

Face the Future

MAGAZINE

ISSUE 9 | SUMMER 2026

Go-To Travel Sets

Beyond the
beauty desk

Trend vs. Truth

Our skin
expert
debunks



Jessica Zbinden-Webster

FACING THE FUTURE OF SUN SAFETY

Luxurious Look



The
Cover Star
Hair Routine
Starts Here

Discover the Davines haircare heroes
used to create the cover star look at
Luxurious Look.



Scan Here
To Shop
Davines

A Note From the Editor

I write this just returning from our clinic back to the beauty desk, after covering the Map My Mole experience (p22), feeling even more passionate about the themes and topics that drive this summer issue. On that note, I'm honoured to welcome you to my first issue as editor of the magazine at Face the Future. It's an honour to follow on from Jess in this position. So, what can you expect from this issue?

We highlight the major theme of SPF in light of our 365 days of SPF campaign, from our UV safety report (p20) to the fake tans to get a safe golden glow (p15). You can dive into our first cover star interview with survivor turned sun safety campaigner, Jessica Zbinden-Webster (p8), if like us, you're wondering why SPF is taxed like a luxury and not a necessity.

We also introduce you to our hair expert Glenn and his top tips (p12), as well as a look beyond the beauty desk to our team's summer holiday favourites (p6). Looking at overall wellness, we break down how our skin reflects our wellbeing (p28) and a day-to-night, gut-loving supplement routine (p30). When it comes to skin, you can count on our experts debunking the latest trends (p24) and get a first look into our acne case studies (p18). I hope you enjoy this issue as we step into summer together.



Georgia



In This Issue

SUMMER 2026

- 6** The Destination Travel Sets Our Team Are Packing This Summer
- 8** From Survivor to Sun Safety Campaigner, Meet Our First Cover Star, Jessica Zbinden-Webster
- 12** Glenn's Proven Approach to Healthy, Glossy Hair
- 14** Why Ultrasun's Latest Family Sunscreen Is Your Summer Saviour
- 15** Self-Tans to Get You Through Summer
- 16** Your Passport to Glow
- 18** From Skin Concerns to Confidence: Olga's Face the Future Journey
- 20** The British Beauty Council Calls for an End to the Sunscreen Tax

-
- 22** Inside Map My Mole: Georgia Breaks Down What to Expect
- 24** Trend vs. Truth: Our Skin Expert Debunks
- 26** Botanycl Founder Caroline Sims on Clear Skin from Within
- 28** Skin Deep: Why Our Skin and Scalp Are Becoming Markers of Overall Health
- 30** The Golden Rules of Daily Gut Health

Produced by Face the Future

Editorial Team

Georgia Rhodes
Jessica Oram

Design

Matthew Csapo
Jack Mather

The Destination Travel Sets Our Team Are Packing This Summer

The Face the Future team are jetting off on their summer holidays, but not without their go-to travel sets. Discover what products our team can't go beyond the beauty desk without and where they're taking their favourites during the sunny months.



Danni's Pick for the Maldives

"I swear by Sun Bum, so the Day Tripper set is coming on my honeymoon. The SPF and lip balm are perfect to throw in my bag for the pool, and the aloe lotion keeps my skin hydrated after a day in the sun, all in a cute travel bag."

- Danni, Head of Brand Relations

Sun Bum Day Tripper Set, £27.99

Mark's Pick for Lanzarote

"Lanzarote with a toddler means full days of pools, snacks, and negotiating tiny but very passionate opinions, so this set is coming with me to make sure I actually switch off, sleep well, and wake up ready to go again the next day."

- Mark, eCommerce & Operations Director

This Works Sleep Retreat Kit, £20



Lauren's Pick for Ibiza

"This is my go-to to help me build a deeper tan without my skin drying out and avoiding as much sun damage as possible. The gradual tan is also great for keeping that glow topped up so I can stay sun-kissed the whole trip."

- Lauren, Brand Manager

Gatineau Tan Accelerating Lotion and Golden Glow Gradual Tan Duo, £74



Sam's Pick for Marrakesh

"This set has to come with me to deal with the Marrakech heat, keeping my skin comfortable without a complicated routine. Just focusing on effective hydration. It's easy to carry when hiking in the mountains too."

- Sam, eCommerce & Operations Executive

BIOEFFECT On The Go Essentials, £69



Jack's Pick for Turks and Caicos Islands

"From what I've been told, I won't last a day without SPF. La Roche-Posay's Anthelios is my fave sunscreen as it's so comfortable to wear. The Baume is a must to keep my skin moisturised after long days in the sun."

