

# SKIN REVIEW

## MAGAZINE

EXPERT SKINCARE. PERSONAL APPROACH. VISIBLE RESULTS.



# WINTER SKIN RECOVERY

Hydration, barrier support and healthy renewal through the cooler months.



Healthy skin isn't simply about adding moisture. It's about protecting the skin barrier so hydration stays where it belongs.



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# WELCOME

## TO OUR WINTER SKIN RECOVERY EDITION

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As the seasons change, so do the needs of our skin. During winter, many people notice increased dryness, sensitivity, dullness and dehydration, particularly as cooler weather, indoor heating and environmental stress start to affect the skin barrier.

This time of year, is also when many clients choose to focus on skin rejuvenation, hydration and long-term skin health. At Skin Review, we believe healthy skin is about more than just appearance. It's about confidence, self-care and taking time to invest in yourself.

Winter is the perfect season to restore, strengthen and support your skin with the right combination of professional treatments and high-performance skincare.

Whether your focus is hydration, skin tightening, collagen support or simply taking time for yourself, our experienced team is here to guide you with personalised advice and treatment recommendations tailored to your skin goals.

We hope you enjoy this Winter Skin Recovery Edition and look forward to seeing you in the salon soon.

*Yours in skin*

Kaylene & team



# WINTER SKIN REJUVENATION

**HYDRATION, BARRIER SUPPORT AND HEALTHY  
SKIN RENEWAL THROUGH THE COOLER MONTHS.**

**HAVE YOU NOTICED YOUR SKIN FEELING TIGHTER, ROUGHER OR  
LESS RADIANT DURING WINTER?**

You're not imagining it.

As temperatures drop and indoor heating increases, our skin faces new challenges. Moisture levels decline, natural oil production slows, and the skin barrier can become compromised. The result is often dryness, sensitivity, redness and a complexion that appears tired or dull.

The good news is that with the right combination of professional treatments and targeted home care, winter can become the perfect season to restore hydration, strengthen the skin barrier and support healthy skin renewal.

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Healthy skin isn't simply about adding moisture. It's about protecting the skin barrier so hydration stays where it belongs.

# WHY WINTER AFFECTS YOUR SKIN

## UNDERSTANDING DEHYDRATION

Dehydration can occur at both surface and deeper levels within the skin.

Surface dehydration often presents as roughness, tightness and flaking. Deeper dehydration can contribute to reduced elasticity, more noticeable fine lines and an overall loss of skin vitality.

While many people reach for a richer moisturiser during winter, true hydration requires a combination of moisture replenishment and barrier protection.

## THE ROLE OF THE SKIN BARRIER

Your skin barrier acts as a protective shield, helping retain moisture while defending against environmental stressors.

During winter, lower humidity levels and reduced sebum production can weaken this protective barrier, increasing Trans Epidermal Water Loss (TEWL).

## WHEN THE BARRIER BECOMES COMPROMISED, SKIN MAY BECOME:

- ✓ Dry
- ✓ Sensitive
- ✓ Red
- ✓ Irritated
- ✓ Less resilient



## EXPERT INSIGHT

### WHY CERAMIDES MATTER

Ceramides are naturally occurring lipids found within the skin barrier.

Think of them as the mortar between bricks, helping hold skin cells together and preventing moisture loss.

When ceramide levels decline, the barrier becomes less effective, making the skin more vulnerable to dehydration and sensitivity.

Supporting ceramide levels helps improve hydration, comfort and overall skin resilience.



Supporting barrier function is one of the most effective ways to maintain healthy, hydrated skin throughout winter.

# SUPPORTING HEALTHY HYDRATION THIS WINTER

Winter skin care is about more than simply treating dryness once it appears. The goal is to support hydration at every level while strengthening the skin's natural defence system.



## HYDRATE DEEPLY

Look for products containing Hyaluronic Acid to attract and retain moisture within the skin.



## STRENGTHEN THE BARRIER

Barrier-supporting ingredients such as Ceramides help reduce moisture loss and improve resilience.



## MAINTAIN PROFESSIONAL CARE

Regular skin treatments help support healthy skin renewal and allow hydration-focused ingredients to perform at their best.



## THERAPIST INSIGHT

Winter is often when we see clients experiencing increased dryness, sensitivity and a loss of radiance. One of the simplest ways to support your skin during this season is to focus on hydration from multiple angles — using the right skincare products, protecting the skin barrier and maintaining regular professional treatments.



