

Face the Future

MAGAZINE

ISSUE 4 | SPRING 2025

Niacinamide

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for Healthy Skin*

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Clean

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BEYOND
TIME

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Editor's Letter

Welcome to the Spring 2025 issue of Face the Future magazine! As we step into a new season of renewal, we're excited to share stories that inspire, empower, and encourage you to take a moment for yourself amidst life's busy pace.

This issue marks the launch of our new campaign, Beauty Beyond Time. In an age where youthfulness is often prioritised, we're challenging that narrative. Through this campaign, we're helping our community embrace the beauty of ageing and feel confident in every stage of life. It's a celebration of wisdom, confidence, and the unique glow that comes with experience.

We're also bringing back our beloved 365 Days of SPF campaign, because protecting your skin should be a daily ritual. With the help of new survey results from YouGov, we're unveiling some surprising findings that highlight just how crucial sunscreen is in our daily skincare routines.

Thank you for being part of this journey with us. Take a moment, flip through the pages, and remember to prioritise your wellbeing, today and every day.

Jessica Oram
Editor,
Face the Future

Jessica



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365 DAYS
of SPF

ff Face
the
Future

Face the Future's 365 Days of SPF campaign aims to educate everybody on the importance of daily sun protection to prevent skin cancer and premature ageing. The campaign is based on a new survey report shedding light on the UK's attitudes toward sun safety, from daily skincare routines to SPF purchasing habits. The survey, conducted by YouGov in January 2025 with 2,081 participants, aims to encourage year-round SPF use and reduce skin cancer prevalence.



Why the 365 Days of SPF Campaign Matters

Julia, Director of Face the Future, shares that previous surveys revealed alarming facts: 40% of the UK population buys SPF only for holidays, 48% aren't familiar with skin cancer symptoms, and shockingly, just 22% apply SPF daily. These troubling results have fueled Face the Future's commitment to raising awareness about sun protection year-round.

Julia emphasises, "SPF is the most important step in any skincare routine," underscoring the campaign's goal to educate the public on the risks of sun damage and the preventative power of sunscreen. In April 2025, Face the Future will bring back its Burn the VAT initiative, offering 20% off SPF products from top brands like Heliocare, UltraSun, Hello Sunday, and more, in a bid to make sun protection more accessible.

Key Findings from the 2025 SPF Survey

Here are some of the most striking insights from the 2025 survey, which will shape the 365 Days of SPF campaign.

Moisturiser vs. SPF in Skincare Routines

The survey found that 32% of people prioritise moisturiser over SPF (23%) in their skincare routine. While moisturisers are essential for hydration, they don't protect against UV damage. Face the Future recommends pairing a daily moisturiser with SPF to ensure skin stays both nourished and protected. For convenience, you can opt for moisturisers with built-in SPF protection.

45% of the UK Don't Apply SPF Daily

Nearly half of the UK population doesn't use SPF daily, increasing the risk of skin cancer and premature ageing. Face the Future aims to change this statistic by promoting daily sunscreen use. A simple solution is choosing skincare products, like moisturisers, that include SPF, making sun protection a seamless part of one's routine.

SPF in Makeup and Skincare

The survey shows that many people are more likely to use SPF if it's incorporated into makeup or skincare. Offering multifunctional products can simplify your skincare routine while ensuring skin is protected year-round. Kimberley, Head of Clinic at Face the Future, advises choosing products with at least SPF30 for adequate broad-spectrum protection.

SPF Becomes More Important with Age

Nearly 42% of respondents said their view of SPF has grown more important as they've gotten older. As skin ages, it becomes more vulnerable to UV damage. Kimberley highlights that sunscreen not only protects against skin cancer but also helps prevent wrinkles, age spots, and other signs of ageing. It's crucial to start SPF education early, so younger generations understand its importance from a young age.

Influencers Aren't the Key to SPF Education

Only 2% of survey participants felt influencer recommendations encouraged them to wear SPF daily. This indicates a gap in effective communication about the importance of sunscreen.