- Jack, Graphic Designer

La Roche-Posay Soothe & Protect Hydrating Duo Set: Cicaplast Baume B5+ & Anthelios SPF50+, £60



Blessing's Pick for Portugal

"I have always believed in taking care of my skin from the inside out, so my collagen comes everywhere with me. Skinade's travel pack makes it so easy to travel with so there's no excuse not to keep up with my collagen routine."

- Blessing, Videographer

Skinade 30 Day Travel Course, £130



From Survivor to Sun Safety Campaigner,
Meet Our First Cover Star

Jessica Zbinden-Webster



Jessica's energy is contagious. Here she is at a pivotal moment in her Axe the SPF Tax campaign, joining us at the Face the Future HQ. Glowing from the inside out, she is inspiringly upbeat, fresh from her first speech in Parliament and ahead of her first broadcast appearance on This Morning. Catching her in one of her busiest and most important weeks, her humble energy and passion for advocating fills the room without dimming for a second.

As Jessica sits down in our studio with the lights beaming on her, she appears comfortable and at complete ease, ready to discuss the situation at hand that drives her every day. She carries a calming energy that commands the room as she speaks so passionately and eloquently in a candid conversation before the cameras are even rolling.

Wearing a beautiful two-piece, hair freshly waved and natural makeup that makes her feel like herself, Jessica is straight from the makeup chair in her freshly steamed look, ready to go. She has mastered the complete balance between presenting herself with purpose and being entirely raw and vulnerable, captivating the team entirely as we stand directly in front of her behind the camera eager to listen to everything she has to say.

We begin our conversation with her journey that led her to the discovery that

kick-started this one-woman campaign two years ago. Just Jessica and her laptop against all odds. Diagnosed with skin cancer at 26 years old, Jessica's diagnosis came as a complete surprise to her, particularly as someone who would consider herself the opposite of a sun worshipper.

"What looked like a blocked pore underneath my right eye turned out to be an infiltrative basal cell carcinoma, and it was spreading like the roots of a tree underneath my skin," she explains.

After intensive surgery and treatment, Jessica found herself researching how to prevent this from ever happening again, which is when she came to realise that the one essential that helps us stay safe in the sun is taxed as a cosmetic product in the UK.

Today she sits with us the very week the UV Safety Inquiry published its report with a series of recommendations to Government. As she tells us, these crucial recommendations include her campaign to axe the tax from SPF; her face lights up with complete pride as though she is still absorbing the reality of

it all. "It's the stuff campaigners' dreams are made of."

Two years into campaigning, Jessica tells us she had no signatures for a really long time and had faced parliamentary scrutiny. Now, she has over 80,000 signatures

“THE NUMBER GOING UP ON THE PETITION REALLY SENDS A STRONG SIGNAL TO POLICYMAKERS AND SHOWS JUST HOW POPULAR THIS POLICY CHANGE IS, AND TOGETHER WE CAN GALVANISE, AND TOGETHER WE CAN MAKE A NOISE THAT IS TOO LOUD FOR POLICY MAKERS TO IGNORE.”



behind her from patients and medical professionals, and her message declared an official policy recommendation to the government. Seeing this new height of public support is helping to change this, and Jessica is at the forefront of it all.

While positive change is underway, the statistics around access to sun safety are what continue to drive Jessica. She tells us, “One in 10 households do not use sunscreen because the cost is too high.”

Sunscreen is not designed to be used sparingly. We need to be applying two finger-lengths to our face and neck, “not forgetting the ears,” Jessica notes.

With the amount of sunscreen we should all be applying 365 days a year (and reapplying every two hours), Jessica firmly believes that no one should be priced

out of sunscreen with that extra cost of tax adding up in the midst of a cost of living crisis. The message that sends to the public is that SPF is a cosmetic, not a health essential.

Something Jessica is trying to change, “We need to shift the focus from cure to prevention, which is so important in this conversation, and that’s because just by wearing sunscreen you can prevent skin cancer in nine out of 10 cases”.

At Face the Future, our 365 Days of SPF Report found that 77% of Brits hold the mindset that sunscreen is a summer-only step. Something Jessica hopes her campaign can tackle, using it as a vehicle to foster enhanced education and understanding around sunscreen. “It’s not a seasonal product. It’s not just something you pick up at the airport on your way to a summer holiday. It really is something that you should be wearing year-round.”

The end goal of Jessica’s dedicated advocacy? The law around SPF changes forever. This means not only making SPF more affordable as a health essential, but changing our mindset to view it as such. Jessica hopes to see sunscreen become a daily part of people’s routines, shifting from cure to prevention when talking about a highly preventable cancer such as skin cancer. “I only have a plan A, which is seeing this through from campaign to a change in the law.”



