

Face the Future

MAGAZINE

ISSUE 7 | WINTER 2026

Boost Your Energy

Top products to
power your day

Your Winter SPF Guide

Cold weather,
serious protection

K Beauty Is Here To Stay

OUR TOP PICKS REVEALED

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A Note From the Editor

The beginning of the year is in full swing, and we've fully left the festive period behind. Whether you've kept up with your New Year's resolutions or didn't set any at all, the most important thing to focus on is how you're feeling right now, and being honest with yourself about what you might need to prioritise more to feel like the best version of yourself. Easier said than done, right?

The key is slow and steady. We often believe charging into the new year is the best approach, but it can lead to burnout later on. So, the key message of this letter is simply to remind you that you have time. You have time to achieve everything you want this year - there's no rush.

For the first issue of 2026, we have some great news to share about our new partner site, Luxurious Look. We also introduce you

to some of our real customers and share their skin stories. Alongside this, you'll find plenty of education on boosting your skincare for 2026, alleviating dry scalp concerns, and choosing the right SPF this winter.

Enjoy!

Jessica



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Why The MZ SKIN Intensive Bio-Placenta Eye Cream Is The Eye Doctor's Answer For Eye Rejuvenation



When it comes to rejuvenating the delicate eye area, few understand it better than Dr. Maryam Zamani. As one of the world's leading Oculoplastic Surgeons*, with over 20 years of experience between the USA and UK and her own celebrated clinic in Chelsea, Dr. Zamani has dedicated her career to restoring confidence through expert eye care. It is this unrivalled expertise that inspired her to create MZ SKIN, a skincare line that merges medical insight with luxurious, results-driven formulations.

Launched in May 2025, the Intensive Bio-Placenta Eye Cream is the newest addition to Dr. Zamani's award-winning range of products. "It blurs and smooths wrinkles while lifting and brightening the eyelids," she explains, delivering visibly smoother, tighter, and revitalised eyes from the very first month. Backed by clinical testing*, the

formula showed a 41% improvement in upper lid smoothness, a 16.4% reduction in crow's feet, and a 15.2% increase in skin firmness - offering a results-driven solution for tired, ageing eyes.

At the heart of the Intensive Bio-Placenta Eye Cream lies MZ SKIN's hero-ingredient, Bio-Placenta - a bio-mimetic peptide that replicates the five rejuvenating growth factors** found in human placenta. Fully lab-grown, vegan, and cruelty-free, Bio-Placenta harnesses these growth factors to support skin regeneration, boost collagen and elastin production, and repair the delicate eye area - leaving skin visibly smoother, firmer, and revitalised. Paired with the other products in the Bio-Placenta Collection, the Intensive Bio-Placenta Eye Cream allows you to enjoy the full rejuvenating benefits of Bio-Placenta.

*A specialised ophthalmologist (eye doctor) who performs cosmetic and reconstructive surgery on the eye area.

**Epidermal Growth Factor (EGF), Insulin-Like Growth Factor 1 (IGF-1), Acidic Fibroblast Growth Factor (Acidic FGF), Basic Fibroblast Growth Factor (Basic FGF), Vascular Endothelial Growth Factor (VEGF).

MZ SKIN

BY DR. MARYAM ZAMANI



90% of women agree that their skin looks smoother.*

83% of women agree that their eye wrinkles & fine lines are visibly reduced.*

80% of women agree that their crow's feet appear visibly reduced.*



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*Independent Clinical test after 1 month, 30 women.

4 Sleep Supplements For A More Restful Night

Deep sleep is essential for our physical and mental wellbeing. It's during this stage of sleep that our bodies repair tissues, grow muscle, and strengthen our immune system. Unfortunately, many of us struggle to achieve the deep sleep we need. If you're one of those people, you may just be on the lookout for the best sleep supplement to help you get a restful night.

1.

DR.VEGAN
Vegan Nights

£17.99



Relax your mind and body, prepare for a restful night's sleep with DR. VEGAN Vegan Nights. Formulated with a blend of natural ingredients, including griffonia seed extract, magnesium, and calming amino acids, this supplement helps you unwind, reduce stress, and drift off to sleep peacefully.

2.

