



Clarins White Plus Gentle Brightening Exfoliator, \$88; Nivea 2-in-1 Wash & Scrub, \$15; Nutrimetics Complexion Refiner, \$45



Trilogy Age Proof Nutrient Plus Firming Serum, \$39.99; Olay Definity Tone Correcting Anti-Aging Firming Serum, \$37.99; Nutrimetics Bright & Beautiful Serum, \$59; Sukin Purely Ageless Intensive Firming Serum, \$72

In an antioxidant facial, different face creams built with potent scores of antioxidant vitamins are used on the face to remove pollutants, cleanse and protect the face from future harm. The best candidates for these facials are those who spend a lot of time outdoors for work or play.

DIY at home: Choose a facial serum for this and use as directed. Always finish with a pore-penetrating moisturiser.

Acne Facials:

While teenagers are most prone to acne conditions in their skin, adult acne is also very common. This said, many people regularly receive acne facials. These treatments offer thorough cleansing, an enzyme or glycolic acid exfoliation, a vapour mist, deep pore pimple extractions, and an anti-acne anti-inflammatory facial mask.

DIY at home: An acne treatment facial mask and spot remover work well when doing an acne facial. Opt for oil-free products. Steam your face for at least 10 minutes, and finish with a gentle peel-off mask.

Collagen Facials:

Another popular facial to get at a spa is a collagen facial. These facials offer treatment for those looking to prevent wrinkles, dark under eye circles, and any other damage that might be incurred through the sun and pollutants.

Collagen facials have a series of pampering steps that begin with cleansing, exfoliation, a vapour mist, pore cleansing, lymphatic massage, and a masque applied over the central ingredient of collagen.

DIY at home: Cleanse your skin first, then use an exfoliator, repeat this process twice. A masque is the key to this facial. Ensure you find a masque dedicated to collagen facials.

Phoenix Renata

www.phoenixcosmetics.com



L'Oréal Paris Age Re-Perfect Radiance Enhancer Restoring Care, \$241; L'Oréal Paris Youth Code Super-Concentrate Serum, \$49.99; Murad Age Spot and Pigment Lightening Gel, \$117