Scan here
to support
Jessica’s
campaign

The Jessica Zbinden-Webster X Face the Future SPF Edit

"Wearing sunscreen regularly should be a joy - never a chore. Here are some of my favourites, all VAT-free, with the generous support of Face the Future. Stay sun-safe!"



Worth
£104

Yours for
£49.99



Face
the
Future



Jessica
Zbinden-Webster



Scan Here
To Shop Now



Glenn's Proven Approach to Healthy, Glossy Hair

Make your hair your best accessory this summer. Forget the beachy textured waves in 2026. Glossy, healthy lengths are standing the test of time. It's all about hair health and having that polished and glossy finish, leaving you feeling put together from root to tip. It's all in the health of your hair to achieve that natural shine.

As we welcome Glenn Miller, our new hair stylist and expert to Face the Future, we

took a trip to visit him at our hair salon to find out what his top tips on achieving healthy locks are this summer.

With over two decades of industry experience, Glenn's treatments all focus on the health of your hair at the core, from his signature series that incorporates tailored cuts with bespoke restorative scalp scrubs to colour transformations and keratin treatments. Here are his top tips...

1. Heat protection always

Glenn explains a huge misconception he sees often is that you only need a heat protector if you use a curling tong or straighteners. However, he explains, “you still need heat protection even from the heat of the hair dryer. That’s where the heat styling starts, at the hair dryer. You need protection from the very beginning of your hair routine”.

2. Regular treatments & masks

Whether that’s in-salon or at-home treatments, Glenn recommends keeping up with your hair health through that consistent extra step of care. He explains, “A conditioner and a mask do two different things. A conditioner adds moisture and coats the hair, while a mask is built to penetrate your hair”.

3. A loose plait for bed

When you go to bed and lie on your hair against your pillow, you’re creating friction on your hair, Glenn shares. By putting your hair in a loose plait to the side, you’re controlling how much your hair can move and create friction, “Which can push the cuticle back up and the more that stands out, the more frizz you get. Then people wake up and think ‘I need to straighten it’” - a vicious cycle that you need to break for healthy, glossy hair.



Scan here to book
an appointment
with Glenn

Glenn’s Top Picks

ghd Bodyguard Heat
Protect Spray,
£23.95



K18 Leave-in
Molecular Repair
Hair Mask, from £30

Why Ultrasun's Latest Family Sunscreen Is Your Summer Saviour

Ultrasun has taken their top bestsellers and combined them to deliver the latest extension of their beloved family range.

Meet the Family SPF 50+.

Combining the Family SPF 30 which is designed with all skin types in mind, (including children's sensitive skin), with the Ultrasun Extreme SPF50+, their highest long-lasting sun protection, this new launch is the ideal SPF staple for your family holiday.

Sitting right into the family range, the Family SPF 50+ is, of course, accredited by the Swiss Allergy Centre to confirm its utmost suitability for sensitive and allergy-prone skin, making it a family staple for all skin types. Offering the highest protection too, this SPF has got all the family covered and protected, from mum or grandpa to sister or child.



**Scan Here
To Shop Now**

*Ultrasun Family
SPF50+ 150ml, £33*





Self-Tans

To Get You Through Summer

Georgia shares her faves...

As Face the Future's Magazine Editor, and a firm believer in daily SPF, I know that the safest tan is always the one that comes from a bottle. For me, having that golden glow just elevates every summer outfit I have planned. As a skincare and SPF first kinda girl, fake tan is my saviour. You can get that just-back-from-holiday colour without exposing your skin to unnecessary UV damage, making self-tan the safest way to glow all summer long.

But that effortless glow doesn't come without a little hard work. With these top picks, you can forget the struggle of patchy finishes, stained bed sheets, that sticky drying feeling, and the dreaded fake tan biscuit smell. From clean beauty, organic tan must-haves from Three Warriors to cruelty-free, professional-grade Parisian skincare solutions from Gatineau, we have all the top formulas for you.

FOR A RELIABLE, STREAK-FREE FINISH:

Bondi Sands Self Tan Foam Dark, £17.49



FOR ORGANIC SKINCARE LOVERS:

Three Warriors Self-Tan Mousse, £34.99



FOR A HYDRATING AND BUILDABLE GLOW:

Gatineau Golden Glow Gradual Tan, £55



FOR THOSE LOOKING FOR THE BEST SCENT:

Coco & Eve Sunny Honey Bali Bronzing Foam, £26



Your Passport to Glow

It's officially the season to travel!
Our community share their most-loved
jet-setting beauty essentials found at the
very top of their holiday packing list.

