

Face the Future

MAGAZINE

ISSUE 2 | SUMMER 2024

TRAVEL BEAUTY *unpacked*

Skincare essentials
for every trip
this summer

an **INTERVIEW**
with **LYMA'S**
FOUNDER

The laser skincare
brand loved by
A-listers

#PeaceOutSunDamage

BE A PART OF THE DAILY
SPF REVOLUTION!

A close-up portrait of a Black woman with short, dark hair, smiling broadly with her eyes closed. She has her right hand resting against her cheek, with her fingers slightly curled. She is wearing a dark, strapless top. The background is a solid, light purple color.

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Editor's Letter

Welcome to the sun-kissed summer issue of Face the Future magazine! As the days grow longer and the sun shines brighter, we are reminded of the happiness that this season brings. However, along with the warmth and outdoor fun, summer also demands a crucial component to your daily skincare routine: sunscreen.

At Face the Future, we are dedicated to helping you achieve radiant, healthy skin year-round. This season, we want to emphasise the importance of protecting your skin from the sun's harmful rays. Ultraviolet (UV) radiation can cause premature ageing, sunburn, and increase the risk of skin cancer. Incorporating a broad-spectrum sunscreen into your daily regimen is the most effective way to guard against these risks while still enjoying the sun-filled days.

To encourage you to prioritise your skin's health, we are thrilled to announce that we're removing the

cost of VAT (20%) on all sunscreens until 31st August. Whether you're lounging by the pool, hiking in the mountains, or exploring a new city, there's a perfect sunscreen in our edits to meet your needs. From lightweight formulas for everyday wear to water-resistant options for active adventures, we have you covered.

As you embrace the beauty and excitement of summer, remember that your skin's health is paramount. By integrating sunscreen into your daily routine, you're not only preserving your skin's youthful radiance but also investing in its long-term wellbeing.

Thank you for being a part of the Face the Future community. Together, let's celebrate a summer of sunshine, joy, and radiant, protected skin.

Jessica Oram

Editor & Content Manager
Face the Future



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VITAMIN C: *Summer's Superhero*

Summer's favourite skincare essential, vitamin C is a must-have for your complexion, especially during the sunny months. Our Clinic & Customer Service Manager, Kimberley, gives us the 101 on this powerful ingredient...

Why is vitamin C considered an important ingredient in skincare?

It's an antioxidant, which means it helps protect your skin from damage caused by free radicals, such as UV rays and pollution. Other benefits include brightening the skin, reducing hyperpigmentation, and boosting collagen production.

Can you explain how vitamin C works to brighten the skin?

Vitamin C inhibits the enzyme tyrosinase, which is responsible for the production of melanin, the pigment that gives our skin its colour. By slowing down melanin production, vitamin C can help fade dark spots and hyperpigmentation, leading to a more even and brighter complexion.

You mentioned that vitamin C boosts collagen production. How does this help with anti-ageing?

Collagen is a protein that provides structure and elasticity to the skin. As we age, our collagen production decreases, leading to sagging and wrinkles. Vitamin C plays a crucial role in collagen synthesis, helping to maintain the skin's firmness and reduce the appearance of fine lines and wrinkles.

How should you incorporate Vitamin C into your skincare routine?

Vitamin C can be incorporated in various ways, such as serums, moisturisers, and even cleansers. I typically recommend using a vitamin C serum in the morning after cleansing and before applying moisturiser and sunscreen. This allows the vitamin C to protect the skin from environmental damage throughout the day. Start with a lower concentration if you have sensitive skin and gradually increase it as your skin builds tolerance.





Korres Apothecary Wild Rose Spotless Serum, £55



Can vitamin C be combined with other skincare ingredients, or are there any combinations to avoid?

Vitamin C can be combined with many other skincare ingredients, such as hyaluronic acid and niacinamide. However, it's best to avoid using it with benzoyl peroxide, which can oxidise vitamin C, making it less effective. Additionally, while it can be used with retinol, some people might find this combination too irritating. If you want to use both, consider using vitamin C in the morning and retinol at night.

