



lime's most frequently asked questions ...

with Leigh Campbell

Q. At what age should I start looking after my skin?

A. I believe you should start looking after your skin as early as possible, especially in your early teens. As the oil production tends to increase, it is important to get teens on a basic three-step program of cleansing, toning and moisturising to balance their skin and teach good skincare habits.

Q. How should I look after my skin?

A. It's very important to use the correct skin care products for your unique skin. Always consult a professional skin therapist for advice on this. It's crucial to be consistent in your home skin care and also to invest in monthly facials as prevention is better than cure. And sunscreen is a must!

Q. How can I make my spray tan last longer?

A. The first important step is to exfoliate the body thoroughly a day or two before your tan, then make sure you moisturise your skin every day after the tan. Tan killers include: long, hot showers and baths; using heavy oil-based moisturisers and baby oil; using harsh soaps; swimming in chlorinated pools; and, of course, exfoliating in the few days after your tan.

Q. Does a Brazilian wax really hurt, and what wax do you use?

A. A professional Brazilian wax doesn't hurt as much as you would think. So many of my clients will walk out saying it wasn't as bad as they had expected.

I believe a good Brazilian wax should not exceed 30 minutes and that best results are achieved by using a combination of hot and strip wax. We use our gentle hot wax over the majority of the area and finish with strip wax to give that smooth finish.

Q. How do ingrown hairs occur and how can I prevent them?

A. An ingrown hair is a hair that curls back onto itself and starts growing back into the follicle, or a hair that fails to grow out of the follicle and stays embedded in the skin. Exfoliate the area twice a week (no more than this as it can sensitise the skin and cause existing bacteria to spread). Use an acne spot treatment or try a product we swear by, Tend Skin, as it prevents and treats the affected areas.

Q. What's your number one beauty secret?

A. Well I have a few secrets. Exfoliation! So many clients miss this step and it makes all the difference in giving a glow to your skin. Also, wearing a mineral makeup with SPF is essential, and you cannot underestimate the importance of plenty of water and sleep. ■

Lime Health and Beauty

5443 8201

www.limehealthandbeauty.com.au