Catherine M recommends the
**DIBI Milano Hydra
Perfection Moisturising
Lyocell Mask**

"The mask was easy to apply and fits my face comfortably without slipping. It was extremely cooling and after 20 mins my skin looked plump and felt hydrated. This is a great non-irritating face mask for dry or dehydrated skin."

If you have a long-haul flight on your travel agenda, a hydrating sheet mask is an absolute must. We all know by now how dehydrating flying is, so glugging lots of water consistently and drenching your skin with moisture is a surefire way to keep your hydration levels topped up. As Catherine mentions, this sheet mask by DIBI Milano is particularly cooling as it's made with lyocell – a natural and breathable fabric derived from plant fibres.

£13.75





£29

£24

Helen S recommends the

Heliocare 360 Invisible Spray SPF 50+

“Gorgeous product, loved using this for the holidays without burning and skin drying out. Definitely recommend.”

We know we mention it a lot, but sunscreen should be your highest priority when packing for your summer escape. A body sun block you can 100% rely on to avoid any form of sunburn whilst you're away will leave your skin health intact and keep sun damage at bay. This Heliocare option is ideal – its formula is gold standard when it comes to UV protection and it's even effective on wet skin for when you're by the pool or on the beach. You can also spray it upside down, meaning you don't miss any spots and ensure full coverage whilst the sun is beaming down on you.

Lauren G recommends the

NUXE Huile Prodigieuse Or Golden Shimmer Multi-Purpose Dry Oil

“My go to dry oil for face, body & hair. It absorbs quickly, feels lightweight, and leaves skin soft with a beautiful glow. I love how it adds shine to my hair without feeling greasy, plus the scent is just dreamy.”

An absolute classic holiday staple, we echo Lauren's praise for this shimmering NUXE icon. Not only is it anti-ageing and incredibly moisturising for your body, face and hair, it also leaves you with a lit-from-within glow – ideal for those balmy evenings on holiday when you're all dolled up. Its orange blossom, magnolia and vanilla fragrance leaves you smelling divine and feeling like your holiday mode is officially switched on.

From Skin Concerns to Confidence:

Olga's Skin Journey

with





Before

After 2 Months

“What I appreciated most was having support that actually felt personal to me - not just generic advice, but guidance based on my skin, my history, and what I’d already been through.” - Olga

Acne can affect anyone, at any age, and for Olga, it became something that impacted both her skin and her confidence. As part of Face the Future’s Acne at Every Age campaign, she shared her experience of living with adult acne and the journey she’s been on to better understand her skin.

After struggling to find products and routines that worked, Olga turned to Face the Future for expert advice and personalised support. With guidance from our skin expert, Suzanne, she started using a routine tailored to her skin’s needs, helping her feel more in control of her breakouts and more confident in her everyday life.

Over time, Olga began to notice real changes in her skin. But more importantly, she also noticed a shift in how she felt about herself. Having the right support and understanding made her skincare routine feel less overwhelming and more empowering.

Olga’s story is a reminder that acne isn’t just a teenage concern. Skin changes throughout life, and everyone’s journey is different. With expert advice, patience, and the right products, it’s possible to feel more comfortable and confident in your skin at every age.



**Scan here to
read more about
Olga’s Journey**

The British Beauty Council Calls for an End to the Sunscreen Tax



The British Beauty Council's UV Safety Initiative has officially launched its landmark report, *A Preventable Crisis: The Case for a National UV Safety Strategy*, at Westminster's Portcullis House, bringing UV protection directly before Parliament for the first time.

As proud partners of the UV Safety Coalition for the second consecutive year, Face the Future is honoured to stand alongside industry leaders, healthcare professionals, and campaigners including Jessica Zbinden-Webster (our very own cover star), calling for meaningful change around sun safety education, accessibility, and prevention.

The report highlights what it describes as a severe yet preventable public health issue in the UK caused by overexposure to ultraviolet radiation. Despite UV radiation being classified as a Group 1 carcinogen by the World Health Organization, the UK still lacks a cohesive national UV safety strategy.

The statistics are sobering. Melanoma is now the **fifth most common cancer** in the UK, with **around 2,600 deaths every year** - more than seven people every day. The report also states that **approximately 86% of melanoma cases and 90% of non-melanoma skin cancers could be prevented** through better UV protection and awareness.

At Face the Future, these conversations are deeply important. Sun protection has been part of our DNA since the beginning. As an advanced skin clinic dating back to 2005, educating customers about skin health, UV exposure, and SPF has always been central to what we do.

