Tanners To Faux An Autumn Glow
- 16 The Facialist Behind The Stars: An Exclusive Interview With Sarah Chapman
- 18 The Autumn Makeup Shakeup: Pretty In Pink
- 20 Dry Skin vs Dehydrated Skin: What's The Difference?

-
- 21 Meet Our Cover Stars!
 - 22 Book A Virtual Skincare Consultation With One Of Our Experts
 - 23 Let it Glow! Beauty Gifts For Sparkle Season
 - 24 Get To Know Thank You Farmer: Your New K-Beauty Obsession
 - 26 Strengthen Your Defenses: Our Autumn Supplement Guide
 - 27 Mask Up This Spooky Season! Beauty Tech For Next-Level Skin
 - 28 Get To Know Paul Mitchell: Cruelty Free Haircare
 - 30 Nurture Your Soul: 3 Wellbeing Wonders

Men's Autumn Skincare *Switch Up*

New season, new skincare! As the weather cools down, it's time to upgrade your skincare game. Opting for richer, more hydrating formulas will nourish your skin and keep it looking healthy and strong. Trust us, your skin will thank you.



Medik8 The CSA Kit Retinal Edition for Men, £130

This easy to follow four-step anti-ageing collection contains next generation retinal technology to help reduce the visible signs of ageing and promote more youthful-looking skin.





Murdock London Beard Oil, £21

Nourish your beard with this superior blend of 100% natural oils. Experience a smooth, glossy beard while your skin beneath stays soft.



VENN Skincare Synbiotic Polyamine Body Wash, £43

This low-pH body wash is enriched with VENN's proprietary combination of prebiotics, postbiotics, and probiotic ferments to support your skin barrier and nourish your skin.



Heliocare 360 Gel Oil-Free SPF 50, £31

Sunscreen is an all-seasons all-star, so protect your skin with this oil-free, dry touch sunscreen that's a firm favourite amongst the FTF team.



**Scan Here
To Shop**

Your Autumn Guide to SPF For Healthy Skin

Crisp, sunny days in autumn may be few and far between, but are you still applying sunscreen daily?

As the clouds roll in and October settles, it's easy to assume that UV rays are no longer a threat. However, skin-damaging UV radiation doesn't disappear with the cooler weather. Applying sunscreen daily is just as important in autumn as it is during the height of summer to keep your complexion protected. As Kimberley Medd, our Clinic & Customer Service Manager, emphasises, "SPF is the non-negotiable skincare step that everyone should incorporate into their routine, regardless of age, skin type, or skin colour."

So, how many of us are staying consistent with SPF in the cooler months? Our recent YouGov survey, conducted for this year's 366 Days of SPF campaign, revealed that only 22% of the UK apply SPF daily, while over half (55%) only wear sunscreen when it's sunny.

Here's why SPF should remain a staple in your skincare routine this season.

UV Rays Are Present Year-Round

While UVB rays, which are primarily responsible for sunburn, become less intense during cooler months, UVA rays remain potent throughout the year. These rays are just as damaging to your skin, contributing to premature ageing, wrinkles, and most importantly, skin cancer. Even on cloudy days, UVA rays can penetrate through clouds and windows, meaning your skin is constantly exposed to them.



UVA Rays Cause Long-Term Damage

UVB rays mainly affect the skin's outer layer, leading to sunburn. However, UVA rays penetrate more deeply into the skin and are a major cause of long-term skin damage. UVA exposure is strongly linked to the development of melanoma, the most dangerous form of skin cancer.

Protecting Your Skin in Autumn

The easiest way to safeguard your skin from UV damage year-round is by incorporating SPF into your morning routine and reapplying throughout the day. We recommend using a broad-spectrum sunscreen with at least SPF 30 to protect your skin and reduce your risk of sun damage and skin cancer. If your skin tends to get drier as the weather cools, consider switching to a moisturising sunscreen like Thank You Farmer Sun Project Water Sun Cream SPF 50+ or Avène Very High Protection Sun Cream SPF 50+ for dry, sensitive skin.



