



The Better Skin Routine

**A 30-DAY SKINCARE GUIDE AND REGIMEN TO ENHANCE THE HEALTH
AND APPEARANCE OF YOUR COMPLEXION.**



A Focused Plan for Glowing Results

In conjunction with a nutritious diet, hydration, and professional-grade services, a simple, thoughtfully designed skincare regimen that is followed consistently is key to achieving a healthy, glowing complexion.

“The great thing about this program is that it’s completely customizable to you and your skin,” says Erin Hickey, LifeSpa category manager, licensed cosmetologist with 12 years of experience, and co-creator of this program. “There are basic principles to follow, but then you can adjust your regimen and products to best address your skincare concerns.”

Hickey continues, “Skin resurfaces every 28 to 30 days, which is why this program is the length that it is — everyone should continue with their routine for this long in order to see results. If you follow this for the full 30 days, you can expect to see major changes: Skin texture will become softer and appear visibly smoother, clearer, and more even. You may also notice imperfections begin to lighten, acne starts to disappear, and pores become tighter.”

This routine is suitable for all skin types, and is doable for all of us, no matter if you’re brand new to skin care or have a cupboard full of regularly used products. It’s a daily, multistep regimen that pairs seven standard products with lifestyle tips to help boost your results.

“Just as a balanced diet requires eating from multiple major food groups, you need a system of products that work synergistically to have an effective skincare routine,” says Mike Vivier, president of Vivier, which creates premium pharmaceutical skincare products.

The suggested products work together to enhance each other’s benefit. We’ll offer recommendations for our favorite brands, but no matter what you select, we advise prioritizing professional-grade products. Due to the potency of the ingredients and formulations, they can provide an elevated level of results.



“If you’re new to skincare, starting with a simplified routine like the one in this guide is a great way to begin,” says Boldijarre Koronczay, president of Eminence Organic Skin Care. “Find a way to incorporate these steps into your morning and evening habits. I often suggest doing your nighttime steps right after dinner to avoid the risk that you’ll be too tired to do it if you wait until right before bed.”

Also, be sure to include SPF as part of your regimen. “Even if you just go for a quick walk or simply sit near a window, you’re exposed to the sun,” says Sapna Valenzuela, senior brand manager for COOLA, which creates sun care and skincare products. “Plus, digital screens provide exposure to blue light, which can take a toll on your skin, so you may want to consider an SPF that offers UVA/UVB protection and helps mitigate the effects of HEV light.”

Hickey advises sticking to the routine as consistently as you can for the full 30 days. If you veer from it, know that it will take some time for your skin to readjust to the products and resurface again.

“We have to be realistic when expecting the skin to change,” says Koronczay. “Healthy skin doesn’t happen overnight. Much like the body needs time to strengthen and tone following a workout, the skin needs time to adapt as well. When old skin cells slough off and are replaced, the new cells will show the results of your consistent routine.”

After the 30 days are up, you can continue to follow this regimen long-term to support healthy skin. “The skin is the largest organ in the body, and it requires constant care,” says Vivier. “Along with a quality diet, supplementation, regular exercise, and other healthy habits, skincare plays an important role in ensuring a complete and well-rounded health plan.”



Recommended Products

In each category, select products appropriate for your skin type and concerns. If you'd like personalized suggestions, you can schedule a complimentary consultation with a LifeSpa esthetician who can examine your skin and advise on the best product and service regimen for your complexion and desired outcome.

Note: All LifeSpa product picks are available to purchase at LifeSpa locations.

CLEANSER

Gently removes impurities to leave skin feeling balanced and refreshed. Use every morning and evening.

LifeSpa picks: Vivier HEXAM Gentle Cleanser or Eminence Stone Crop Gel Wash

TONER

Completes the cleansing process, restoring and conditioning your complexion. Use every morning and evening.

LifeSpa picks: Vivier Refreshing Toner or Eminence Stone Crop Hydrating Mist

SERUM

Restores and revives your skin's natural radiance through concentrated active ingredients. Use every morning and evening.