That commitment continues through our annual 365 Days of SPF campaign, designed to challenge the misconception that sunscreen is only necessary during holidays or heatwaves. The reality is simple: UV exposure happens every day - even in the UK.

Our latest independent research, conducted with 2,000 UK adults, revealed major gaps in SPF awareness and habits. Only one in six Brits wear SPF daily, while 77% still see sunscreen as a seasonal product used mainly during summer.

The report recommends reducing VAT to zero on children's SPF products rated SPF30 and above, and reducing VAT on adult SPF products to 5%, aligning sunscreen with other preventative health products. This is something we strongly support!

Earlier this year, as part of our 365 Days of SPF campaign, we removed VAT from selected SPF products to help make daily sun protection more accessible. But long-term change requires industry and government to work together, exactly as this report recommends.

Discover Sunscreen Bestsellers

**Sun Bum Original
SPF50 Spray, £20.99**



**La Roche-Posay Anthelios
UVMune 400 Invisible
Fluid SPF 50+, £21**

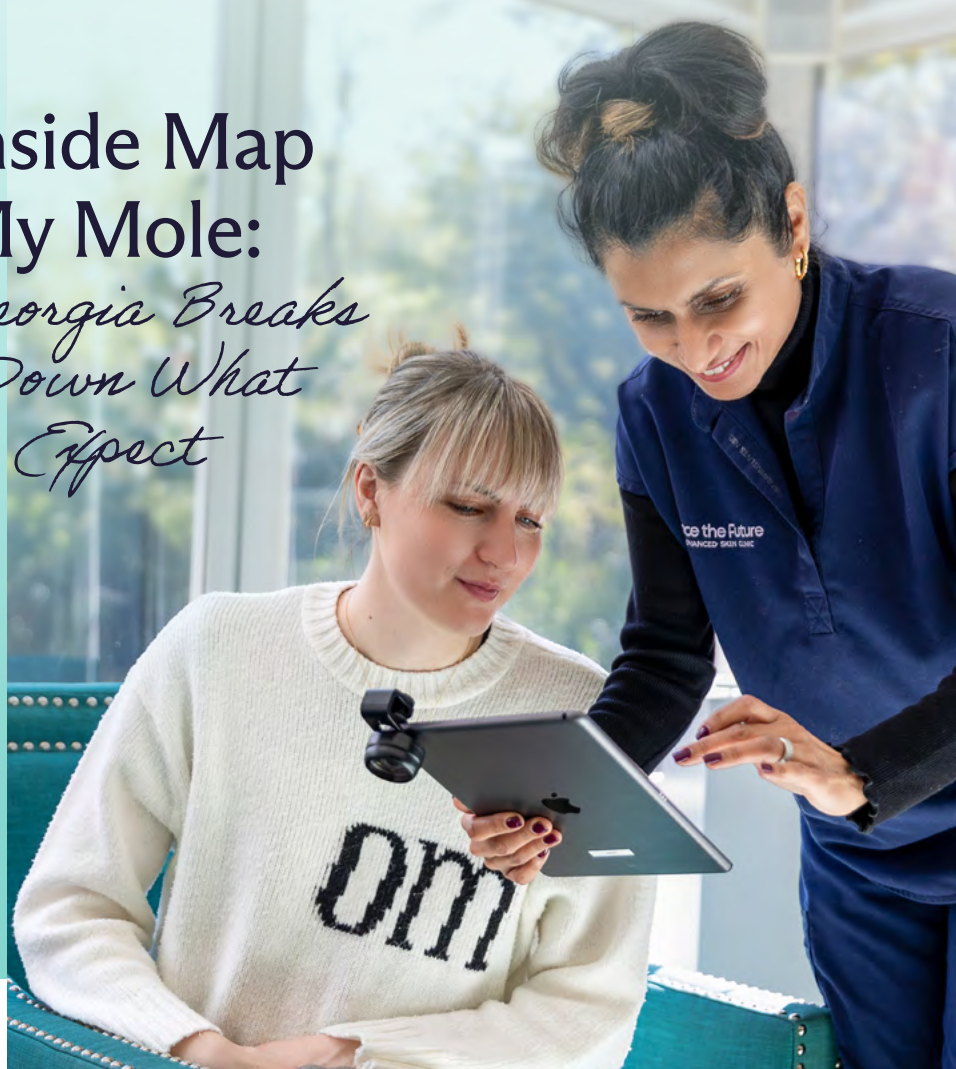


**Eucerin Actinic
Control SPF 100, £30**



Scan here to
save in the
VAT Burn

Inside Map My Mole: *Georgia Breaks Down What to Expect*



As the sun beamed through the car window and warmed my skin, it felt like the first glimpse of summer. It's fitting that the drive to our clinic from HQ seemingly reminded me of the importance of my trip today. Sun exposure can cause us to develop new moles or our current moles to grow in size or darken, increasing the chance of melanoma, our clinician at the Face the Future Clinic, Tamina explains to me when walking me through today's process.