## NURTURE. PROTECT. REPLENISH.

Winter reminds us that healthy skin thrives when it is cared for consistently. Small daily habits, combined with professional support and the right skincare ingredients, can help restore comfort, strengthen resilience and maintain a healthy glow throughout the cooler months. When hydration and barrier health work together, skin is better equipped to look and feel its best.



# CERAMIDES & HYDRATION

## WHY HEALTHY SKIN STARTS WITH A STRONG BARRIER

When skin feels dry, tight or sensitive, the first instinct is often to reach for a richer moisturiser. While moisturisers play an important role, true skin hydration relies on something even more fundamental – a healthy skin barrier.

At the heart of this barrier are ceramides, naturally occurring lipids that help hold skin cells together and prevent precious moisture from escaping. Often overlooked, these remarkable ingredients are essential for maintaining comfort, resilience and hydration throughout every season.



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Hydration isn't simply about adding moisture.

It's about helping the skin retain the moisture it already has.

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# BUILDING YOUR HYDRATION FOUNDATION

## WHAT ARE CERAMIDES?

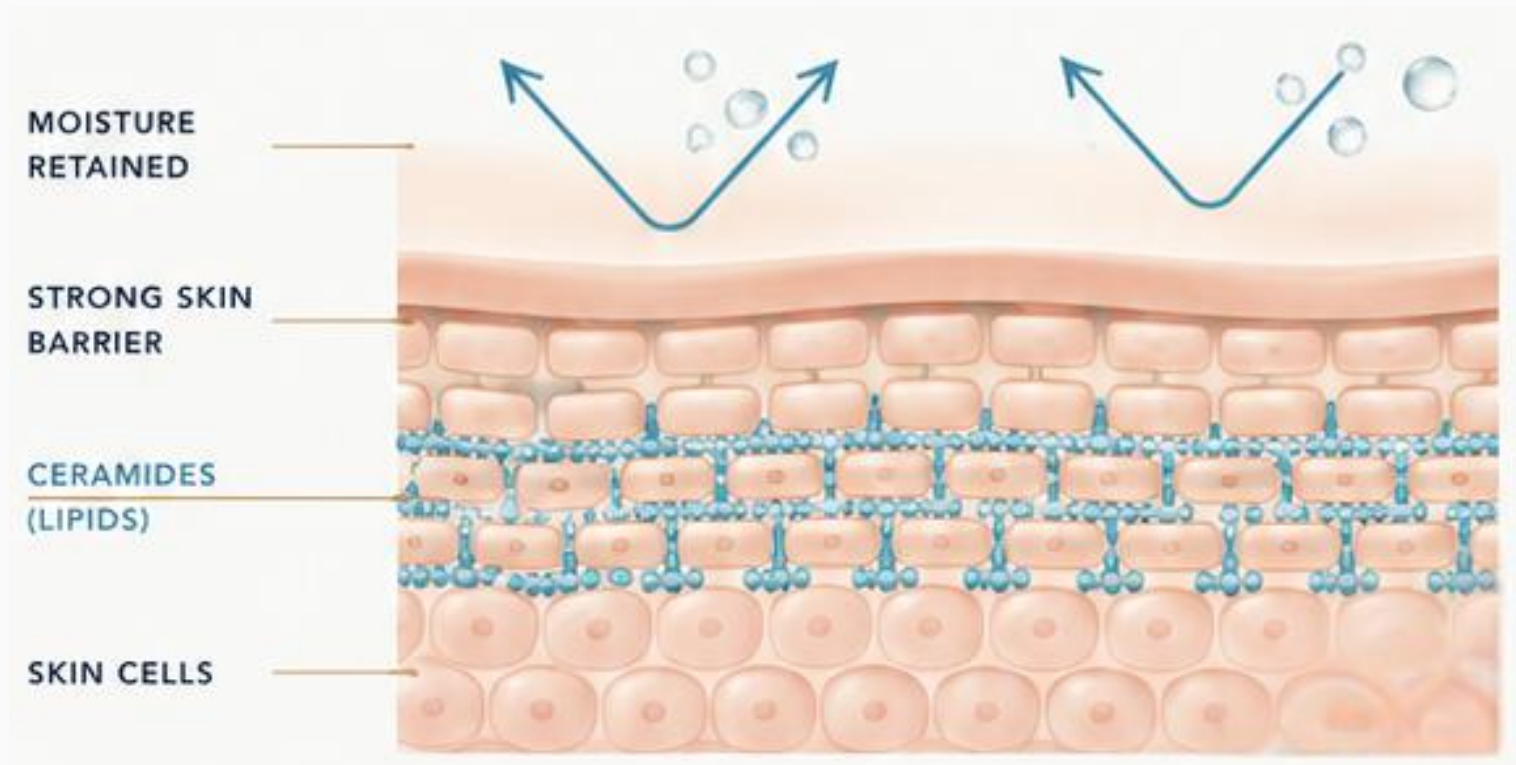
Ceramides are naturally occurring lipids found within the outer layers of the skin. Often compared to the mortar between bricks, they help bind skin cells together and create a protective barrier against moisture loss.