**Scan Here To
Learn More**



366 Days OF SPF



Shop And Support The *British Skin Foundation* In Essential Skin Research

FTF Tote Bag, £10



Strong, comfortable, and supporting an incredible cause, this bag is a must-have for carrying around skincare essentials on the go.

With all proceeds going to the British Skin Foundation, your purchase of our FTF Tote Bag will support the only UK charity that raises money to fund vital research into all types of skin diseases, including skin cancer.



Scan Here
To Shop



Pre-Party Season Prep: The Products To Add To Your Routine Now

As the holiday festivities approach, these beauty essentials will help you look and feel your best. Add them into your pamper routine now to enjoy a radiant glow come Christmas time!

For Luscious Lashes

Support and sustain the natural growth cycle of your eyelashes in as little as two weeks with **Olaplex LashBond Building Serum**, £64. This eye care specialist-tested serum contains a potent blend of peptides to help you achieve the most luscious lashes.

For Shiny Strands

Strengthen your strands and improve elasticity whilst reversing the damage caused by chemical treatments, mechanical styling, and heat styling with **K18 Leave-in Molecular Repair Hair Mask**, from £12, loved by professionals.

For A Glowing Complexion

Get ready to glow with **iS Clinical Retinol + Emulsion 0.3**, £115. This mildly resurfacing, highly active, and fast-acting formula works to reduce the appearance of fine lines and deep wrinkles whilst evening out your skin tone and texture.

For Super Soft Skin

Enjoy baby-soft skin with **frank body Rosehip Body Scrub + Cleanser**, £19. With its blend of rosehip oil, coffee seed extract, and lavender oil, this luxurious 2-in-1 scrub also helps to soften and fade the appearance of marks and scars.

For An Immunity Boost

Banish those winter sniffles with **Rejuvenated Immune Complex**, £24.95. Formulated with a blend of pre and probiotics, it supports your gut with healthy microorganisms to encourage the breakdown of harmful substances.





Scan Here
To Shop

Holiday Season Skincare With BIOEFFECT

Discover these coveted Christmas gift sets featuring BIOEFFECT's pioneering plant-based EGF formulas to pamper yourself or someone special. Harness the transformative power of natural ingredients and embrace a radiant, youthful complexion.

BIOEFFECT Firming Favorites, £169

EGF Serum, EGF Eye Serum, and an Imprinting Eye Mask come together to deliver an intensive anti-ageing regimen for firmer, more youthful looking skin.

BIOEFFECT EGF Power Performance, £249

Rediscover your youthful glow with EGF Power Serum and EGF Power Cream to target the specific needs of mature skin.

BIOEFFECT EGF Face and Hand Rejuvenation, £135

Working to stimulate skin cell renewal and collagen production, this face and hand care set contains EGF Serum and EGF Hand Serum.



Cosy Autumn Beauty Essentials, As Loved By Team FTF

As the season begins to change, our FTF team have been embracing those snugly nights at home to indulge in comforting pamper sessions with our must-have products for autumn.



“Taking a long soak with Elemis Skin Nourishing Milk Bath leaves my skin feeling super moisturised. Plus, it smells amazing, like a spa!”

Danni, Head of Brand Relations



“Environ Vitamin A, C & E Body Oil helps to keep my hands and body soft and hydrated through the colder weather.”

Julia, Director



“Now I’ve hit 40, I feel like I’m falling to pieces one body part at a time! I use Elemis Aching Muscle Super Soak when I need to relieve my aching joints and muscle pain.”

Mark, eCommerce & Operations Director



“Olverum Bath Oil smells gorgeous! It really helps to relax your muscles and clear blocked sinuses.”

Jade, Customer Service Advisor



“I always find it easier to fall asleep after using my OSKIA Moon Salts. They smell incredible and make your bath water milky which feels really hydrating.”