Vida Glow
Sleep

£30

Experience a more restful night's sleep with Vida Glow Sleep. This non-drowsy formula helps you fall asleep faster, stay asleep longer, and wake up feeling refreshed and rejuvenated.



3.

LYMA
Supplement
Starter Kit
(30 Days)

£199.00

Unlock your full potential with the LYMA Supplement Starter Kit. This advanced supplement formula provides essential nutrients to support optimal health and wellbeing, including improved sleep, reduced anxiety, enhanced focus, boosted immunity, and radiant skin.



4.

Ancient + Brave
True Nightcap

£24



Wind down your day and embrace a peaceful night's sleep with Ancient + Brave True Nightcap. This nutrient-rich drink, formulated with zinc and magnesium, helps relax your body and mind, promoting a restful and rejuvenating sleep.



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Your Winter SPF Guide

During the colder months, it's crucial to remember that your skin still needs protection from the sun's harmful rays.

Read on to savvy up.

Why Winter Sunscreen Matters

Even though the sun may not feel as strong during the winter, especially on cold and icy days, its UV rays can still cause damage to your skin. Snow and ice can reflect up to 90% of UV radiation, increasing your exposure and the risk of sunburn, premature ageing, and skin cancer, which is why choosing an SPF for winter is crucial in ensuring your skin stays healthy while preventing long-term damage.



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Choosing the Best SPF For Winter

FOR YOUR SKIN TYPE

Dry Skin

If you are prone to dryness, particularly in winter months, you need to ensure your skin stays healthy, nourished, and hydrated by choosing a winter sunscreen for dry skin. Often enriched with moisturising ingredients like glycerin, hyaluronic acid, and ceramides, the best sunscreen for dry skin in winter quenches your skin while shielding it against the harmful effects of UV rays.



Our Top Pick: La Roche-Posay Anthelios UVMune 400 Hydrating Cream SPF50+, £21.50

Oily Skin

Choosing the right sunscreen for oily and combination skin can be a nightmare, with thick, oily sunscreens exacerbating your skin congestion, resulting in skin flare-ups and breakouts. When choosing a winter sunscreen, choose a lightweight, oil-free, and non-comedogenic formula that won't clog pores or exacerbate oiliness, opting for mattifying products to minimise shine for a healthy, radiant complexion.



Our Top Pick: Heliocare 360 Gel Oil-Free SPF 50, £31

Sensitive Skin

Adding products to skin prone to sensitivity can cause irritation, redness, and inflammation, which is why, when choosing a winter sunscreen, you should always try to find a mineral sunscreen containing zinc oxide or titanium dioxide, ingredients that are less likely to cause irritation, keeping your skin healthy, calm, and comfortable.



Our Top Pick: Avène Very High Protection Mineral Fluid SPF50+ Sun Cream for Intolerant Skin, £23.95



The

K-Beauty Products

Going Viral Right Now

Clear, flawless and glass-like - Korean complexions are something to behold.

Whilst K-beauty has been growing in popularity for the last few years, it really exploded onto the scene in 2025 due to many K-beauty brands making their way into the UK market. With so many viral icons to choose from, where should you start? With this article, is where. You only need to look at the skin of the Korean population to see just how seriously they take their skincare. Renowned for their ten-step routines, innovative formulas and cutting-edge ingredients, it's no secret that we're a huge fan of K-beauty - and after reading this article, you will be too!



**Anua
Heartleaf 77%
Soothing Toner,
£17.49**

Anua uses its signature heartleaf extract in this calming toner, which works to soothe and balance oily and acne-prone skin. Brimming with moisturising panthenol (or provitamin B5), anti-inflammatory betaine and redness-reducing centella asiatica, it sweeps away dead skin cells and daily impurities, gently exfoliating to reveal smoother, more radiant skin. Plus, it helps to minimise excess sebum, control moisture levels and shield your skin from environmental aggressors.



**Mixsoon
Bean Essence,
£24.95**

Fermented soybean extract is the hero of this Korean skin care product, working to increase hydration, refine texture and even skin tone. It's also blended with lactobacillus, fermented pomegranate, barley, and vitamins C and E to nourish, smooth and protect your skin from daily stressors, unveiling a lit-from-within complexion.