70% Support Removing VAT from SPF Products

A significant 70% of respondents believe VAT should be removed from SPF products, citing the need for more affordable sun protection. Face the Future will once again cut the VAT on all SPF items from April 2025, ensuring sunscreen is accessible to a wider audience. Julia emphasises, “Everyone has the right to sun safety and skin health education,” and the campaign aims to make SPF more affordable for all.

Our 365 Days of SPF campaign is dedicated to improving sun protection habits in the UK. With eye-opening survey results, the campaign aims to encourage daily sunscreen use to prevent skin cancer and premature ageing. By educating the public, offering affordable products, and partnering with trusted skincare brands, we hope to make sun protection a daily priority for everyone.

Who's taking on the 365 Days of SPF challenge with us?



**Heliocare 360
Gel Oil-Free SPF50,
£27.99**

**La Roche-Posay
Anthelios UVMune
400 Invisible Fluid
SPF 50+, £20**



**Scan Here To
Learn More**

Inside the World of Q+A

In this exclusive interview, Freddy Furber, the founder of Q+A, shares the journey behind the skincare brand, the process of launching new products, and what sets Q+A apart in the beauty industry. Freddy also reflects on his entrepreneurial path and what's next for the brand.

What led to the launch of Q+A?

After years spent pursuing music, I shifted gears due to exhaustion and bad timing. I always wanted to start my own business, so I began trading products online. Fast forward 10 years, and Ellipsis Brands, the company behind Q+A, is thriving. Before Q+A, we launched Percy Nobleman, a men's grooming brand. My passion lies in brand development, especially the scientific side of product creation.

How do you make skincare more understandable for customers?

We break down specific skincare ingredients like Hyaluronic Acid and create simple routines. I recommend a basic skincare routine: cleanse, target, hydrate, and protect. We also provide checklists to help guide customers based on their skin type and concerns. Consistency is key to seeing results.



What's the process behind launching a new product?

Our vertically integrated business model allows creative freedom. It starts with an idea and discussions with our team. After sourcing raw materials and testing samples, we go through over 80 steps to finalise a product. We focus on finding innovative ingredients with our partners.

What's been the biggest challenge as an entrepreneur?

Maintaining energy and enthusiasm when things aren't going well. It's tough finding time for deep reflection, but I make sure to keep time for study and reflection in my diary.

What sets Q+A apart from other beauty brands?

We deliver high-quality products quickly and affordably, and we focus on natural materials and unique formulations like our Grapefruit Cleansing Balm, which is challenging to produce but melts makeup effortlessly.

How much has social media influenced Q+A's success?

Social media has played a huge role in our building an engaged community. Our marketing and sales teams work hard to stay true to Q+A's values, which has driven our success.

What's next for the brand?

We're focusing on innovation, launching new brands, and expanding Q+A's range. We continue to reinvest in manufacturing and team development.

What does self-care mean to you?

Self-care is about balancing work and personal time, preparing for the day, and reflecting. It's spending time with family and making space for personal well-being.



Scan To
Shop Q+A

The Power Of Niacinamide

Niacinamide, or Vitamin B3, is quite literally a skincare superstar. It's amazing at evening out your skin tone, so if you're dealing with redness or uneven patches, this is your go-to. It also keeps oil in check, making it a hero for those with oily or acne-prone skin. On top of that, niacinamide helps smooth out fine lines and dark spots, giving your skin a fresh, radiant look. It's super gentle too, so it works wonders for sensitive skin without causing irritation. It's one ingredient that really does it all for a healthier, more balanced complexion!



Scan To Shop
Niacinamide

**SkinCeuticals Discoloration
Defense Serum, £110**

**Melumé Skinscience Waterfree
Niacinamide Serum, £89**

**Beauty of Joseon
Glow Serum, £12.49**

**Vichy Liftactiv B3 5% Niacinamide
& AHA Complex Serum, £42.50**

Loved By You

Uncover the skincare saviours and haircare heroes that have recently earned top reviews from you, our valued customers.



Medik8 Advanced Night Restore

"This is my second or third purchase of this cream. This time I bought for my daughter. It's amazing, put it on at night and in the morning your skin will feel beautifully soft and hydrated."

- Suzi Y, FTF Customer



mesoestetic Mesoprotech Melan 130 Pigment Control

"Very good and no residue - I use every day even in winter and no pigmentation."

