

~ SKIN RENEWAL ~

At Home Rituals by [Bulgari Spa London](#)

BEST FOR

111SKIN Founder and Cosmetic Surgeon, Dr Yannis Alexandrides shares an approach to bi-weekly at home skin renewal incorporating cryotherapy. Cold activates the production of collagen and elastin in the dermis, increasing the skin's capacity to rejuvenate itself, making it brighter, tighter and lifted. It also improves the body's ability to neutralise toxins and repair cellular damage, with significant anti-ageing effects.

FIVE STEPS

- 1.** It is vitally important to start with clean skin free from impurities, build-up and excess sebum. Cleanse skin with a gentle but effective cleanser, avoiding any harsh ingredients prior to applying a peel or exfoliant. After one minute of cleansing, pat your skin dry with a clean towel.
- 2.** With a light pressure, sweep your exfoliant along the forehead in one direction starting at the centre of the face, sweeping outwards towards the hairline.
- 3.** Allow the time specified on the label for an acid exfoliant (typically ten mins or longer) to penetrate your skin's cells. A slight sting is normal as the acids break down the glue holding the dead skin cells together. Alternatively if using a granular exfoliant gently circle product across the face with a medium pressure for one minute. Then gently neutralise the exfoliant by removing with a flannel and cold water.
- 4.** Next, to emulate the effects of the 111SPA/CLINIC Cryotherapy Energy Facial, cool a sterilised teaspoon in your freezer overnight, wrap in gauze and run over your skin. Use a medium pressure to run over skin, focusing on the eye and forehead areas. Your skin will be left rejuvenated, de-puffed and glowing.
- 5.** Complete your renewal by applying a protective and nourishing mask before sealing in the process with a moisturiser. For the best results opt for a sheet mask, allowing the potent ingredients to penetrate deeper into the dermis of your skin.

ADDITIONAL TIPS

- ✓ **Ice cubes** wrapped in gauze can be used as an alternative to a teaspoon
- ✓ Always ensure to use an **SPF** if you are applying resurfacing peels or exfoliants
- ✓ Try the [Y Theorem Bio Cellulose Mask](#) to heal, strengthen and nourish the skin