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**haruharu wonder
Black Rice
Hyaluronic Cream,
£18.90**

Formulated with fermented black rice, this nourishing moisturiser features a light lavender-like scent - perfect for applying as your last skincare step before bed. It's brimming with hydrating hyaluronic acid and nourishing primrose and lavender essential oils to leave your skin looking smooth, firm and glowing. It also contains anti-inflammatory red ginseng to boost collagen production and brighten and even skin tone.



**Skin1004 Madagascar
Centella Toning Toner,
£12.95**

Perfect for effectively removing sebum, dead skin cells, and impurities without irritation, this toner brightens your complexion, minimising the visible signs of ageing to leave your skin revitalised and radiant. Lightweight with a watery texture, this toner is gentle enough for daily use, its non-comedogenic formula making it ideal for acne-prone, blemished skin.



**Beauty of Joseon
Rice Sunscreen with
Rice Water & Prebiotic
Complex SPF50+,
£15.95**

Beauty of Joseon is up there with the most iconic K-beauty brands, and its Rice Sunscreen with Rice Water & Prebiotic Complex SPF50+ is a must-have for your skincare routine. Beloved around the globe for its feather-light formula that sinks in instantly, this organic, cruelty-free sunscreen feels just like applying a lightweight moisturiser. Starring 30% rice extract and grain fermented extracts, rich in vitamins B, C, and E, amino acids, and minerals, it delivers SPF50+ protection whilst nourishing and caring for the skin.



**Medicube
Collagen Night
Wrapping Mask,
£28.50**

Don't go to bed without applying this TikTok-viral mask first. It starts as a lightweight, gel-like texture when you first apply it, but uses collagen wrapping technology to transform into a film as you sleep, allowing you to gently peel it away in the morning. It's packed with collagen extract and adenosine to plump and lessen the look of fine lines and wrinkles, niacinamide to brighten and balance, and ceramides to strengthen the skin barrier.

Find Your Spark

Power up your routine in 2026 and kickstart your inner energy. From invigorating ingredients to revitalising scents, now is the perfect time to inject some energy into your skin and self-care essentials.

1. **Vida Glow**
Collagen Liquid Advance + Energy
£39

2. **Elemis**
Pro-Collagen Energising
Marine Cleanser
£50

3. **NEOM**
Energy Burst 3 Wick Candle
£55

4. **OSKIA**
Get Up & Glow Radiance
& Energy Booster
£75

5. **Gatineau**
Energising Hand & Body Wash
£29





ISOSKIN
Cotton Cleansing
Towels (60 sheets)
£12

Déesse PRO
Sculpta
£499



Level UP

New year, new habits. Add these skincare routine boosters to your basket and commence 2026 with a regime that elevates the experience and boasts big results.



ESPA
Aventurine Jade Crystal Roller
£40

REOME
Aerate Face Towel
£25



Sarah Chapman
Pro Hydro-Mist Steamer
£138



Luxurious
Look



luxuriouslook.co.uk

10% OFF
YOUR HAIRCARE!*

Taking Haircare To New Heights

We have some super exciting news to share with you (AKA our community)! One of the UK's leading luxury haircare retailers, Luxurious Look, is now part of the Face the Future Group!

What does this mean for you? At Face the Future, nothing will change. You'll still enjoy the same expert advice, incredible service and brilliant beauty brands. You will however gain access to more luxury, expert haircare brands like Davines, Aesop, Aveda and milk_shake.

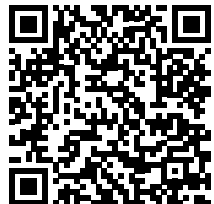
We've also revamped Luxurious Look with a sleek new logo and refreshed colour palette!

As a valued customer, here's an exclusive extra 10% off your next Luxurious Look order.*

Use code:

LUX10

Paul & Julia
Face the Future Owners



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*10% off your next order. One use per customer. Exclusions and T&Cs apply. Limited time only.

TIPS FOR

Repairing Your Dry Scalp In Winter

It's not uncommon to notice changes in your skin when the temperature drops, and the same goes for your scalp, like dryness, itchiness and irritation. Between icy winds, low humidity and the blast of central heating, your scalp's natural moisture balance can quickly be thrown into disarray, leaving it more prone to inflammation. As if that wasn't enough, common conditions like dandruff and seborrheic dermatitis can often worsen

during winter, making it even harder to maintain a comfortable, healthy scalp.