- Heather B, FTF Customer



SkinCeuticals C E Ferulic

"C E Ferulic has honestly made the most difference in my skin of all the products I've tried. There's a glow, even skin texture and visible firmness after a few days. Highly recommend."

- Alexandra A, FTF Customer



iS Clinical Cleansing Complex

"A great second cleanser at the end of the day. Removes last traces of make up without stripping the skin. I'm never without a back up bottle in my cupboard."

- Tracey M, FTF Customer

Face the Future with Confidence

Introducing our new campaign, Beauty Beyond Time. We believe in embracing age with confidence and celebrating the beauty found in every chapter of life. Each generation brings something unique to the table, and we're passionate about learning from one another. It's about owning who you are at every stage, never feeling out of place. We're here to honour what makes each generation beautiful and inspiring, empowering you to feel your best through skincare and self-care, so you can shine as the most authentic version of yourself.

BEAUTY
BEYOND
TIME



Our Beauty Beyond Time Brands

Explore our curated selection of active ageing skincare brands and Beauty Beyond Time partners, specially designed to support and protect your skin's health, and discover expertly formulated products that go beyond the basics, addressing your skin's evolving needs while helping you achieve a radiant, youthful glow.

Augustinus Bader

Founded by professor Augustinus Bader, this brand is renowned for its active ageing benefits due to its TFC8® technology, which enhances skin regeneration and collagen production. This blend of amino acids, vitamins, and natural molecules promotes hydration, strengthens the skin barrier, and reduces wrinkles. With antioxidant properties, it protects the skin from environmental damage. Clinically proven to improve skin texture, tone, and firmness, the formulas leave the skin smoother, more youthful, and radiant.



Medik8

Medik8 is great for active ageing due to its focus on targeted, science-driven formulations that address skin ageing at the cellular level. The brand combines potent ingredients like retinoids, peptides, and antioxidants to boost collagen production, reduce fine lines, and improve skin elasticity. Medik8's products promote skin renewal, hydration, and protection from environmental damage. With gentle yet effective formulations, it's ideal for those looking for active, results-driven solutions.

La Roche-Posay

This French brand offer dermatologist-approved products that address skin ageing with gentle yet effective ingredients like retinol, peptides, and antioxidants. These work to reduce fine lines, wrinkles, and improve skin elasticity. The brand's signature thermal spring water helps soothe and repair the skin, while strengthening the skin barrier. La Roche-Posay focuses on hydration, protection from environmental stress, and maintaining skin resilience.



Sarah Chapman

Sarah Chapman is known for its luxury skincare, focusing on advanced, scientifically backed solutions. Her products combine powerful ingredients like peptides, antioxidants, and retinoids to boost collagen production, reduce fine lines, and improve skin texture. The brand emphasises skin rejuvenation, hydration, and protection from environmental damage. With a focus on high-performance formulations, Sarah Chapman's products target the signs of ageing, promoting smoother, firmer, and more youthful skin.



Environ

Environ is renowned for its focus on active ageing, using high-potency ingredients like vitamin A (retinol), peptides, and antioxidants. These formulations stimulate collagen production, improve skin texture, and reduce fine lines and wrinkles. Environ's products are designed to deeply nourish and protect the skin, promoting long-term skin health. By enhancing hydration and protecting against environmental stress, Environ helps restore firmness, smoothness, and radiance.



Advanced Nutrition Programme

Advanced Nutrition Programme offers supplements that support skin health from within. Their products are rich in vitamins, antioxidants, and essential fatty acids, which promote collagen production, reduce inflammation, and protect against oxidative stress. By targeting skin hydration, elasticity, and regeneration, these supplements help combat signs of ageing. The brand's approach enhances overall skin health, supporting a youthful appearance and providing long-term benefits for those focused on active ageing and radiance.



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Discover More



Discover the *Power of Environ*

Introducing The Environ Retinol Serum & Serum Forte for Healthier, Resilient Skin

When it comes to maintaining youthful, radiant skin, few ingredients hold the same reputation as retinol. Known for its remarkable ability to rejuvenate the skin, retinol is a staple in many skincare routines. Environ, a brand celebrated for its cutting-edge formulas backed by science, has taken retinol to the next level with its Retinol Serum and Retinol Serum Forte, two products designed to promote a healthier, more resilient complexion.