Jess, Head of Marketing Communications



“NEOM’s Complete Bliss Scented Candle creates a sense of calm and cosiness. The three wicks create more of a glow which is nicer as the nights get darker.”

Zalia, Brand Manager

The Best Self Tanners To Faux An Autumn Glow

If you're a fake tan fan, you'll know how much a gorgeous golden glow can boost your confidence. What's more, faking your tan instead of baking your tan ensures that your skin isn't subjected to those harmful UV rays.

Loving Tan Deluxe Bronzing Mousse Ultra Dark, £41.95

One for the tanning pros, this salon-inspired formula will give you a deep, dark, natural-looking tan with a flawless coverage.

Coco & Eve Sunny Honey Bali Bronzing Foam, £26

Packed full of Balinese ingredients and featuring innovative Cellushape technology, this mango and guava scented tanning foam works to target cellulite, dark spots, and dehydration.

Bondi Sands Technocolour Caramel 1 Hour Express Self Tanning Foam, £19.99

Using Dermachromatic™ Colour Technology, this innovative tanning foam has been expertly formulated with low-level tanning actives and electrolyte hydration. Perfect for deep skin tones wanting a warm, golden-toned glow.

Gatineau Golden Glow Gradual Tan, £55

Enjoy a sun-kissed colour that develops in four hours with this easy to apply and quick to absorb cream-gel formula.





Scan Here
To Shop

The Facialist *Behind The Stars*:

An Exclusive Interview With Sarah Chapman

A celebrated facialist, Sarah Chapman's skincare collection brings her professional expertise into your daily routine. With luxurious formulations and innovative ingredients, this iconic line promises to elevate your skin from the comfort of your own home.

How did your interest in skincare begin?

"From a young age I was experimenting with skincare: as a teen I melted waxes and oils to create treatments in my parent's kitchen. My first move into the industry was training as a makeup artist, my fascination with skincare evolved from this, recognising that great skin made the best canvas for makeup. With healthy, well moisturised, clear skin, less make up was needed to achieve flawless skin.

Beauty therapy, aromatherapy, and massage training gave me the ability

to take a 360° view of skincare and wellness. And I learnt the intricacies of product formulation while studying cosmetic science."

What sets your skincare philosophy apart from others?

"Having my own clinic gives me invaluable insights for developing products. Instead of looking at 'trends', we look at faces, using in-clinic experience to create the best technical devices and products for real skin."



You're known for pioneering treatments and skincare formulas. Can you tell us about your research and development process?

"The most important thing I strive to achieve is irrefutable efficacy. The final product must work – not only for the integrity of the brand, but because it will be used at a clinical level. My range is designed as an extension of my clinic's treatments, helping clients maintain results between appointments and elevating at-home skincare routines."