The good news? With the right care and targeted treatments, you can protect your dry scalp from winter, strengthening the scalp barrier, relieving that tight, itchy feeling and keeping your hair looking glossy and strong. Explore our collection of scalp care and discover how best to look after your scalp this winter with our product recommendations.



1. Use nourishing shampoos and conditioners

Unlike clarifying formulas that can strip the scalp of its natural oils, winter-friendly nourishing shampoos and conditioners are specifically designed to restore moisture, strengthen the scalp barrier and soothe irritation. Look for ingredients like hyaluronic acid, glycerin or ceramides, which help to moisturise and calm sensitivity. Remember not to set the shower temperature too high, as too-hot water will also strip your scalp and hair from its natural oils, exacerbating dryness - and the same goes for over-washing.



2. Apply a dedicated dandruff treatment

If your dry, itchy scalp has led to dandruff, help is at hand with targeted treatments. They work to reduce visible flakes and relieve itching, leaving the scalp clean, refreshed and healthy. Consistent use not only clears existing dandruff, but also helps to prevent future flare-ups too.

3. Lock in moisture with a scalp oil

Rich in essential fatty acids and vitamins, scalp oils deeply hydrate the scalp, softening dryness and easing discomfort. They also strengthen the scalp barrier, prevent further dehydration and support hair growth, by creating a more comfortable, nourished environment for your hair follicles.



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How To Use Our Virtual Consultation Service

Perplexed about which skincare products are right for you? Intrigued about ingredients or uncertain where they fit in your routine? Remove all the guesswork instantly with our virtual skincare consultation. It's time to bring clarity, knowledge, and empowerment to your skincare routine...

Why We Offer The Virtual Consultation

It's of the utmost importance to us that you purchase the right products, and by that we mean the right products for you - your skin type, your concerns, your goals. We are people powered, meaning that you are the core of everything we do, and we love nothing more than to put you and your skincare needs first.

You can be rest assured that the consultation is always a two-way conversation - we are here to listen to you, to support you, and to enlighten you in your skincare choices, whilst being aware that your skin's needs and concerns may be different in a month or two.

We love to build customer relationships that last a lifetime, and we tailor our expertise, insight and guidance to your skin accordingly throughout different life stages, ensuring your skin has everything it needs to be in its optimum state for today and in the future.



The Virtual Consultation Process

Just two simple steps, and you're on your way to a skincare routine that's tailored especially for you.

Step 1

Book your 15-minute virtual consultation here by adding it to your basket and checking out as normal. It costs £25, which is redeemable against your recommended products. You will then receive an email with a link to book your slot at a time and date that's suitable for you. On the day of your appointment you'll receive an email with a Teams link - don't worry if you don't have Teams installed, it's not necessary to join a meeting.

Step 2

Your consultation begins! You'll receive a detailed analysis of your skin and have a thorough conversation about your skin type, concerns and what goals you would like to achieve with your skin.

After your consultation, you'll receive a list of the products recommended to you, as well as a £25 voucher to redeem on your next order at Face the Future. And that's it!

Meet the Face the Future Skin Experts

You couldn't be in safer hands with our Skin Experts, who have years of experience in the beauty industry and helping people feel confident in their own skin.

They are passionate about guiding our community through every stage of their skincare routine, and their knowledge and experience will mean that you'll have skincare advice for life.

Meet Kimberley Medd, Customer Experience & Clinic Manager

With over 25 years of experience in the beauty and cosmetic industry, Kimberley has worked across a range of roles since beginning her career in 2000, from beauty therapist in spas and salons to retail management and Regional Manager for a leading cosmetic company. Since joining Face the Future Clinic in 2011, she has become an integral part of the team, bringing her extensive knowledge of skin, products, ingredients, and treatments to every aspect of her work.

Kimberley's career began with qualifications in Level 2 and 3 Beauty Therapy, followed by Level 4 Advanced Cosmetic Procedures. She has since completed a variety of specialist courses, including Chemical Skin Peels, Laser Treatments, and Microneedling. She is also a member of the British Medical Laser Association (BMLA) and is MASCED-accredited in melanoma and skin cancer early detection.