SBTRCT Vitamin C Booster, £38



[coat]s Glow Intensifying Cream Serum, £20



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AMY'S STORY:

Her Fight For Sunscreen Accessibility

We sat down with Amy Callaghan MP to discuss her involvement in the VAT Burn Campaign, an initiative dedicated to making sunscreen more accessible and affordable in the UK. This year at

Face the Future, we're fighting to raise awareness on the importance of SPF as a daily habit and urging everyone to keep their sunscreens topped up all year round with our 366 Days of SPF

campaign. To support, we are running our own VAT Burn where you can shop 20% off all core sunscreens until 31st August.

What inspired you to take up this cause and advocate for change in VAT removal on sunscreen?

I wanted to use an experience of mine that was inherently negative to do something good in society. Far too many people die from melanoma and other skin cancers across the UK. It's time real tangible action was taken so that more people seriously take care of their skin and protect it from the sun.

You were diagnosed with melanoma at just 19. How did you get through it?

The wind was taken out of my wings and I really struggled to pull it back together. I actually took a little pause and thought 'it's not cancer that's a good thing', but it was cancer and I think we need to raise awareness of skin cancer, raise awareness of melanoma in particular and make sure that people know to protect themselves from it because I wouldn't wish the diagnosis on anyone.

Why is it important to treat sunscreen as an essential healthcare item?

It's incredibly important that we use and treat sunscreen as an essential healthcare item. If you look at Australia, for example, more people die here in the UK from melanoma. To me, that's outrageous, but it's because Australia treat sunscreen with a degree of respect

that it deserves and they're taking this issue very seriously. We need to remove the VAT from sunscreen, treating it as the essential healthcare item it is and not as a luxury good. One thing that really irks me is when I get asked about why, as a Scottish MP, do I care about removing the VAT from sunscreen.

Sun damage can occur all year-round, not just when you're on holiday, and not just when it's sunny outside. The sun emits UV radiation in the form of UVA and UVB rays - these can even penetrate through clouds, and without sun protection this could lead to your skin being severely damaged.

What steps are you taking to raise awareness about this issue and garner support for reform?

I've raised this issue in parliament through multiple means, all means that have been afforded to me as an MP. So through debates, through question sessions, and raising it in the press as well. Working alongside organisations like Face the Future brings it to a whole other dynamic, and reaches a whole other audience that, I myself, maybe wouldn't be able to do as an MP. I think it's really important that we tackle this from a political and parliamentary angle, but also from a more holistic and wellbeing angle as well.



**Shop
20% Off
SPF**

BIOEFFECT: *Born From Science, Made In Iceland*

Born from a true love for science, BIOEFFECT's journey began in 2010. By using progressive methods of cutting-edge biotechnology, BIOEFFECT's scientists developed a method to produce plant-based growth factors in barley plants grown in an ecologically engineered greenhouse for exceptional purity, stability, sustainability and efficacy.

At the heart of BIOEFFECT's products is EGF (Epidermal Growth Factor). EGF is one of the most important growth factor proteins in our skin and plays a vital role in the production of collagen, elastin, and hyaluronic acid to maintain skin's healthy and dense appearance.

If we imagine a baby's skin, it is thick and plump because it is full of EGF. As we age, our natural EGF production drops. As a result, cell turnover and repair slow, eventually affecting our skin's appearance. Skin starts to sag, becomes thinner and drier, and fine lines and wrinkles appear. BIOEFFECT's barley-based EGF steps in to rejuvenate and repair, specifically targeting the signs of skin ageing.

The day after its launch, BIOEFFECT's first product, the award-winning EGF Serum was completely sold out and it has been reported that

over 30% of Icelandic women use it. Now infused into BIOEFFECT's wider product range, if you look at the gram for gram value of EGF, it is more expensive than diamonds and gold combined.

BIOEFFECT EGF is unlike most other commercial growth factors as it is purely plant-based. As BIOEFFECT Barley EGF is produced in a plant it is free of harmful bi-products and remains pure, clean, and effective – making it the perfect choice for clean and healthy skincare.

Made in Iceland, BIOEFFECT products are crafted using pure Icelandic water, naturally filtered through volcanic lava for ultimate purity. This unique ingredient adds a touch of Iceland's pristine nature to every bottle.

Scientific studies from BIOEFFECT's in-house team have consistently shown that their EGF-infused skincare can dramatically improve skin's appearance. By boosting hydration and supporting natural collagen production, these products help keep skin looking smooth, healthy, and radiant.