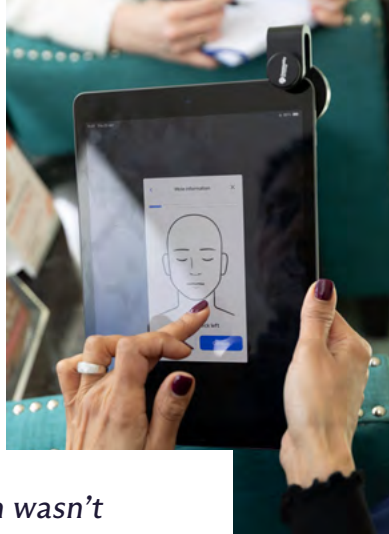
So many of us have moles and yet never take a glance to check up on them ourselves. As a fairly moley person myself, I noticed one on my neck that I've had for as long as I can remember has grown quite rapidly recently.

Upon booking my Map My Mole session for peace of mind, I wondered: why do so many of us put off getting checked?



The process could not be any easier. Tamina began by asking me some routine questions, from my age to discussing my skin type. She then introduced me to the microscopic lens they use to capture every aspect of the mole. The complete clarity of the photos shocked me. You could see details that your own eyes couldn't.

Tamina explains to me some care advice, specifying the importance of applying SPF every two hours.



“When clients say to us, ‘oh the sun wasn’t out or we’re in winter’, we remind them the importance of still applying and re-applying SPF.”

Her top advice? Protect your skin with SPF and keep an eye on your moles.

Technology has made checking a mole easier than ever before. Map My Mole means getting instant peace of mind, particularly for those struggling to get a doctor’s appointment in the NHS.

Less than 24 hours later, my results were in. Explained clearly in a report emailed to me from a consultant dermatologist at Map My Mole. I was provided with a detailed explanation of my mole and the type of mole it was, accompanied with advice. It was a relief to read this was a compound naevus, a common dome-shaped mole that arises in teen years and can grow as you get older. He kindly advised no further review was needed unless I noticed a significant change in size or colour.

The process was so much quicker and simpler than I ever expected. There was nothing to be scared of. Nothing to procrastinate on. For £60, I had a completely personalised evaluation. I was given professional clarity and advice, leaving me with complete peace of mind about my mole.



**Scan here
to book now**

Trend vs. Truth:

Our Skin Expert Debunks

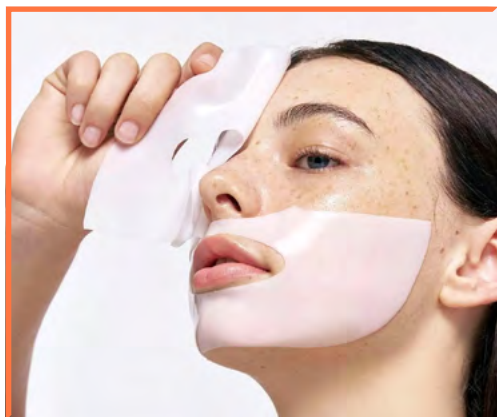
The amount of information online, and let's face it, misinformation can be overwhelming. Enter: Trend vs. Truth. A new series where we claw through the top circulating trends on wellbeing and skincare to offer you our expert's take.



MEET OUR SKIN EXPERT:

Suzanne Fleming

Suzanne has been building her skincare expertise over the past 16 years at Face the Future and receives regular training from our leading skincare brands to stay up to date on the industry.



COLLAGEN MASKS

Despite the buzz being around for a while, collagen face masks aren't going anywhere, in fact, the search term is up 40% in the past month and has been flooding our TikTok feeds. But what does our expert think?

“While collagen masks are fantastic for drenching the skin with hydration, the collagen molecules within the masks are too big to actually penetrate the skin. However, they can attract moisture to the skin which is then locked in by the mask format.

They are great for skin barrier benefits and a temporary plumping of the skin. I would say their purpose lies in giving your skin a booster after a holiday or a plane journey, when your skin feels tired.”

Suzanne continues, “If what you are looking for is an all-round collagen boost, you need to do more than just a quick mask. I would incorporate a collagen mask 2-3 times a week for hydration benefits alongside taking collagen supplements and applying topical antioxidants to help with that collagen boost”.