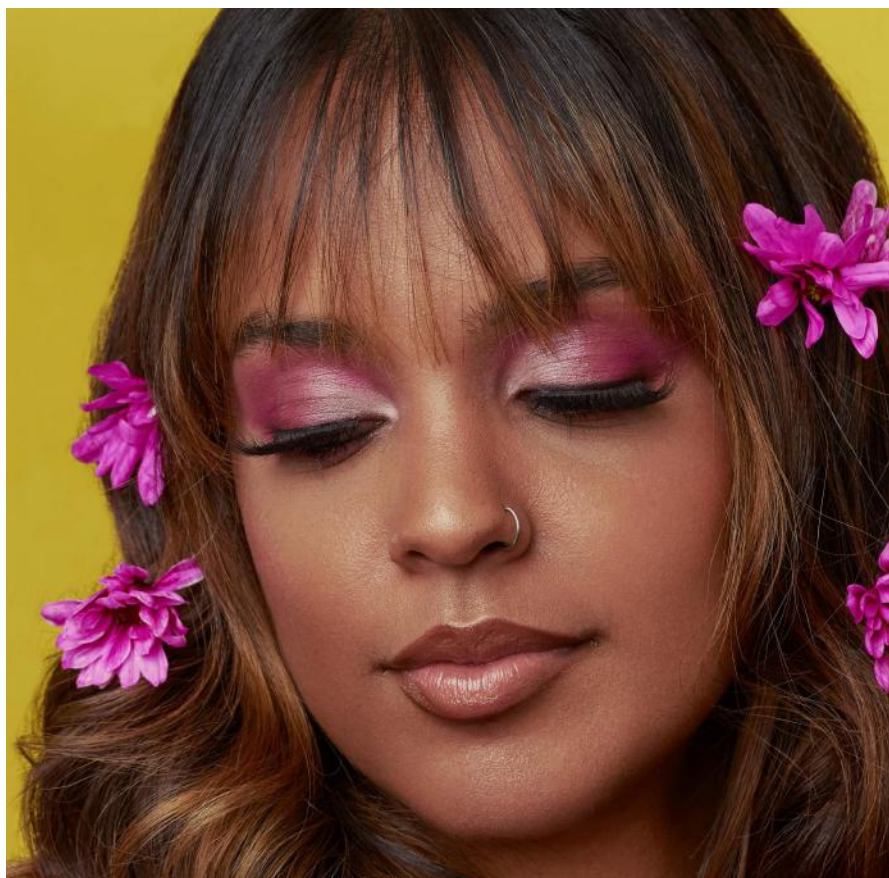


How can our customers improve their skin health?

"Consistency brings the best results. It's usually recommended to allow a month to detect change and results. Changing too much too frequently can lead to damage; skin needs to be given sufficient time to react to active ingredients. With overuse of products, the skin's acid mantle, is compromised. I regularly see clients who have always believed that they have sensitive skin, when the reality is they have overused exfoliators and damaged their skin barrier."



**Scan Here
To Read More**



The Autumn Makeup Shakeup: *Pretty In Pink*

Say goodbye to autumn's traditional neutrals, pink is the unexpected colour of the moment! This versatile hue can be anything from demure and mindful to bold and bright, making this cutesy shade perfect for any occasion or style. Meet our tickled pink picks for the prettiest looks this season.



Sigma Beauty Rosy Eyeshadow Palette, £30

Featuring a mix of nine matte, shimmer, metallic, and duochrome shades in pink and jewel tones, effortlessly create romantic looks that will take you from day to night.



Perricone MD No Makeup Blush Balm, £33

Want to give your cheeks a naturally rosy glow? This buildable blush balm adds a youthful, healthy flush that'll make you feel radiant.



et al. Cheek & Eye Refill In Dahlia, £24

Want to simplify your makeup routine without sacrificing colour? This stunning rose pink powder doubles as blush and eyeshadow that's both pretty and practical.

Jane Iredale Triple Luxe Long Lasting Naturally Moist Lipstick In Natalie, £29.60

Treat your lips to the ultimate luxury. This moisturising formula is a triple threat of colour, comfort, and long-lasting wear, all in a gorgeous pink shade.



Scan Here
To Shop

Dry Skin vs Dehydrated Skin: What's The Difference?

Dry skin is a skin type – that means it's like your own personal skin fingerprint. With dry skin, genetics can also play a role. So, if your parents had dry skin, the chances are that you might have it, too.

Dry skin happens when your skin doesn't produce enough sebum, a natural oil that acts like a built-in moisturiser. Without enough sebum, your skin struggles to retain moisture, leaving it feeling tight, itchy, and prone to flaking. Aside from genetics, external aggressors, like harsh weather, taking hot showers, and even certain medications can exacerbate your dry skin, making it feel worse.

Dehydrated skin is a skin condition that anyone can experience - regardless of their skin type. When your skin becomes dehydrated it loses too much water which in turn leaves your skin appearing rough, dull, and less plump – which also causes fine lines to develop.