BIOEFFECT EGF SERUM, £135

BIOEFFECT EGF Serum helps to naturally target visible signs of ageing. Formulated with only seven pure ingredients, it visibly reduces the appearance of lines and wrinkles, improves the complexion and evens skin tone, and a soft, radiant complexion is revealed. The addition of hyaluronic acid further plumps the skin, as well as deeply hydrating all skin types.



BIOEFFECT EGF EYE SERUM, £72

Revitalise tired eyes with BIOEFFECT EGF Eye Serum. This breakthrough anti-ageing formula revitalises tired, ageing eyes. Containing a higher concentration of EGF, this lightweight gel formula plumps the skin and reduces the appearance of lines, wrinkles, and crow's feet. The hydrating serum also helps to banish dryness and reduce under eye puffiness.



BIOEFFECT EGF DAY SERUM, £115

The EGF Day Serum is a lightweight, oil-free, age-defying face serum designed for everyday use to restore healthier-looking skin with pure ingredients, boost hydration and provide a silky-smooth finish - an ideal base for makeup.



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Your Skin, Your Shield: Finding The Perfect Sunscreen For Your Skin Type

The sunshine might feel great on our faces on those warm summer days, but it's no secret that the sun's UV rays are harmful to our skin. From premature ageing, to sunburns, and even skin cancer, protecting your face with a good sunscreen is essential to prevent damage to your skin. But with so many options out there, finding the best sunscreen for you can feel a little daunting.

Our handy guide to choosing the best sunscreens for your face will help you pick the perfect facial sunscreen for your unique skin type.

Choosing The Best SPF For Your Face

Struggling with dry skin? Look for a hydrating sunscreen that's formulated with hyaluronic acid or ceramides.

Lotions and creams will offer your skin the nourishment and comfort it needs. Our customers love Bioderma Photoderm Crème SPF 50+ for Dry Sensitive Skin. This creamy yet light textured cream won't leave an oily finish or white traces on your skin and is perfect on its own or as a makeup base.

For oily skin, lightweight, oil-free sunscreens are your skin's BFF. Look for sunscreens labelled as non-comedogenic, which means it won't clog your pores. Gels or fluids are great options for oilier skin types. Our customers love Dermalogica Clearing Defense SPF30. This ultra-lightweight, shine-reducing moisturiser protects your breakout-prone skin from environmental stress. With a long-lasting matte finish, the moisturiser contains patented TT technology that works with your skin's natural microbiome.

Sensitive skin types will love mineral sunscreens. Fragrance-free, hypoallergenic formulas are the best to look for. To ensure the formula is suited to your skin, we recommend adding a small amount onto your inner arm as a patch test before using it on your face. Our customers love Bondi Sands SPF50+ Mineral Face Lotion which is a zinc mineral sunscreen. It provides UVA and UVB protection in a low irritant, lightweight formula that leaves your skin with an invisible, non-greasy finish.

For skin that's prone to acne, choose a non-comedogenic sunscreen that has ingredients like zinc PCA or niacinamide – these can help with acne. Our customers love the SkinCeuticals Oil Shield UV Defense Sunscreen SPF 50 which is a fast-absorbing sunscreen. It protects your skin against the ageing effects of the sun without leaving a greasy residue or a white cast. Light to the touch and easy to apply, the formula helps to absorb serum for a mattifying effect.

366 Days
OF SPF

Our Sunscreen Non-Negotiables



Dermalogica
Clearing Defense
SPF30, £23.20



Bondi Sands SPF50+
Mineral Face Lotion,
£8.79

1. CHOOSE A BROAD-SPECTRUM SPF.

2. WEAR SUNSCREEN EVERY SINGLE DAY.

3. REAPPLY EVERY 2 HOURS THROUGHOUT THE DAY.

4. APPLY TWO FINGERS WORTH OF SUNSCREEN TO YOUR FACE.



Shop 20%
Off SPF



Bioderma
Photoderm Crème
SPF 50+, £14.40

What's Happening At Face the Future

FTF On The Road

The buzz from our first FTF On The Road was incredible, and we're not slowing down!

This June we're going on the road again! Enjoy skincare consultations with our FTF experts (including OPATRA Skin Analysis), our very own Skin Test, playing Spin the Wheel to win skincare and self-care prizes worth up to £50, and taking pics at our Summer Selfie Booth to win prizes worth hundreds!

