

q beauty: SUMMER SKINCARE

While summer might mean spending days on end lapping up the glorious sunshine without a care in the world, for some it's inescapably linked with months of sore, sunburnt skin.

The effects of UV damage extend far beyond redness and skin peeling. Following exposure to the sun's harmful rays, unstable free radicals are formed which deprive healthy skin cells from oxygen and leads to premature skin ageing. As oxidative stress is related to skin wrinkling, discolouration and unwanted texture, antioxidant support is used to protect the body from free radical damage by donating electrons which neutralise their destructive effects.

Advocates for natural and certified organic ingredients, skincare artisans, HERBS + HEART, have developed a multipurpose after sun gel-cream which revolutionises the nourishing effect of traditional aloe by incorporating a number of antioxidant and vitamin-rich ingredients, including refreshing cucumber, soothing neroli and anti-ageing rose hip.

Using a water based gel-cream formulation which allows skin to breathe and release heat, HERBS + HEART's Cell Gel (\$29.99 rrp) acts as a powerful humectant for sun damaged and sensitive skin by drawing moisture from the environment to nourish and reinforce the skin's natural hydration barrier.

Rich in vitamins B5, C and K, cucumber actively combats hyperpigmentation by limiting the body's production of melanin and reducing inflammation on a cellular level. Offering an abundance of silica, a natural collagen-friendly ingredient, the Cell Gel also utilises the antioxidant benefits of orange blossom (neroli) to restore oxygen into the skin and soothe redness and trauma. The added inclusion of rose hip maintains the structural integrity of elastin by nourishing the skin with essential fatty acids, including omegas 3, 6 and 9 which cannot be produced by the body.

Doubling as a daily face moisturiser, the Cell Gel is fast-absorbing and designed to also refine the appearance of pores and balance excess oil production.

For more information, visit www.herbsandheart.com



When it comes to applying a face mask, two of the most common skincare mistakes Aussies make include: failure to adequately prep the face prior to a treatment; and failure to soothe and seal the skin following a treatment.

According to an internal study conducted by Yong-Li Zhou, the founder of luxury stem cell skincare brand Enbacci, 7 out of 10 customers who masked on a weekly basis did not properly exfoliate and treat their skin when performing a face mask application.

"When applying a face mask, it's important for the skin to be cleansed and free from dead skin cells in order for the face to absorb the relevant nutrients," says Yong-Li. *"Similarly, a product designed to soothe and seal the skin should also be applied straight after a mask to protect exposed pores from environmental pollution and address specific skin concerns,"* adds Yong-Li.

Formulated as part of Enbacci's basics collection, the supporting skincare staples include the Microdermabrasion Exfoliating Scrub (\$45 rrp), Detoxifying Clay Mask (\$44 rrp), and Pore Minimiser (\$30 rrp). Used independently for their respective benefits or part of Enbacci's 3-step masking system, the staples result from years of stem cell science and research in regards to naturally derived ingredients.

STEP 1: SCRUB

To prep the skin for a mask or simply exfoliate prior to ones regular skincare regimen, Enbacci's Microdermabrasion Exfoliating Scrub gently polishes and smooths the skin to reveal a brighter, more radiant complexion. Featuring a Shea butter formulation rich in vitamins A, E and F, including Oleic, Stearic, Palmitic and Linoleic fatty acids, the scrub resurfaces skin's texture while maintaining moisture, combatting pores and blemishes, and evening out skin tone and discolouration.

STEP 2: MASK

To deeply clean pores and replenish the skin with B-complex and E vitamins, The Detoxifying Clay Mask features a balanced combination of kaolin and bentonite clay with naturally derived humectants such as macadamia oil, jojoba oil and Shea butter. Drawing out dirt, toxins and sebum from clogged pores, the mask nourishes with hydrating monounsaturated fatty acids and omegas to improve resiliency, reduce breakouts and calm aggravated skin.

STEP 3: MINIMISE

To seal in the mask's nutrients and refine the appearance of pores, Enbacci's Pore Minimiser features tea tree oil rich in the regenerative compound, terpinen-4-ol. Increasing white blood cell activity to fight acne bacteria and promote skin healing, the Pore Minimiser blurs imperfections while sorbitol, a humectant that prevents moisture loss, and Serine, a skin conditioning amino acid, reinforces the skin's hydration barrier and improves firmness and elasticity. Also ideal as a primer, the Pore Minimiser has a silky smooth texture to improve makeup application.

Available worldwide from www.enbacci.com