There are a few factors that affect skin hydration, these range from environmental factors like dry air, and

excessive caffeine or alcohol intake. So, if you wake up the morning after a big night out with a few too many cocktails and notice that your skin is looking dull and lifeless, dehydration is a main contributor.

Discover the key to balanced skin and shop our moisturising must-haves over on our blog.



**Scan Here
To Read More**

Meet Our Cover Stars!



Introducing Helen, Chris, and Victoria – our fabulous Autumn edition cover stars!

**Scan Here
To Read More**

We had the pleasure of hosting these amazing women for a fun-filled day at FTF HQ. From discussing why ageing is a privilege to learning to love and respect our skin even through our struggles, our team were blown away by the inspiring skincare and life stories from these powerful women.

Kicking off the day with a tour of our offices and warehouse, our lovely ladies had a sneak peek behind the scenes! Next up, it was time for a relaxing mini facial

by one of our skin practitioners, followed by a glam makeover by our makeup artists. After a fabulous pamper, our dreamy trio hit the studio for their stunning cover shoot with our videographer and content team.

It was an amazing day filled with laughter, beauty, and empowerment.

Want to know more about their stories and the must-have makeup products we used? Scan the QR code below to read our blog post!



Book A *Virtual Skincare Consultation* With One Of Our Experts

Want to curate a skincare routine that works for you? Not sure which skincare ingredients and products you should be using? Our virtual advice service gives you the opportunity to book a consultation with one of our experts so you can start to see real results and achieve your skin goals.

Step 1

The consultation requires a £25 booking fee which is then redeemable against your recommended products. After booking your 15-minute slot, you will receive a Teams link to use on the day of your virtual consultation. The consultation will include a thorough analysis of your skin and discussion about your skin concerns.



Step 2

After your consultation, you will receive a full list of your bespoke product recommendations as well as a **£25 voucher** to redeem on your next order at Face the Future.

The Skin Consultation Team

The team at Face the Future who will take care of you during the consultation are all highly experienced in supporting our community's skin journeys. Boasting years of experience in the industry, our expert team have the skills and knowledge to give you advice for life.



**Scan Here
To Discover
More**

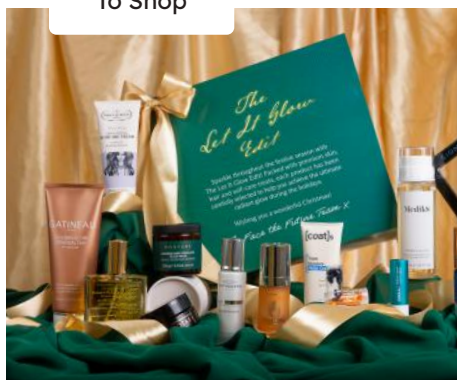


Let it Glow!

Beauty Gifts For Sparkle Season



Scan Here
To Shop



**Face The Future Let It Glow
Edit, £99.99**

'Tis the season to sparkle! Our Christmas Shop is filled with beauty treasures that will delight any skincare enthusiast.

Prepare to indulge in the magic of Christmas with our curated collection of gorgeous gifts; from cosy stocking stuffers to luxurious sets, we have something in store for everyone.

With the perfect blend of skin, body, and haircare products, along with treats to take care of your wellbeing, it's time to pamper your loved ones (and yourself) with a touch of luxury and relaxation.



**Elemis The Relaxing Body
Collection, £130**



**Gatineau 12 Days Of
Christmas Advent
Calendar, £95**

Get To Know Thank You Farmer: Your New K-Beauty Obsession

With their botanical-powered skincare and sun protection products, Thank You Farmer's K-Beauty collection is designed to nourish and protect your skin. Enjoy the embrace of the low autumnal sun with SPF infused with pure, natural ingredients, that work to strengthen your skin's barrier and shield it from the elements.