British Skin Foundation

The British Skin Foundation is our charity partner for our year-long #366DaysofSPF campaign! Together, we're fighting skin cancer and raising awareness for all skin conditions.

Donate £5 to BSF today and save 20% on your next FTF haul.

366 Days Of SPF

We're on a mission dedicated to encouraging daily SPF application to protect your skin against skin cancer and premature ageing.

To help make sunscreen more accessible, our VAT Burn campaign, in support of Amy Callaghan MP, means you can **enjoy 20% off all core sunscreen products until 31st August.**

We'll be at Headingley Stadium giving away SPF samples to keep you safe whilst you enjoy the cricket. See you on 20th June and 21st September!

FTF On The Move!

Our FTF team is on the move to a brand new location that's a huge four times the size of our current HQ!

We're so excited to make our new space our home.



DONATE £5 FOR **20% OFF!**



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Revolutionise Your Hair Routine With ANSWR's VolumeWave

ANSWR's VolumeWave is revolutionising the haircare industry with its innovative approach to achieving voluminous, wavy hair. This groundbreaking product is designed for individuals seeking a hassle-free way to enhance their hair's natural body and texture without the damaging effects of traditional heat styling tools.

What is it?

The VolumeWave is designed to style your dry hair to voluminous perfection! Equipped with two brush attachments in different sizes, you can enjoy salon-worthy results from the comfort of your own home. At a temperature of 180°C/356°F, the heated brush allows you to style your hair without damage, whilst the ionic and ceramic fusion technology gives you smooth, anti-static results.

Use the 45mm brush attachment for a voluminous, bouncy blowout, Use the 30mm brush attachment for crafting tighter, more defined curls.

How does it work?

To achieve a bouncy blowout look, use the 45mm brush barrel like you would with a typical round brush and blow dryer combination – but without the need for a blow dryer. For a curly

look, switch to the 30mm brush barrel and curl small sections of your hair for stunning curly locks!

Can I use this brush on wet hair?

Wet hair is a no-go zone! This heated brush dances with dry hair only. Dry naturally or with a dryer first, then let the styling begin.



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ANSWR Volumewave
Heated Brush, £79.90



Why Teens Shouldn't Be Using Acids In Their Skincare Routine

(AND WHAT THEY SHOULD USE INSTEAD)

During puberty, teenagers go through lots of changes; the fluctuating hormones impacting their mind, body, and skin. During this time, it can be easy to reach for skincare acids to try and soothe breakouts and flareups, but introducing acid-based chemical exfoliants to their skincare routine can

be detrimental to teenage skin, exacerbating dryness and irritation, and damaging the skin barrier.

Hormonal changes during puberty increase skin sensitivity, making teenagers' still-developing skin more reactive to acids, increasing the risk of skin irritation. Often harsher on skin than specific skincare for teenagers, acid-based exfoliators and strong skincare ingredients like retinol can cause redness, irritation, and chemical burns if the concentration is too high or they're not used correctly.





Cetaphil Oily Skin Cleanser,
£8

Follow these three steps to keep teenage skin protected and healthy.

1. Use a gentle cleanser

Defending against roughness, irritation, dryness, tightness, and weakened skin barriers, the Oily Skin Cleanser by Cetaphil soothes skin sensitivity, gently removing oil, impurities, and makeup from skin with its mild, soap-free formula. Enriched with vitamin E, niacinamide, and panthenol, this gentle cleanser minimises pores and boosts skin texture, preserving the skin barrier without stripping away natural oils and moisture.

2. Invest in a daily sunscreen

Defending normal, combination and oily skin from UV rays as well as HEV (blue light) and IR-A (Infrared-A light), the Heliocare 360 Colour Gel Oil-Free SPF 50 has a subtle colour that conceals skin imperfections, balancing redness and imperfections to leave an even, healthy, and naturally radiant complexion. Infused with Fernblock® FC, a powerful antioxidant, this sensitive skin sunscreen repairs skin cells, protects skin and covers imperfections and pigmentation with its oil-free, non-comedogenic formula.



Heliocare 360
Gel Oil-Free
SPF 50, £24.80

3. Make sure any acids are formulated for teens

Infused with salicylic acid, the Nip+Fab Teen Skin Pads easily sweep away dirt, oil, and impurities from skin. These antioxidant-enriched pads deeply cleanse pores, relieving skin of any irritation while preventing unwanted blemishes and breakouts.