RED LIGHT THERAPY AT HOME

These at home LED devices have been everywhere. A long-standing TikTok beauty fixation that has us all wondering if it's the answer to all our skin concerns.

Suzanne explains their focus is on reducing inflammation and calming the skin for those who need it. "However, consistency is key, those using it once a week won't see the benefits. It needs to be part of your routine, at least three times a week".

She stresses the importance of not falling into trends as a solve-all. "We always need a 360 approach, just using the mask alone is not enough, we want topical skincare and a good supplement to really create an effective routine for inflammation."

OLIVE OIL AND LEMON WELLNESS SHOTS

At home DIY wellness shots have long been circulating. The latest? Extra virgin olive oil and fresh lemon juice as a nighttime ritual to support glowing skin and digestion.

While Suzanne acknowledges the antioxidant benefits of these ingredients, she questions whether wellness shots are a way to reap these benefits in a long-term routine. She advises, "Focus on drizzling these great ingredients onto your salads in a maintainable way to get them into your



diet. It's about doing what you can stick to long term for better results. You can then add in supplements like omega 3 to boost your results and routine".

Often when we see the latest beauty or wellness trend spiking among the realm of information online, we're quick to follow it as we think, well, this must be the answer. We don't know which direction to look. What's important is to understand what meets your individual needs. That's how you can find the best results.

"Be mindful of what you see online, often when you see a TikTok trend, you're looking for a solution to a problem.

But it's about having an understanding of your own skin and wellbeing, not just following a trend blindly to avoid overwhelm. Discover your individual needs from an expert and stick to what works for you," Suzanne explains.



Scan **here** to book your online consultation with Suzanne for personalised skincare advice

Botanycl Founder Caroline Sims on Clear Skin From Within

When we hear Botanycl at Face the Future, we think of natural skincare supplements that help us from the inside out. Dragon's Den star and Botanycl founder Caroline Sims wanted to share with other women the natural solution she discovered to support her acne when it felt like nothing else would help.

Featuring on Dragon's Den three years ago, where her supplement brand surged in attention with her heart-warming and honest story resonating with so many of us who know the struggle of acne and the mental toll that comes with it.

Read on to learn about the power of natural ingredients for acne support from Caroline herself.

Why did you decide to go down the herbal route when starting Botanycl?

"I realised the one thing I hadn't tried was looking into my hormones, and I wasn't allowed to go on birth control at the time because of a history of migraines. So, I saw that a lot of people get great results from taking contraception for their skin because it helps with oestrogen levels but also reduces androgen levels.

So that's where I started to think, I wonder if there's an herbal alternative where I can reduce my androgens? Because a lot of my research showed me that androgens were one of the key hormones that create excess oil production in the skin and clogged pores."

What do androgens actually do?

"So, men and women both have androgens. They're a form of testosterone. We have a complex hormonal system with androgens, oestrogen, progesterone, and all three of them are very important for us to regulate our monthly cycle, help with fertility, and also help when we're growing as teenagers (we get surging androgen hormones).

However, a lot of hormonal imbalances occur at lots of different times of our lives. They can fluctuate a lot because of the nature of the monthly cycle and menopause. We get androgen surges before our period. We can also have hormonal breakouts, which can come at any time of our lives because of surges in androgen hormones. They're also related to times where estrogen drops that leaves a circulating level of androgens that's higher than the norm.

So, there's lots of ways that androgens can increase at different times in our life, but research has found that androgens are one of the most common causes of oily skin breakouts and clogged pores."

How did you start putting together the SkinClear Elixir formulation?

"I wasn't even thinking about developing a product. I was just thinking, how can I fix my skin? That's where I started looking into the herbal solutions to balance androgen hormones. I came across Saw Palmetto Berry, which is an herb native to Florida, and it's kind of a superhero ingredient for hormone balance."



Can you achieve results through natural ingredients?

"I just thought this was a last resort. But I was amazed, because within a few days, I started noticing that I wasn't getting any active blemishes popping up. What that meant is that everything on my face was healing, and my red marks that were left behind were all that was kind of left, and gradually over time, those started to fade as well."

For anyone suffering with acne right now, what advice would you give?

"I know it's easier said than done, but please try not to let your skin get you down and affect your day-to-day life and your enjoyment of life. Life is so short that we need to try and embrace as much

"It's not just about clearing your skin, it's about feeling good in who you are and loving yourself."

happiness and draw as much happiness as we can from our lives without letting insecurities get in the way."



Scan here to listen to our full Skincare & Beyond podcast episode with Caroline

Skin Deep:

Why Our Skin and Scalp Are Becoming Markers of Overall Health

Our appearance is becoming redefined as a sign of our overall wellbeing. Glowing skin and shiny hair are no longer just aesthetic goals, but a reflection of our overall health. The conversation has moved far beyond the surface.