Enjoy powerful broad-spectrum, UV protection without the greasy residue, and welcome the season with healthy, glowing skin!



Water Sun Cream SPF50+ PA+++

Dry or dehydrated skin will love this bestselling formula.



Skin Relief Sun Cream SPF50+ PA+++

Sensitive or blemish-prone skin? This will be your new fave.



Shimmer Sun Essence SPF30 PA++

Protect, prime, and glow (not glitter!) with this 3-in-1 SPF.



*Find Your
Thank You Farmer
Match*

Silky Calming Sun Stick SPF50+ PA++++

Perfect for on-the-go, this sun stick is great on its own or over makeup.



Light Sun Essence SPF50+ PA+++

Refresh oily or combination skin with this light formula.



Safe Sun Mineral SPF50+ PA++++

Cool your skin temperature with lightweight, mineral protection.



**Scan Here
To Shop**



Strengthen Your Defenses: Our Autumn Supplement Guide

Fortify your body's resilience with our autumn supplement must-haves! Discover our top picks to bolster your immune system, maintain optimal skin health, and stay vibrant and energised as the leaves change.

Protect against premature ageing, improve uneven tone, and shield your complexion from seasonal stressors with **Advanced Nutrition Programme Skin Vit C, £32**.



Boost your immunity with **Rejuvenated Immune Complex, £24.95**. This innovative prebiotic and probiotic blend enhances your gut health and breaks down harmful substances.



Treat your tresses with **CENTRED Tender Love and Hair Supplement, £25**. This science-backed supplement tackles thinning hair at its root and promotes growth.

Enjoy an on-the-go boost of hydrolysed collagen peptides with **Vida Glow Collagen Liquid Advance, £39** that helps you achieve firmer, radiant skin.

Mask Up This Spooky Season!

Beauty Tech For Next-Level Skin

This Halloween, we're shopping for a different type of mask! These innovative skincare devices harness cutting-edge technologies to soothe a range of skin concerns, working to transform your skin while you catch up on your latest TV series, cook dinner, or read a book cosied up in bed.

MZ SKIN LED 2.0 LightMAX Supercharged LED Mask, £750

Utilising dual light therapy to transform your skin, this supercharged mask delivers LED wavelengths akin to professional in-clinic machines, providing the optimal amount of light to soothe acne, reduce fine lines, calm redness, and improve skin tone and texture.

Firming, rejuvenating, plumping, and brightening your skin after just 12 weeks, this portable mask drenches your skin in light, revealing a radiant complexion.

Deesse PRO LED Mask £1,440

A leader in the market, this multi-tasking LED mask delivers four different wavelengths for optimal treatment.

Featuring the highest strength LED output and the most LED lights in a mask format, this iconic mask offers six treatment options to combat ageing, dull, pigmented, problematic, and post-procedure skin.

BEAUTYPRO PHOTON LED Light Therapy Mask, £195

Using 432 LEDs and five light therapy colours, this lightweight and easy to use mask boosts collagen production and encourages cell renewal, brightening and smoothing your skin.

Non-invasive and chemical-free, this mask targets the cells deep under your skin, using specific wavelengths to improve the health and condition of your skin.



Scan Here
To Shop



Get To Know *Paul Mitchell:* Cruelty Free Haircare

With the changing seasons and the cool, dry air pushing the balmy days of summer away, it's not uncommon to see a shift in your hair's condition. In fact, now is the perfect time to reassess your needs and refresh your haircare routine. But with so many haircare options on the market, how do you choose products that deliver both stunning results and align with your values? Look no further than Paul Mitchell® – a cruelty free haircare brand synonymous with luxury, innovation, and a deep commitment to sustainability.

Groundbreaking Beauty

In 1980, hairstylist Paul Mitchell and businessman John Paul DeJoria joined forces to create a groundbreaking beauty company. With a shared vision, unwavering passion, and just \$700, they founded Paul Mitchell® - the now number one professional hair styling brand in the world.