Nip+Fab Teen
Skin Pads, £9.99

The Glow Of Confidence

A sun-kissed glow is coveted by many all year round. If you prefer a sunlit radiance, achieving it safely should be your number one priority. Steer clear of sunbathing and tanning beds and get a self-tanning routine nailed so you can reap the benefits of a golden tan without the harmful effects of UV exposure. Tanning products have come a long way since their origin, with streaks, unnatural shades and peculiar fragrances all being a thing of the past. We've whittled down our favourite self-tanning essentials to create a sun-free tan that keeps you feeling your best during summer and beyond.



THE BEST SELF-TANNING FOAM
Coco & Eve Sunny Honey Bali Bronzing Foam, £26



THE BEST GRADUAL SELF-TANNING LOTION
Gatineau Golden Glow Gradual Tan, £35



THE BEST SELF-TANNING DROPS
Skinny Tan Face Tanning Wonder Drops, £19.99



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THE BEST SELF-TANNING MIST
Bondi Sands Self Tanning Face Mist 1 Hour Express, £15.49

Book A *Virtual Skincare Consultation* WITH FACE THE FUTURE

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.



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Fading Pigmentation *With Eucerin*



Eucerin have been dedicated to pharmaceutical grade skincare science for over 100 years. They are in constant pursuit of scientific breakthroughs and are committed to developing effective, highly tolerable and clinically-proven solutions. They develop products to

sustain and improve the health and beauty of your skin and know the effects of their skincare solutions are not just skin-deep. If your skin feels better, you feel better. Discover the life-changing power of their Anti-Pigment range for an even, radiant complexion.

What is hyperpigmentation?

Hyperpigmentation is a common skin condition in which dark spots and dark patches appear on the face, hands and other parts of the body that are regularly exposed to the sun.

What is Eucerin's Anti-Pigment range?

This collection has been specially formulated to mitigate dark spots and age spots, with years of research dedicated to reducing hyperpigmentation for more even and radiant skin. Learn more in Behind the science of Eucerin Anti-Pigment. The range has been created with Eucerin's patented ingredient, Thiamidol, which is clinically and dermatologically proven to reduce dark spots and prevent their reappearance.

How can I protect my skin from pigmentation?

The skin on some parts of the body is more sensitive to the sun and more susceptible to sun damage than skin in other areas. Facial skin is thinner; the epidermis of facial skin is about 0.12mm thick while the body's average is around 0.60mm.

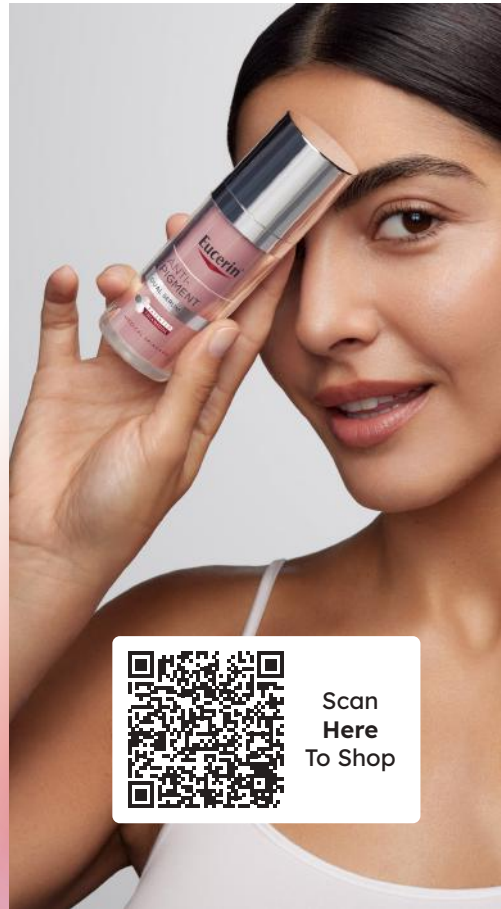
It's not just holiday sun that affects skin. UV rays (UVA in particular) and high-energy visible (HEVIS) light are present all day, every day – winter as well as summer and on cloudy days as well as sunny ones. Our faces are often one of the first parts of the body to show visible signs of sun-induced skin damage such as sunburn, photoageing (premature skin ageing caused by the sun) and hyperpigmentation. And, being always on show, the signs of sun damage are particularly visible on our

faces and necks. Sunscreen is vital to ensure you keep pigmentation at bay!

