



Judith Mulgrew

Judith Mulgrew is the proprietor of Skin Medi Spa, Surrey Street, Lisburn Road.

Summer Skin in Winter

This month Judith talks all about the best treatments and natural ways to rejuvenate and promote a healthy glow to your skin.



In the wintertime, the air dries out and so can your skin, leaving it looking dull and tired. Now is the time to make some changes to prepare your skin ahead of the harsh winter conditions. I am going to tell you about the best treatments and at home routines to combat this and give your skin that summer glow in winter.

Dermalux

Our new treatment at Skin Medi Spa, Dermalux, is a non-invasive treatment that applies beneficial light at a skin-enhancing intensity and dose to activate cellular renewal and repair, fuel the manufacture of collagen and elastin, reduce inflammation and destroy acne causing bacteria. It instantly revitalises a tired and dull complexion, leaving skin hydrated, plump and radiant with redness and irritation calmed after just one treatment. With its amazing benefits everyone is a good candidate for this treatment. It is perfect for those who have a big event approaching and

want a photo-ready complexion, which is why it is a firm favourite with celebrity clients. Duchess of Sussex Meghan Markle reportedly had Dermalux LED treatments as part of her prep for the royal wedding.

Micro Needling

Micro Needling is also great for dull, ageing skin which you may be feeling in this cold dark weather. The treatment prompts the natural release of the skin's collagen using a pain free advanced micro injector skin needling system which significantly reduces the appearance of fine lines, wrinkles, pigmentation, acne scarring and enlarged pores. This works by causing small trauma to the skin so it naturally repairs itself, and with less downtime for the skin than other treatments this has become an increasingly popular treatment with celebrities such as The Kardashians and Jennifer Aniston. With a treatment that can ultimately take 10-15 years of your face, it's no wonder all the celebrities are loving it!

Photo Rejuvenation

Photo Rejuvenation is another A-list beauty secret! Using IPL technology this treatment is excellent for rejuvenating your skin, stimulating deep cells, producing natural plumpness and smoothing lines. You will experience a remarkably even skin tone with no more brown spots, acne scars, or thread veins and noticeably younger looking more radiant skin. The Kardashians and Jennifer Aniston also use this treatment as it works great when combined with Micro Needling. When bought in a course we are happy for you to combine these treatments for optimum results.

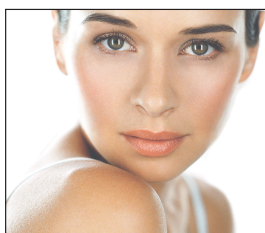
Beauty Routine

To optimise the results of these treatments I would also recommend you follow a good beauty routine at home, my favourite brand being the Image Skincare range. The Vital C Range will be great for the winter months - packed with Vitamin C which is not only necessary for collagen production and maintenance, but it is also a potent antioxidant that can neutralize free radicals in the skin. Also add a good Retinol (Vitamin A) product into your routine - with potent anti-ageing properties to rejuvenate and repair ageing and all levels of acne prone skin. Lastly don't forget the SPF, even in dark, dull days there are still UVA rays penetrating into the skin.



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