Environ Retinol Serum *A Step Toward Radiant Skin*

Environ's Retinol Serum is a versatile product that delivers all the benefits of retinol in a more balanced, manageable way for those who are new to the ingredient or have sensitive skin. It helps to stimulate collagen production, encourage cell turnover, and improve the overall texture of the skin. Over time, the serum helps to smooth fine lines and wrinkles, leaving skin feeling more youthful and revitalised. It promotes the appearance of overall healthier-looking, resilient skin as well as improves the appearance and texture of photo-aged skin, resistant blemish-prone skin, and uneven skin tone. The result? A skin surface that looks and feels smoother, with a noticeable reduction in the visibility of age spots and blemishes.

Environ Retinol Serum Forte *Strength for Advanced Skin Concerns*

For those looking for a more potent retinol experience, the Retinol Serum Forte offers a higher concentration of retinol, delivering more intense results. This serum is ideal for individuals who are already familiar with retinol or have previously used



£53

£61



the original Environ Retinol Serum but are ready to take their skincare routine to the next level. The Forte version boosts collagen stimulation and enhances the skin's natural repair process.

Those with concerns like stubborn pigmentation, advanced signs of ageing, or acne scars will find that the Retinol Serum Forte provides targeted treatment for tough skin issues. Its higher retinol concentration helps to accelerate cell turnover, making the skin appear brighter, more even, and visibly firmer.

Why Choose Environ?

What sets Environ apart from other skincare brands is their commitment to delivering results through scientifically formulated, high-quality ingredients. Both the Retinol Serum and Retinol Serum Forte are designed to work synergistically with the skin's natural processes, ensuring not just surface-level changes but long-term benefits. Environ products are formulated to give the skin the exact nutrients it needs to thrive, resulting in glowing, healthy skin.

Whether you choose the Retinol Serum for a more gentle approach or opt for the Retinol Serum Forte for advanced skin needs, Environ's commitment to innovation ensures that your skin's health and beauty are always in good hands.



Scan To Shop
Environ



The Bodycare Revolution

As we transition into spring, bodycare is taking centre stage in beauty routines, and rightly so. With the promise of warmer days ahead, it's time to shed the dryness of winter and give our skin the love it craves. From hydrating lotions to exfoliating scrubs, a little attention to our bodycare regimen can leave skin feeling soft, smooth, and radiant. Spring is the perfect opportunity to embrace fresh, glowing skin, and the right bodycare products can help nourish and rejuvenate, ensuring we step into the new season feeling confident and ready to enjoy the brighter months.

Our Top Bodycare Picks

**NEOM Real Luxury
De-Stress Body
Scrub, £39**



**ESPA Bergamot &
Jasmine Body Lotion,
£21**



**Elemis Frangipani
Monoi Body Oil, £45**



**Caudalie Vinosculpt
Lift & Firm Body
Cream, £29**



**Scan To Shop
Bodycare**



1.



2.



3.



4.

Our Top 5 Facial Mists



Scan To Shop
Facial Mists



5.

1. Augustinus Bader The Face Mist, £76 2. Omorovicza Queen of Hungary Mist, £65
3. La Roche-Posay Serozinc Spray, £11.50 4. Caudalie Beauty Elixir, £36.00
5. OSKIA Citylife Facial Mist, £46.00

Skincare and Beyond



The new beauty podcast that goes deeper than skin deep.

Hosted by the Face the Future team, Skincare and Beyond is a podcast dedicated to providing listeners with in-depth education and expert advice on skincare... and beyond! We're here to simplify skincare, demystifying those complex topics to make skincare fun and easy to understand whether you're just starting out or are a skincare enthusiast. We'll also cover other themes that go beyond skincare, from hair to supplements and everything in between.



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Listen and Watch

Post-Winter Skin Redness: What You Need to Know

After the winter season, many people notice redness or irritation on their skin. During winter, the skin is exposed to a variety of factors that can leave it feeling dry, inflamed, and sensitive, making it more prone to redness. Here are the main culprits...