What is the right amount of sunscreen for my face?

Two fingers' worth of SPF is recommended. Apply sun protection in the morning after, or instead of, your regular day moisturising product. Be sure not to miss your ears, the back of your neck and, if you're bald or have thinning hair, your scalp.

With Eucerin sun protection products your skin will be instantly protected so no waiting time is required, and you can follow with makeup straight away if desired.



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Unlocking Radiant Skin Through Hydration Supplements

In the quest for radiant, healthy skin, hydration plays a pivotal role. While topical products such as moisturisers and serums are well-known allies in maintaining skin hydration, the benefits of internal hydration through supplements are gaining increasing attention. Hydration supplements, often packed with ingredients like hyaluronic acid, collagen, and essential vitamins, offer a promising avenue for enhancing skin moisture from within. Here are our top four supplements to help boost moisture in your skin for a fresh, dewy glow this summer.



Advanced Nutrition Programme Skin Moisture IQ, £81



INGENIOUS Beauty Ultimate Collagen+ Second Generation 90 Capsules, £65



Proto-col Clinical Collagen and Hyaluronic Acid Capsules, £34.95



Rejuvenated H3O Hydration 60g, £24.95



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The Best Hairburst Product For Your Hair Type

Modern pioneers in the hair growth sector, Hairburst's award-winning products, which are formulated by expert chemists to keep your hair in the growth phase for longer, have proven to be the secret weapon to healthy hair for over a million people across the globe.

FOR OILY HAIR

HAIRBURST SHAMPOO FOR OILY SCALP AND ROOTS, £15

This purifying shampoo deeply cleanses the scalp whilst helping to retain moisture without the hair looking or feeling oily.

FOR THINNING HAIR

HAIRBURST ADVANCED+, £55

This new supplement supports a holistic approach to healthy hair growth with a premium blend of carefully sourced key vitamins, minerals, antioxidants, adaptogens and anti-inflammatory ingredients.

FOR MEN'S HAIR

HAIRBURST MEN'S VOLUME & DENSITY STYLING SPRAY, £26.50

A volume-boosting spray adds texture to aid styling, helps hair appear thicker, and refines frizz and curls.

FOR FINE HAIR

HAIRBURST VOLUME & GROWTH ELIXIR, £26.50

A multifunctional spray that helps to reduce hair loss and add volume and fullness to fine, limp hair whilst simultaneously improving the strength and quality of each strand.

EXCLUSIVE FREE GIFT

Enjoy a complimentary Hairburst Volume & Growth Elixir 40ml when you purchase two or more Hairburst products!*

HOW TO CLAIM

ADD A HAIRBURST VOLUME & GROWTH ELIXIR 40ML TO YOUR BASKET.

ENTER THE CODE

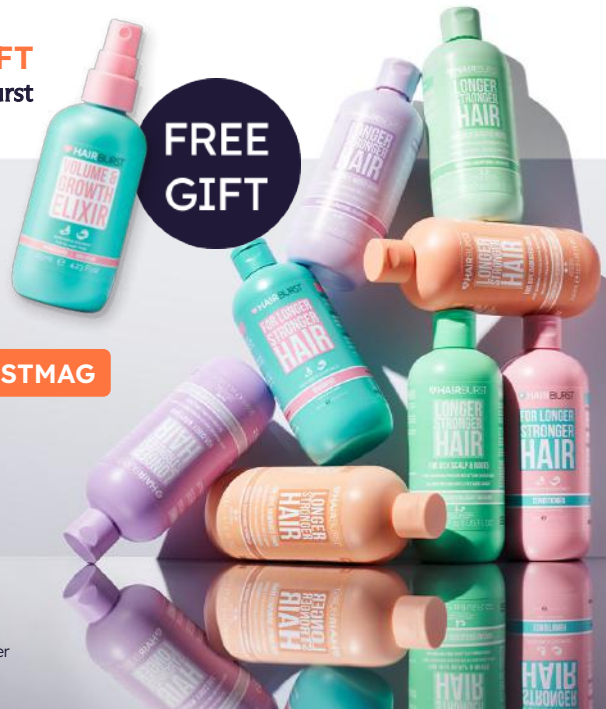
HAIRBURSTMAG

AT CHECKOUT.