We are beginning to understand the skin, scalp and hair as visible reflections of what is happening within the body. AKA the gut-skin axis. As Dr Gaby Prinsloo, Medical Director at Advanced Nutrition Programme explained on our Skincare & Beyond podcast, this axis works both ways. Yet, we see so much focused on how to take care of our gut for better skin. It's important to remember how we care for our skin and scalp can equally affect our wellbeing, according to the bidirectional skin-gut axis.

You know we love the inside-out approach on wellbeing here at Face the Future. Our skin expert and clinic manager, Kimberley Medd, explains the key markers of our skin and scalp and what they could be communicating to us about what's happening on the inside. She also shares her top tips to take care of yourself with a 360 approach.



What could your skin and scalp be telling you about your wellbeing?

Hair thinning and hair loss

Kimberley shares that this can be a sign of a lack of nutrients in the body. It's worth looking into what nutrients you're lacking. Most commonly this can be vitamin D or iron levels when it comes to hair loss.

Breakouts and rosacea

"Gut health is like your second brain. So, if something isn't functioning right internally, it shows up on your skin. Basically, when the gut isn't happy it increases inflammation markers on your body, so your skin becomes more reactive and sensitive," Kimberley tells us.

Want to know more about the nutrients you need? That's exactly why we've partnered with Now Often Always.

Scan here to learn more



An oily scalp

This is usually linked to gut inflammation as well and a build-up of dead skin on the scalp, Kimberley explains. The more you take care of yourself from the inside out, the less inflammation you will experience.



How can we take care of our skin and scalp for our overall wellbeing?



**Manta Healthy Hair
& Scalp Brush,
£30**



“Looking after your skin and scalp is more than surface deep, it’s a moment of care that calms the mind, eases stress, and in turn supports your gut from within. When you feel better in your own skin, your whole body follows,” Kimberley explains. So, what are her top tips for taking care of your skin and scalp?

A scalp brush

Consider your healthy hair routine, elevated. Use a scalp brush to exfoliate the scalp during washes to remove any product build-up and stimulate blood circulation. It helps reduce oil and any scalp tension.

A calming reset mask

Leave your skin soothed and hydrated with consistent use of a calming face mask. Kimberley’s fave is formulated with potent antioxidants and antiseptic actives to soothe and hydrate your skin for less skin irritation.



**iS Clinical Hydra
Intensive Cooling
Masque, £95**



The Golden Rules of Daily Gut Health

1.



Since opening our clinic doors in 2006, we've been avid believers in maintaining gut health for clearer skin. Today, the wellbeing world is catching on to how transformative a healthy gut can be for our skin's longevity.

It's sometimes easy to forget that our small daily habits compound over time. Building a gut health routine into your everyday life is easier than you may think once you savvy up on your probiotics. Here's our recommended day-to-night schedule to boost your gut health for a stronger, healthier, more energised version of you.

2.

£32.99



1. Sunrise

Start the day with a large glass of lemon water and a postbiotic on an empty stomach to stabilise the gut. The **Vida Glow Gut Pro** supports cognitive, digestive and immune system health in one pretty pink capsule.

2. Midday

Feed your microbiome at lunchtime with a prebiotic. The **DR.VEGAN Gut Works** is charged with Inulin, a powerful prebiotic naturally found in a whole host of fruits and vegetables.

3. Sunset

A postbiotic in the evening supports overnight recovery and gut lining repair. The **Advanced Nutrition Programme Skin Youth Biome** creates metabolites in your gut, helping with inflammation, brain signalling and our favourite – skin health.

3.



Face the Future

ADVANCED SKIN CLINIC

South of Leeds, in an exclusive, private and professional environment, we provide a broad spectrum of non-surgical treatments to help you be the best version of you.

Claim a **FREE Opatra® Pro Skin Analysis**, where we can assess your skin health and structure with one of our clinicians. Just bring this magazine with you!



Scan Here
To Learn
More



*T&Cs apply. One use per customer. Bring this magazine when you visit to claim your offer. Offer ends 31st October 2026.

**20%
OFF**

Selected Sunscreen Brands

For the third year running,
we are removing the cost of
VAT on selected SPF brands!
Enjoy 20% off eligible SPF
heroes featured inside
this issue.



Scan Here
To Shop
Now

*Whilst VAT is legally required to be charged on all orders, we
are discounting core sunscreens that are included in our VAT Burn
campaign by 20% until the end of October to cover the cost of VAT.