The Cold

Cold, dry air strips the skin of its natural moisture. As the humidity levels drop, the skin's protective barrier weakens, leading to dryness and irritation. This can make the skin more sensitive, causing redness, flakiness, and rough patches. Prolonged exposure to cold air can also lead to vasodilation - the widening of blood vessels - which results in redness.

Indoor Heating

Indoor heating systems used during winter also contribute to skin issues. These systems can further dehydrate the skin by removing moisture from the air, exacerbating dryness and irritation. Additionally, frequent hot showers to combat the cold can strip away essential oils from the skin, leaving it more vulnerable to redness.

The Wind

Wind exposure during winter can be another major cause of redness. When the skin is exposed to strong winds, it can cause tiny blood vessels near the surface of the skin to break, leading to irritation and redness, especially on the face.

Our Advice

To reduce post-winter redness, it's important to moisturise regularly, use a gentle cleanser, and apply your SPF. Keeping a consistent skincare routine helps restore the skin's barrier and minimise irritation.

Your Skincare Essentials For Soothing Redness



**Uriage Roséliane
Anti-Redness Cream,
£17.50**



**Avene Antirougeurs
Calm Mask for Skin
Prone to Redness,
£20**



**Scan Here
To Shop**



**Jan Marini
RosaLieve
Redness
Reducing
Complex, £90**

HEY, Valerie!

Speaking with Becks, Valerie's perimenopause expert who is a nurse specialising in female health, and Wizz, co-founder of Valerie, we found out more about the innovative perimenopause brand, discovering why Valerie supplements are important and why the supplement is seeing fast results.

Why do you think there's so little help available for perimenopausal women?

Becks: Symptoms can start as early as your 40s and can last for 8-10 years, but here's the kicker: some women hit early menopause before 40, and the signs are often brushed off or misdiagnosed. I've seen too many women under 45 who end up in a frustrating cycle of GP visits because their symptoms are misunderstood or dismissed.

Have you noticed a shift in openness surrounding perimenopause?

Wizz: Yes, once women start to understand what's happening to them, many are embracing finding ways to support themselves. We've seen such a positive reaction from our campaign, the "Peri-paradox" sharing the differing symptoms women can feel all at the same time, such as



Valerie
Daily Essential
Supplement
Drink, £54

“Why do I love my partner one minute and then can’t stand the sound of their breathing the next?” and “Wanting to go out, out and then by 9pm ready to get into their PJ’s.”

Every single woman will experience perimenopause differently, from the type of symptoms to the severity - and there are a lot of them!

Are women becoming more switched on about their perimenopause symptoms? Recognising the symptoms of perimenopause earlier?

Becks: Menopause might get all the spotlight, but perimenopause starts sneaking up when hormones start their little rollercoaster ride in your late 30s or early 40s. The early signs? Think random 3 am wake-ups, anxiety that seems to pop out of nowhere, mood swings, irritability, and bloating—period changes aren’t always the first sign (shocker, right?). That’s why we say, “Don’t whisper for relief—shout for change!” The more we talk about this, the more women can understand what’s going on and how to deal with it.



Wizz Selvey,
Co-founder



Becks Heath
Perimenopause
Expert

What are some of the key symptoms your consumers have reported that Valerie has eased?

Wizz: The main benefits we have heard in our community are increased energy, reduced irritability, better sleep and more clarity and focus. Some women have reported increased libido and no longer having itchy, crawly skin, some of the lesser-known symptoms.

The speed at which women are seeing results is incredible, 1 in 2 feel a difference in one week. This is why we created a liposomal formulation because it ensures the nutrients are protected and get into your bloodstream, it has superior bioavailability compared to pills and powders.



**Scan
To Shop
Valerie**

It's Our 17th Birthday!

Did you know we began as an advanced skin clinic? From the very start, our mission has been to guide and support our community in achieving healthier, more radiant skin. 17 years ago, our expert clinicians were already recommending skincare products and offering personalised routines to help clients improve their skin health. We then took it a step further by creating an online destination where our customers could easily purchase the products we trusted.