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*Offer not to be used in conjunction with other offers. Offer ends on 30th September 2024.



Meet Lucy Goff



Inspired by the transformative effect of powerful, patented ingredients, LYMA founder, Lucy Goff, founded the company based on scientifically-backed innovations. We spoke to Lucy to discover more about this globally loved brand that's on a mission to harness the power of cutting-edge science.

What inspired the creation of LYMA?

"The impetus for LYMA came in 2012 after I'd been battling septicemia for six weeks following the birth of my daughter. Despite seeing various physicians who prescribed me a convoluted cocktail of drugs and a multitude of ineffective supplements, I still wasn't functioning.

He prescribed a new protocol using only peer-reviewed, patented ingredients, dosed at active levels, had a rigorous sourcing procedure, and were formulated so the body could absorb them. This made far more sense to me, and within weeks of taking them, I started to feel like myself again. Within a few months, I felt better than I ever had before. I was firmly on the path to my future self.

That's when I realised that this approach could empower people - all people - back to health and beyond. That was at the very beginning, and that's what remains at the heart of LYMA, creating true change backed by science."



Could you share some insights into the research and development process behind LYMA products?

“Designed to enhance both your inner and outer well-being, LYMA is powered by formulation based on the latest research and the most potent ingredients available. From prebiotics and algae to other powerful compounds, LYMA’s blends are scientifically engineered to optimise your daily routine and promote health and wellness.”

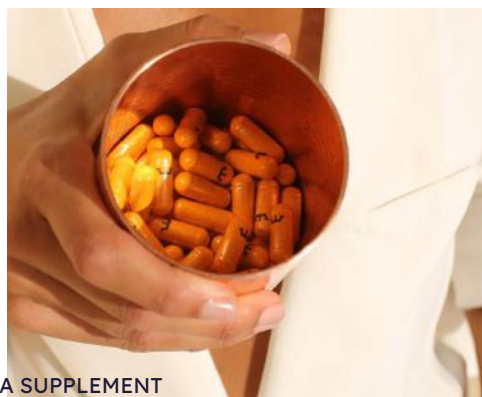
What is the most exciting or rewarding aspect of working on LYMA?

“The best part for me is hearing stories of how our products have helped people and knowing that we are making a real difference to the lives of our customers. That’s what started all of this, needing to change my life for the good of my family and that’s where my heart still lies.”

For those new to LYMA, what would be your top recommendations for incorporating LYMA products into a daily skincare routine?

“LYMA works in a logical ecosystem; take care of your skin health from the inside through gold standard supplementation that brings down inflammation, balances the biome, and rebuilds collagen and elastin throughout.

Nourish your skin with potent epigenetic actives able to manipulate gene expression in favour of regeneration and halt ageing processes at a cellular level. All the while, supercharging your skin’s natural energy supply and vital processes with a powerful laser. It’s the complete 360 skin protocol working at every level from the inside out.”



LYMA SUPPLEMENT
STARTER KIT 30 DAYS,
£195



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Glow On The Go



Travel can take a huge toll on your skin. From dehydrating plane cabins to varying climates, your skin faces plenty of challenges whilst you're globetrotting. Whether you're a frequent flyer or an occasional holiday-goer, read on to discover travel essentials worth packing and keep your skin healthy no matter where your travels take you.

1. FOR SKIN MAINTENANCE BIOEFFECT ON-THE-GO ESSENTIALS, £69

If you don't want your skincare routine to go haywire whilst you're away, this impressive little kit by BIOEFFECT has everything you need to keep your skin in tip-top condition. The set contains four travel-sized products to make a full regime. The Micellar Cleansing Water is formulated with Icelandic water and other hydrating agents to cleanse and remove impurities. The Volcanic Exfoliator uses Micro Crystalline Lava to effectively remove dead skin cells and exfoliate. The EGF Day Serum provides daily hydration and cell renewal, and the EGF Serum is packed with plant-derived Epidermal Growth Factors to reduce the signs of ageing.



