

Skin—care / Mind and body / Exercise

A nifty guide on how to look youthful at all times

Manila Bulletin · 1 Dec 2023 · B-11 · By POCH EULALIA SERENITY NOW Meditation helps in lowering one's stress levels
SECRET TO GLOWING SKIN Clarins retail training manager for Asia Pacific Andrew Wallis shares a skincare method during a demonstration at Rustan's Makati

As we go through the daily grind, it's important to remember to look after ourselves. We should never let stress and hardships take over our image. Having healthy, glowing



Sound mind, sound body

To keep our body beautiful, it's important to remember how our mental health affects the skin. According to a study from the US National Library of Medicine, a high amount of stress positively correlates

Drinking water keeps our skin healthy as it helps in flushing out the toxins and bacteria inside our body. Being hydrated also helps keep our skin soft and smooth. It prevents the skin from drying up and producing oil that can cause acne. Downloading an app to keep track of your water intake or having a set amount of water in your tumbler to drink throughout the day are surefire ways to keep you and your skin hydrated daily. skin acts as a sign of how much we care about our wellbeing. It's a show of hope that even through tough times, we have enough time to care for ourselves and present ourselves at our best. Here are a few tips for having healthy, glowing skin. with acne severity. Other studies show that stress worsens acne due to the hormones it makes our body release. To counter this, dopamine-inducing methods like meditation, walking outside under the sun, and daily exercise are a big help.

Proper skincare methods

Following a proper skincare routine helps control any potential acne outbreaks. Be sure to only use trusted products to not damage your

1. Warm.

Dispense the Double Serum on your palm and warm the mixture by rubbing your hands together for three seconds. This will bring it to skin temperature and allow your skin to accept it instantly.

2. Apply.

Use the natural weight of your hands to distribute the product evenly over your face and neck. This step should take about eight seconds.

3. Drain.

Apply draining pressure three times on the cheeks, forehead, and each side of the neck by pressing down gently on these areas for about 15 seconds.

4. Warm.

Take a small dab of the Extra-firming cream and warm the mixture by rubbing your hands together for three seconds. skin. If you're looking for highquality skincare products, Clarins has put out skincare products that keep the skin healthy and glowing since its founding in 1954 by Jacques

5. Apply.

Repeat step two and use the natural weight of your hands to evenly distribute the product over your face and neck.

6. Drain.

Repeat step three and apply draining pressure three times on the cheeks, forehead, and each side of the neck by pressing down gently on these areas for about 15 seconds.

Courtin-clarins. It has also provided services to help enhance beauty through its spa services at Clarins Skin Spa. Such products include the Double Serum, an age-control concentrate that uses golden turmeric extract infused with cutting-edge cell sensory intelligence technology to boost cell sensory capacities. There's also the Extra-firming Cream that utilizes a Kangaroo flower extract for boosting collagen synthesis by over 199 percent. It also improves skin's firmness by 85 percent and promotes the skin's elasticity by over 92 percent based on the tests done on its ingredients.

To help demonstrate proper skincare routines, Clarins retail training manager for Asia Pacific Andrew Wallis reveals a six-step process using Clarins' Double Serum concentrate and Extra-firming cream to ensure healthy, glowing skin.

As for those looking for an extra level of pampering, the Clarins Skin Spa, found at Rustan's branches in Makati, Shangri-la, and Alabang Town Center, offers skin care services such as skin preparation/detox for cleansing, removing impurities, and smoothening lines. Each process makes use of top-notch Clarins skincare products to ensure only the best for your skin.