Global Leaders In Professional Haircare

Committed to quality, cruelty-free practices, and positive impact, Paul Mitchell® has grown into a global leader in professional haircare. For over 40 years, they have been building a legacy of excellence and innovation.

Luxury Haircare For Every Hair Type

Paul Mitchell® offers a wide range of haircare products, from everyday essentials to specialised treatments for blonde, damaged, delicate, stressed, and dehydrated hair. Explore our collection of shampoos, conditioners, and styling products to find the perfect products to help you reach your hair goals.



Scan Here
To Read
More





The #1
Professional
HAIR STYLING
Brand in the
WORLD*

*Klincs Salon Hair Care Global Series

Nurture Your Soul: 3 Wellbeing Wonders



Taking the time to nurture your wellbeing provides much-needed respite from the stresses and strains of everyday life. Make the most of the start of cosy season with these mood-boosting wellbeing wonders that will nurture your body from the inside out.

Experience the calming effects of aromatherapy with NEOM and ESPA, and nourish your nervous system with Ancient + Brave for a peaceful night's sleep.

Sink into relaxation and add these wellbeing must-haves to your pamper routine, it's time for you...

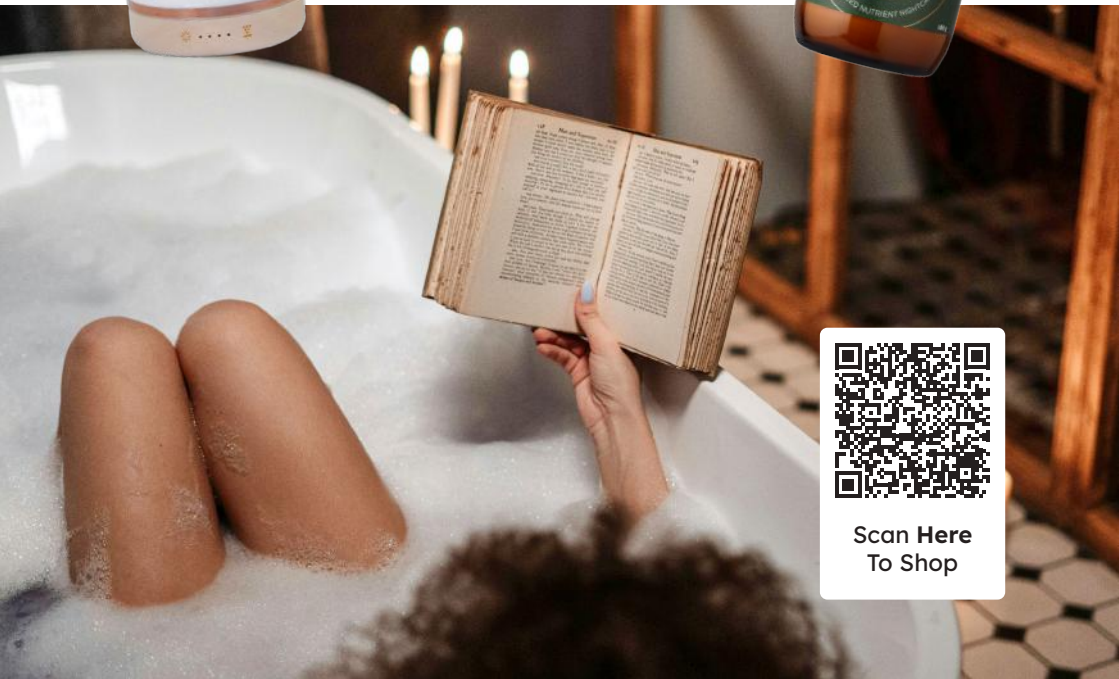
**NEOM Wellbeing
Pod, £95**



**ESPA Winter Spice
Classic Candle, £45**



**Ancient + Brave
True Nightcap, £32**



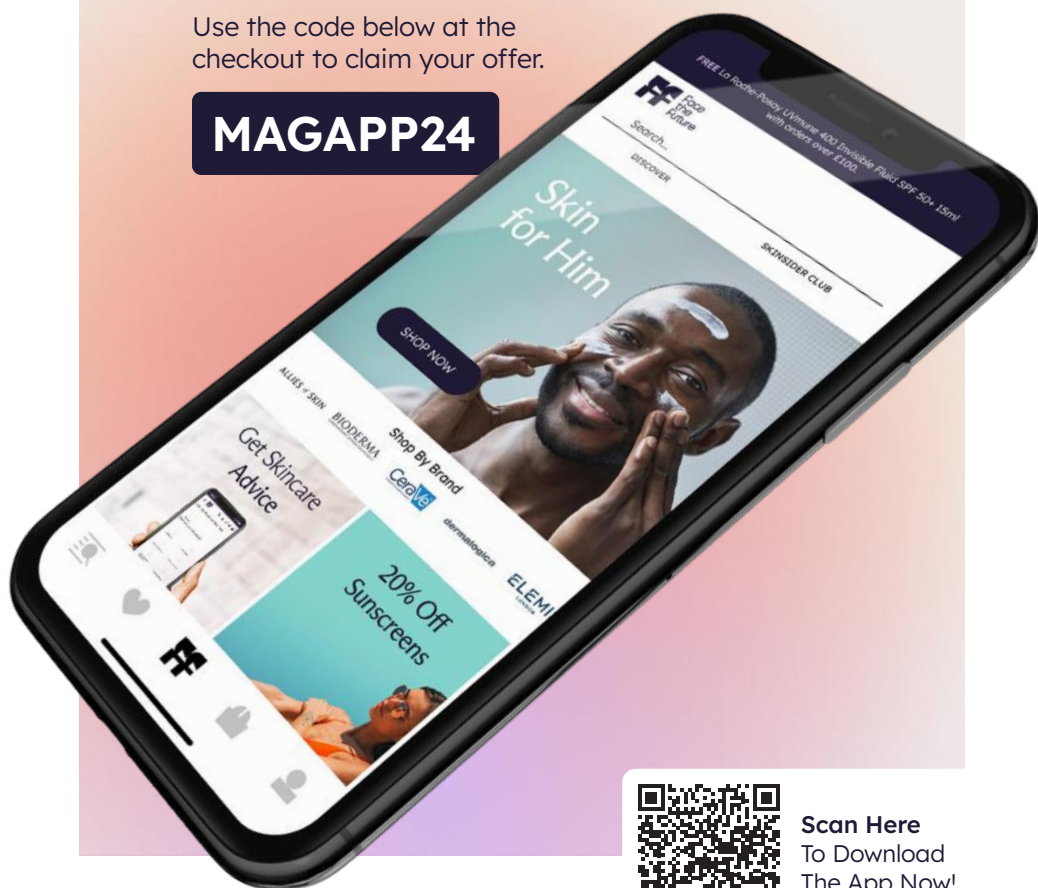
Scan Here
To Shop

Join Our 'Appy' Family And Save 20%!

Download our app and shop and save on your skincare and self-care favourites. Plus, enjoy the latest FTF news and exclusive app-only discounts right at your fingertips! See you there!

Use the code below at the checkout to claim your offer.

MAGAPP24



Scan Here
To Download
The App Now!



Changing *lives* through nutrition

Totally Derma® is an evidence-based, pro-ageing nutraceutical collagen supplement for complete collagen production, maintenance and repair from within, for an integrated, long-term health approach to skin and body regeneration.



Replenish



Repair



Rejuvenate

Skin ○

Gut ○

Hair ○

○ Joints

○ Menopause

○ Nails



Totally Derma®
Experts in Holistic Age Management



Sugar Free



Clinically Proven



FACETHEFUTURE.CO.UK