

Jenna Rose Colored Glasses
a lifestyle blog

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SOME OF THE BEST SKINCARE ADVICE FROM THE PROFESSIONALS!



Oh skincare! It's one of my very favorite things to discuss when it comes to beauty. I definitely have a passion for keeping it healthy. And though I get super annoyed with the hormonal blemish that loves to say hello every few weeks, I am fascinated by the challenge, science, and biology of it all. (And perhaps grossly enthralled with Dr. Pimple Popper-esque things...#guilty.)

I have watched my skin transform as I have grown up. I had more acne at 25 than I did as a teenager, and it was interesting to see how that faded and what other problems have (or have not) come into play. For the most part though, other than the occasional thing or two, for a 30 year old who has noticed an increase of how often people just resort to "taking the easy way out" if ya catch my Real Housewives drift (not that it's bad, but give yourself a chance to naturally rectify some damage!), I have a lot to be very grateful for as far as my complexion goes.

And since the core of my friends that I work with are 7 to 5 years younger than me and no one notices... and that I still get carded on the regular, I'd like to think that my skincare routine has been paying off! (haha um... right?) This only solidifies my feelings on building up great habits and routines first and foremost.

Recently, I went to visit [Kwan Dermatology](#) office in San Francisco (overlooking gorgeous Union Square) to learn a little bit more and try out SkinCeuticals treatments and products. The results were amazing! And I loved learning more from their combined medical and esthetician perspective.



I asked the team some basic questions when it comes to skincare that we all have — and some about SkinCeuticals in particular — in hopes to give some insight to the world of having the complexion of our dreams.

- What is the most common skin issue you come across? **Pigmentation/dark spots, uneven skin color, and acne.**
- What is your favorite SkinCeuticals product? **CE Ferulic because it is the gold standard in antioxidants, protecting and repairing the skin from free radicals, preventing premature aging and repairing sun damage.**
- What's the best preventative thing to do to fight aging? **Wear sunscreen!! Cannot say this enough.**
- Other than skincare, are there any supplements or diet suggestions you would give patients? **Of course, but keep in mind it is very patient and condition specific. For example, when patients have botox/filler, etc.**
- What is the most destructive habit people do regarding their skin? **Not wearing sunscreen and tanning beds.**
- What are the best facials for discoloration or dry skin or acne or aging? **HydraFacial and peels.**
- What is the best night time skin care routine order? (ex: serum, eye cream, moisturizer?) **Products should be added to the skin by order of weight, for example, serums first, then cream over the top of serum.**
- What is the best thing about SkinCeuticals that other brands don't offer? **Advanced skincare backed by science!**

I personally love hearing these answers because my own skin has some discoloration along my jaw line and it's great to know there are products out there that can help rectify this (which I will be using!).

Also, my parents (thanks mom and dad!) were CRAZY about wearing sunscreen everyday, including on my face. My mom always ensured my sister and I put sunscreen on under our make up and this professional confirmation makes me feel extra grateful for the parental advice. I think this alone could be the key to my success.



And to speak to their backing of SkinCeuticals, I very much enjoyed my SkinCeuticals Hydrafacial and noticed a fairly immediate response. As I am getting married this year, I obviously want my skin to look it's very best and most importantly, not be reactive leading up towards the wedding. This particular treatment is the key to that. It uses oxygen and products that clean out the pores, but that also relaxes the skin. When I walked out of there, I didn't feel self-conscious about marks on my face, my skin was smooth and clean. It really gave it the extra love and care.

Janine performed the treatment and she was AWESOME – highly recommend her if you are planning to stop by Dr. Kwan's for a treatment!



I was given some samples to try out and so far, so good! I've added them to my nighttime routine (serum, under eye cream, moisturizer -that order!) and I can tell that it's a great addition already!

Skin health is very important and I feel remarkably lucky to have had parents that emphasized the importance of sunscreen, setting me up for success... and that I now have a passion for taking care of my complexion in a natural, healthy way complete with great morning and nighttime habits!

Give Dr. Kwan a visit for your medical needs and be sure to get a SkinCeuticals treatment while you're there. Make that beautiful face glow!

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