LifeSpa picks: Vivier C E Peptides or Eminence Rosehip Triple C+E Firming Fluid

EYE TREATMENT

Targets fine lines, dark circles, and puffiness. Use every morning and evening.

LifeSpa picks: Vivier Radiant Eye Contour Cream, Eminence Neroli Age Corrective Eye Serum, or Patchology Rejuvenating Eye Gels

MASK

Nourishes and treats skin with concentrated amounts of vitamins and nutrients. Use in the evening two to three times per week.

LifeSpa picks: Patchology Illuminate, Hydrate, Soothe, or Acne-Fighting Sheet Masks; Vivier Ultra Hydrating Mask; or Eminence Snow Mushroom and Reishi Masque

MOISTURIZER

Delivers powerful ingredients for deep hydration. Use every morning and evening.

LifeSpa picks: Vivier LEXXEL Daily Moisturizer or Eminence Coconut Age Corrective Moisturizer

SPF

Shields your skin from harmful UV rays, defending the skin from visible signs of premature aging. Use every morning, regardless of whether you'll be in direct sunlight or not.

LifeSpa picks: COOLA Sun Silk Drops, COOLA Refreshing Water Cream, Vivier Sheer Broad-Spectrum SPF 45, or Eminence Lilikoi Mineral Defense Sport Sunscreen SPF 30

Product Application

Every morning, use your cleanser, then apply products in this order: toner, serum, eye treatment, moisturizer, and SPF. Your evening routine is the same, minus the SPF.

Two to three times per week, add a mask treatment after cleansing and prior to applying your other products.



Program Boosters

In addition to your multistep skincare routine, we suggest incorporating these habits into your regimen to best support the health of your skin.

STAY HYDRATED

Keep your skin hydrated and plump by drinking half of your body weight in ounces of water daily — and more if you're sweating. This will also help with cell turnover.

TAKE YOUR VITAMINS

Collagen and omega-3 fatty acids are both nutrients that are particularly supportive of healthy skin. Collagen helps improve skin elasticity, while omega-3s are anti-inflammatory, so they can be especially helpful with inflammatory skin conditions such as acne and psoriasis. Consider supplementing with a high-quality fish oil and collagen protein powder.

SEEK OUT SUPPORTIVE SERVICES

Before you kick off your 30-day regimen, schedule a HydraFacial for an exfoliated, clean slate. Then, at the conclusion of the 30 days, return to the LifeSpa for a custom facial where your esthetician can personalize your treatment for even more radiant skin.

GET MOVING

Regular exercise supports smoother, more radiant skin and a glowing look. When you work out, tiny arteries in the skin open, allowing more blood to reach the surface; nutrients that help repair damage — from the sun or pollutants — are also delivered. These same nutrients can also help increase collagen production.