Scan Here To
Book Your Virtual
Consultation

Kimberley



Suzanne

Real Skin Stories From Our Face the Future Community



We recently welcomed some of our community to FTF HQ for a day of skincare and self-care fun! While they were with us, we took the time to sit down with them and ask them some questions about their personal skincare journeys.

Meet Jane

We sat down with Jane, a long-time Face the Future customer who looks forward to our limited-edition boxes every season! After struggling with acne in her twenties, she made a promise to herself to prioritise her skin, and she's never looked back. Skincare has become a key part of her life, even more so as her skin changes with age. When speaking to Jane about what has influenced her approach to skincare and shopping with us, she said:

"When I was younger, I had severe acne to the point where I had to be on really hardcore medication, so I've always had a real issue with my skin. I found Face the Future about a year ago online and I've become a bit of an addict. They do these amazing edit boxes which I get all the time. It's allowed me to chance to find things I love, and I'm using products now that I would have never used if I hadn't found Face The Future."



Scan Here
To Watch Her
Interview





Meet Naomi

We spoke with Naomi, a loyal Face the Future and Face the Future Clinic customer. After experiencing skin challenges brought on by the stresses of lockdown, Naomi turned to our expert team for support:

“My skin wasn’t in a good way at all; it really knocked my confidence. So I went to the clinic, saw the ladies there and had a consultation. It was such a relief to get that personal touch. I told them what I had been doing and what I had been using, and they said we’re going to strip it all back, go back to basics and get your skin health right before anything. And that’s exactly what they did.”



Meet Chantelle

Meet Chantelle, a valued Face the Future customer for over four years. Like many people, she began struggling with her skin from an early age, which had a lasting impact on her confidence. Finding the right products and advice wasn't always easy, but throughout her skincare journey, Chantelle has relied on Face the Future for trusted support, expert guidance, and carefully selected products tailored to her needs.

Over the years, we've been proud to support her through the ups and downs of her skin journey, and today, she feels significantly more confident and comfortable in her own skin. Beyond the results she's seen, Chantelle loves the overall experience - from our fast, reliable delivery to the regular updates we send that keep her informed every step of the way.



Reflecting On Skin Confidence During Menopause

It's been a few months since our menopause event, and what a night it was. Guests from our Face the Future community came together to learn more about skincare during menopause, and the evening did not disappoint. Attendees enjoyed valuable insights into how skin changes during this stage of life, exclusive event-only savings across leading brands, and much more.



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Supporting Skin Confidence During Menopause

An Expert-Filled Panel

We were joined by iconic beauty journalist Nadine Baggott, OSKIA Founder Georgie Cleeve, Education Manager at iS Clinical Georgina Mackley, and Owner of Face The Future Julia Barcoe Thompson and Dermatology Expert Dr Chloe Pasco-Gleeson for an inspiring panel discussion. They spoke in detail about the changes skin experiences during menopause, and shared expert advice on how to care for it.

What Our Community Thinks

Throughout the evening, we had the opportunity to speak with guests, and their reflections show how impactful the conversations were:

“It has been really interesting to hear the different knowledge on menopause. I am only 19 so my knowledge of menopause is limited, but I feel like it has been opened up this evening.”

“The event was brilliant and I loved the speakers. One of the things I loved the most was that they touched on diversity and the effect on black skin tones, so there was a lot of representation.”

“I have found it really empowering. Menopause is still a taboo subject for a lot of people, and for me it was wonderful to see the incredible women being so positive and inspirational. They told us this is our time to shine, and it is not something to be frightened of or worried about because there is so much available to us as perimenopausal and menopausal women.”



Top 4

Bodycare Heroes

Don't wait until summer. Give your body the care it deserves in 2026 by investing in a routine that performs and delivers exceptional results.



**Pai Skincare Gentle
Genius™ Barrier Care
Soothing Body Cream,
£30**



**Sarah Chapman
The Bodylift,
£40**



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



**Avene Thermal
Spring Water Spray,
from £5.95**



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Bodycare**

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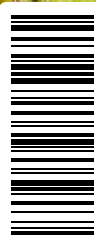
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