2. FOR FACIAL SUN PROTECTION

**LA ROCHE-POSAY ANTHELIOS
ULTRA-LIGHT INVISIBLE FLUID
SPF30, £16**

This beauty editor favourite is a staycay and vacay essential thanks to its super slim, compact design, and water, sweat, and sand-resistant formula. With broad-spectrum protection, this fast-absorbing daily SPF lasts up to 80 minutes underwater, and won't leave a white film on your skin.



4. FOR QUICK CLEANSING

**MEDIK8 TRAVEL SIZE CALMWISE
SOOTHING CLEANSER, £8**

When you're away, it's normal to slack off on your skincare slightly. It's also normal to feel like you deserve a treat. The Medik8 Calmwise foaming wash offers both practicality and indulgence in a dinky, travel-sized bottle. Cleanse effectively in seconds each morning and night with this orange-infused foaming formula, charged with natural green chlorophyll to protect and patented Teprenone to calm inflammation. Providing a 'no frills' cleansing experience with its calming and delicate formulation, it's the ideal mini cleanser to throw in your holdall.



5. FOR LIP CARE

ULTRASUN LIP PROTECTION SPF 30, £6.40

News flash: your lips need protection from the sun, too. Keep your lips safe from UV rays and feeling super moisturised with this lip balm stick by longstanding sun care professionals, Ultrasun. The perfect compact size for when you're on-the-go during your staycation, you can slip this lip balm into your pocket or bag with ease. It is supercharged with an abundance of nourishing ingredients like Shea Butter, Vitamin E and Argan Oil to intensely condition and prevent against any chapping or dryness caused by sun exposure.



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Our Community's *Favourite* *Face Masks*



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Discovering the Best Customer-Rated Face Masks for Glowing Skin

In the ever-evolving world of skincare, face masks have secured their place as a beloved staple in beauty routines across the globe. Whether you are looking to hydrate, detoxify, or brighten your complexion, there's a face mask out there promising to meet your needs. Get ready to uncover the secrets to achieving glowing, healthy skin with the best face masks as endorsed by our very own community.



Image Skincare Ageless Total Resurfacing Masque, £60

"Great exfoliating mask. Leaves skin smooth, but not feeling dry. I have a combination skin so sensitive skins may have a different experience."

Claire L

HydroPeptide PolyPeptide Collagel+ Face Mask, £45

"Just tried one of these last night as my fine lines on my forehead were looking a little more creased due to dryness. So popped one of these on. Oh wow, 20 mins and certainly decreased my forehead, it seemed to plump out my fine lines and get rid of the dryness - my skin felt lovely. Very impressed."

Donna-Marie W

OSKIA Renaissance Mask, £72

"This is absolutely my favourite product! I find it also really cleanses my pores, makes them less visible, and hydrates and firms my skin. My very sensitive skin has never had any bad reactions to this product."

Lucyna K

Biretix Mask, £24

"So far so good! I've been struggling with acne for a while now and it seems to slowly be clearing up after a week of use!"

Abi M

mesoestetic Post Peel Crystal Fiber Mask, £14.99

"I don't normally write reviews, but I must say this mask is lush!!! I have dry skin due to having peels and skin needling treatments. This mask hydrates my skin and feels very fresh!"

Anonymous

Discover Murdock London's Signature Sea Salt Range

Sea salt has long been a mainstay in a men's grooming regime but while it has been wholeheartedly accepted by the masses, its purpose and usage sometimes falls by the wayside, or seaside. So, if you're not entirely sure how to use Murdock London's Sea Salt range, read our simple guide below.

Why sea salt?

When you visit the beach during a vacation or, for those adventurous souls, engage in wild swimming, it's evident that your hair takes on a textured, rugged, effortlessly cool appearance. The iconic 'surfer' hair has long been admired in the realm of male grooming. But how can we replicate this?

Is it as simple as mixing water and salt? While that might be an option, you'd soon discover that your hair could become dry and lack nourishment over time. In Murdock's range, they incorporate sea salt for that laid-back, cool, just-off-the-beach vibe. The additional ingredients are carefully chosen to ensure that you achieve this aesthetic without compromising the health of your hair. You'll enjoy a matte, textured, voluminous look while maintaining softness and promoting a well-treated, healthy scalp.



Murdock London
Sea Salt Volume
Mousse, £20.50



Murdock London
Sea Salt Spray,
£20.50



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