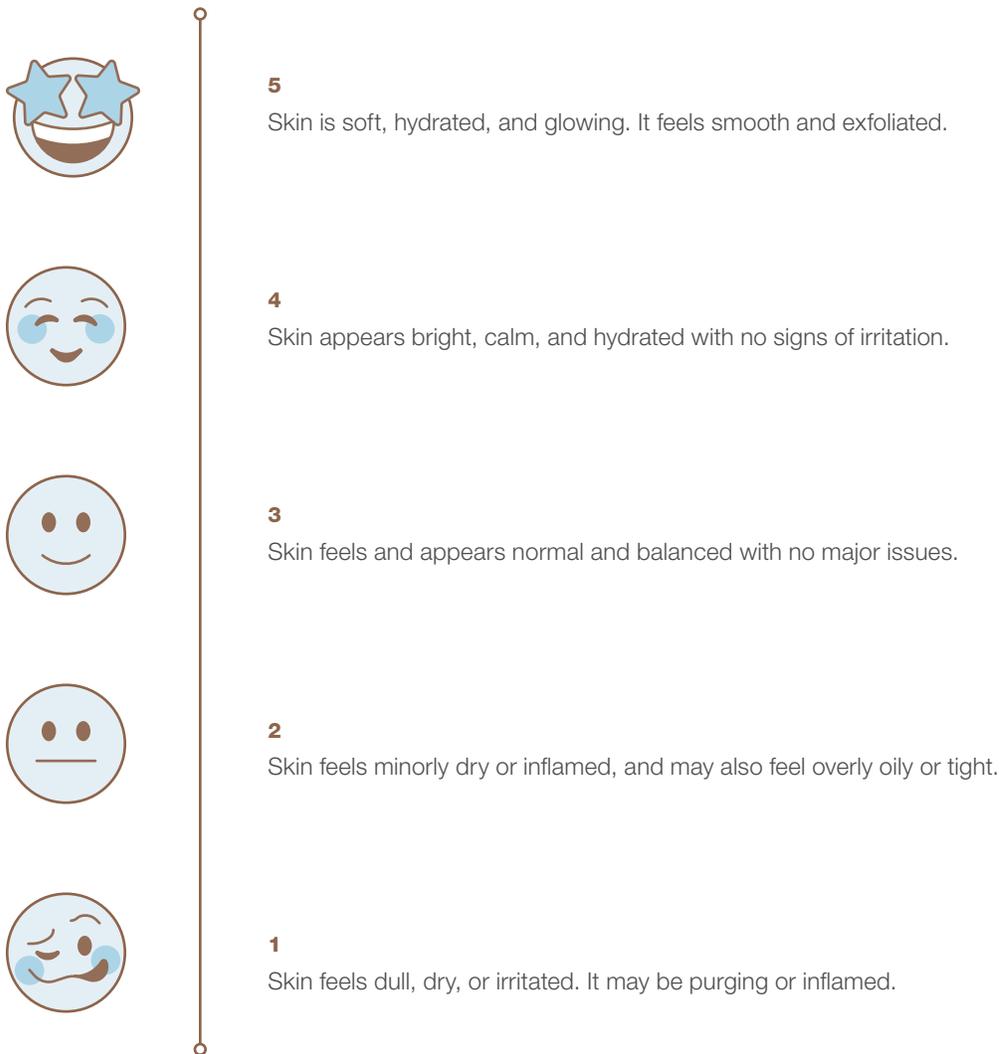
EAT A WHOLE-FOODS DIET

As best you can, eat a nutritious, whole-foods diet, including foods that can be nourishing to the skin: essential fatty acids from wild-caught salmon and nuts and seeds; antioxidants and fiber from vegetables and fruits; probiotics from fermented foods; and detoxifiers such as cruciferous veggies. Do your best to avoid foods that may cause disruption to your complexion, such as added sugars, refined carbohydrates, dairy, and specific food to which you are allergic to.

Glow-o-Meter

How is your skin feeling? Use this chart and the daily tracker (page 8) to document how your skin is feeling at the beginning and end of the 30 days, as well as at regular intervals in between.

Over the course of 30 days, it's normal for your skin to move through the different stages on this scale. Noticing these changes can help inform adjustments to your regimen. For example, if your skin is feeling dry, add in more moisture masks. If it's appearing red, try a calming mask. If you're breaking out, use an acne mask.



Additional Resources

For more on the importance of skincare and how our lifestyle habits can influence the health of our skin, our experts recommend reading these articles:

- *What Your Skin Is Trying to Tell You*
- *What to Eat for Healthy Skin*
- *9 Supplements for Healthy Skin*
- *How to Get More Collagen*
- *The Omega Balance*
- *Skin Deep*
- *6 Strategies to Fight the Root Cause of Acne*
- *8 Ways Exercise Makes You Gorgeous*
- *Exercise Makes Skin Healthier*
- *5 Tips for Healthy Sun Exposure*
- *Which Sunscreen Is Right For You?*
- *Drink to Your Health*