Now, in 2025, we're bigger and better than ever, yet our core values remain unchanged. Our clinic doors in Yorkshire are still open, and our commitment to providing expert advice for life continues, ensuring our community can achieve their best skin.

Thank you for your loyalty and for choosing to shop with us.
Here's to another 17 years of Face the Future!



Spring Clean Your Skincare



As the weather warms up in spring, it's the perfect time to switch to a lightweight skincare routine. During this season, opt for hydrating but non-greasy products like gel-based moisturisers and serums. These provide moisture without feeling heavy on the skin. SPF becomes even more important, so choose a broad-

spectrum sunscreen with a light, non-comedogenic formula. Switch to a gentle cleanser to remove impurities without stripping your skin's natural barrier. Light, breathable products allow your skin to stay fresh and protected, making it easier to enjoy the season while maintaining a healthy, glowing complexion.

Your Spring Switch-Ups



Dermalogica
Biolumin-C Brightening
Gel Moisturiser, £65



Heliocare 360 Gel
Oil-Free SPF50,
£27.99



Vichy Minéral 89
Hyaluronic Acid
Hydrating Serum,
from £28

SkinCeuticals Gentle
Cleanser, £45



Revolutionise Your Skincare Routine

With the Shark CryoGlow LED Light Therapy Mask

£299.99

In the evolving world of skincare, innovation is redefining beauty standards. The Shark CryoGlow LED Mask is a revolutionary device that brings the benefits of light and cooling into your home for skin rejuvenation.

The Shark CryoGlow mask combines LED light with cooling to address various skin concerns, including anti-ageing, anti-blemish, and skin rejuvenation.

LED light therapy involves exposing your skin to specific wavelengths of light to stimulate cellular activity. There are

different wavelengths, each targeting specific skin concerns:

Red Light: Penetrates deep into the skin to help boost collagen production, and diminish fine lines and wrinkles. It helps improve skin texture and helps with skin ageing concerns.

Blue Light: Targets breakouts, which can especially be a concern for oily skin.

Near-Infrared Light Therapy: Helps reduce fine lines and enhance overall skin tone.

This device is designed to:

- Reduce fine lines, wrinkles, and age spots.
- Improve skin texture, tone, and elasticity.



Benefits of the Shark CryoGlow LED Mask

- **Dual-Action:** Combines LED with cooling technology.
- **Multiple Wavelengths:** Targets various skin concerns with red, blue, and near-infrared light.
- **Customisable Treatments:** Personalise your routine based on your specific skin needs.
- **Easy to Use:** Lightweight, comfortable, and simple to operate.
- **Safe and Effective:** Non-invasive method for skin rejuvenation.

How to Use

1. **CLEANSE YOUR SKIN TO REMOVE MAKEUP AND IMPURITIES.**
2. **WEAR THE MASK COMFORTABLY, ADJUSTING THE STRAP.**
3. **SELECT TREATMENT MODE AND TIME.**
4. **RELAX WHILE THE MASK WORKS.**
5. **REMOVE MASK.**



Incorporating the Mask into Your Routine

For optimal results, use the Shark CryoGlow mask daily. Do read the contraindications before first use.

The Shark CryoGlow LED Mask offers a comprehensive solution for achieving radiant skin, making it a valuable addition to your skincare regimen. Who's ready to join the revolution?



Scan To Shop
This Mask

Want to Join the Face the Future Community?

There are so many exciting ways to become a part of the Face the Future family, and we'd love for you to join us on our journey! Here's how you can get involved.



**Scan To
Join Now**

Join Our Skincare Society Facebook Group

Gain exclusive access to our skin experts and share your concerns for personalised support.

Join the Skinsider Review Club

Share your feedback, discover new products, and enjoy exclusive perks.



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Sign Up**

**Scan To
Sign Up**



Sign Up for the Skinsider Rewards Club

Earn points with every purchase and save on your future beauty hauls.

Become a Member of Our WhatsApp Channel

Get real-time updates, special offers, and more, straight to your phone.

**Scan To
Join Now**



Hero.

Gentle hero solutions that prevent, treat and repair problem-prone skin.

#1

#1 US
Bestselling
Acne Patch*



Fast-Acting
(6-8 hours)



With
Medical-Grade
Hydrocolloid





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



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