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# Skincare Tips For Spring

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CHANGES in weather can wreak havoc upon the skin, and the arrival of a new season is the perfect time to reassess your beauty regime accordingly. Incorporating new products adapted to your skin's constantly developing needs is important in order to deal with shifts in climate, sun levels and exposure to external aggressors, whilst simple beauty tricks can also work wonders.

Super facialist Sarah Chapman is something of an expert on the topic - since she spends much of her time examining clients' skin under microscopes - so we asked her to share five of her top tips on how to give your skincare regime a much-needed spring clean, from the perfect product to use on an often-forgotten area to the best technique for revealing brighter and healthier-looking skin.

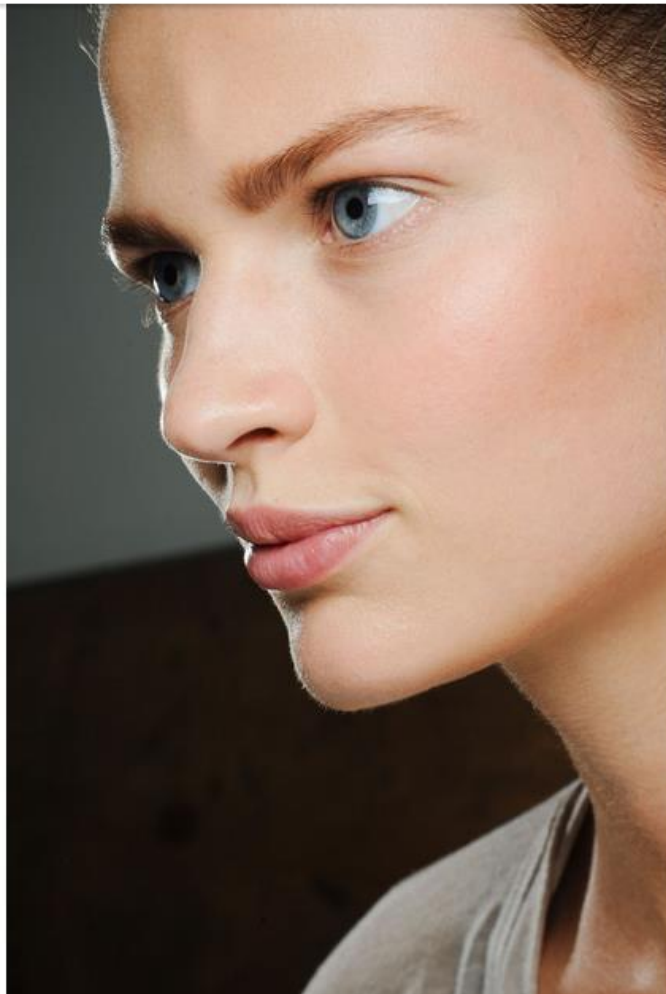
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**Always Use An SPF**

"Always ensure that your day cream has an SPF, to give yourself some protection against UVA and UVB rays as the sun gathers strength. We often forget how strong the sun can be at this time of year and a SPF is essential to protect skin against sun damage and premature ageing. Remember that it's UVA rays that are present all year and they are the 'Ageing rays.'"

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### Start Taking Supplements

"If your skin is feeling tight and looking dry and flaky after the harsh effects of winter weather and central heating, make sure you increase your hydration levels by using a moisturiser high in humectants such as Hyaluronic acid and rich in omega oils. Increase your daily intake of omega supplements, these will increase your skins hydration levels helping it to function more efficiently, restoring its barrier function for a more protected skin and removing your, snaky post winter look. I suggest taking **Essential Oils 3,6 and 9 by Harmony Formulas.**"

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### Focus On Cleansing

"Spring is the perfect time to invest in your cleansing regime to reveal clearer, brighter, glowing skin. Spend 1-2 minutes working with your cleanser in upwards circular motions to clean deep into the pores, focusing on any congested areas with smaller circular motions. I often give my clients a two-week cleansing challenge, getting them to focus on a good cleanse daily, and it is perfect for creating a clearer and healthier looking skin in a matter of weeks."

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### Don't Forget The Décolletage

"Spring is all about revealing more skin, especially the décolletage area, with the trend for the sweetheart neckline seen in so many of the spring/summer 2013 collections. My new **Neck and Chest Rejuvenating Complex**, £55, is perfect for regenerating this often neglected area, helping to repair the signs of ageing such as crepiness, lines, wrinkles and thinning, slackening skin in the exposed delicate neck and chest area."

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### Exfoliate To Banish Dead Skin

"Slough off the dead and dulling skin cells of winter with gentle exfoliation. Use a gentle exfoliator such as my serum-based **Overnight Exfoliating Booster**, £57, two times a week instead of a harsh scratchy scrub that will damage the skin causing micro-tears and irritation. This exfoliator contains ingredients such as lactic acid and retinol to gently dissolve the 'glue' between dead cells, releasing them for a controlled exfoliation without damaging action on the skin. This will allow your moisturisers to work more efficiently on the skin."

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