A healthy skin barrier allows the skin to remain hydrated, comfortable and resilient while helping defend against environmental stressors.

## WHAT HAPPENS WHEN CERAMIDES DECLINE?

Ceramide levels naturally decrease due to factors such as ageing, environmental exposure and seasonal changes.

## HOW CERAMIDES SUPPORT THE SKIN BARRIER



### HYDRATION

Helps skin attract and retain essential moisture.



### BARRIER PROTECTION

Helps strengthen the skin barrier and defend against stressors



### SKIN RESILIENCE

Helps improve and support long-term skin health.

# Winter Skin feeling different

**THIS YEAR?**

## **WHY HYDRATION, NOURISHMENT AND SKIN BARRIER HEALTH MATTER IN WINTER**

As the weather cools, it's common to notice your skin behaving differently.

You may find your complexion feels less comfortable than usual, looks a little lacklustre, or seems to lose moisture more quickly than it did during the warmer months.

Many clients tell us:

*"My skin feels dry no matter what I use."*

*"It seems more sensitive than it used to be."*

*"I've lost that healthy glow."*

Winter can place additional stress on the skin. Cooler temperatures, reduced humidity and increased exposure to indoor heating can all affect hydration levels and compromise the skin's natural protective barrier.

For women experiencing hormonal changes during perimenopause or menopause, these effects can become even more noticeable, often leading to increased dryness, sensitivity and changes in skin texture.

The encouraging news is that winter can also be one of the most rewarding times to focus on skin health. With the right combination of hydration, nourishment and barrier support, skin can feel more comfortable, resilient and radiant throughout the season.



Winter doesn't create skin problems. It often reveals what your skin has been missing.





# The Products Behind Healthy Winter Skin

## CERAMIDES & HYDRATION

Many people focus on moisturisers when their skin becomes dry, but healthy winter skin begins much earlier in the skincare routine.

From cleansing to nourishment and protection, every step plays a role in supporting hydration and maintaining a strong skin barrier.

Choosing products rich in replenishing ingredients such as ceramides can help skin remain comfortable, resilient and balanced throughout the cooler months.

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**Hydration isn't simply  
about adding moisture.  
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”

# Building Your Hydration Foundation

## STEP 1: CLEANSE WITHOUT STRIPPING

Cleansing is the first and most important step in supporting healthy, comfortable skin.

During winter, it's essential to remove impurities while respecting the skin's natural lipid balance and protective barrier.

Ella Baché cleansers rich in ceramides and botanical oils gently cleanse without stripping, helping to maintain hydration and resilience throughout the day.



### CORRECT CLEANSING BENEFITS



**REMOVES IMPURITIES**  
Effectively cleanses away makeup, SPF and pollution.



**SUPPORTS HYDRATION**  
Ceramides and botanical oils help maintain moisture.



**PREPARES SKIN**  
Creates the ideal foundation for the next steps in your routine.



**RESPECTS THE BARRIER**  
Helps preserve the skin's natural lipid balance.



#### THERAPIST TIP

Facial oils and barrier-supporting moisturisers play a key role in maintaining hydration during winter.

They help reinforce the skin's natural lipid layer, reduce moisture loss and create lasting comfort.

Used daily, these nourishing essential products help protect skin, support resilience and promote a healthy, balanced complexion all season long.

## Nourish & Protect

### STEP 2: STRENGTHEN THE BARRIER & LOCK IN HYDRATION.

After cleansing, nourish and protect your skin with targeted formulas rich in ceramides, botanical oils and essential fatty acids.

This powerful combination helps strengthen the skin barrier, reduce moisture loss and keep skin soft, smooth and resilient throughout winter.

### A Routine That Works Together

Healthy winter skin is the result of a complete routine that cleanses, nourishes and protects. When every step is designed to support the skin barrier, hydration lasts longer and skin feels stronger, calmer and more resilient all season long.



# Your Skin Is Always Changing

## IS YOUR SKINCARE KEEPING UP?

One of the most common things we hear in the salon is:

"I've been using the same products for years, but lately they just don't seem to be working the same way."

If you've ever felt that way, you're certainly not alone.

The truth is, our skin is constantly evolving. The skin you had five years ago isn't the skin you have today.

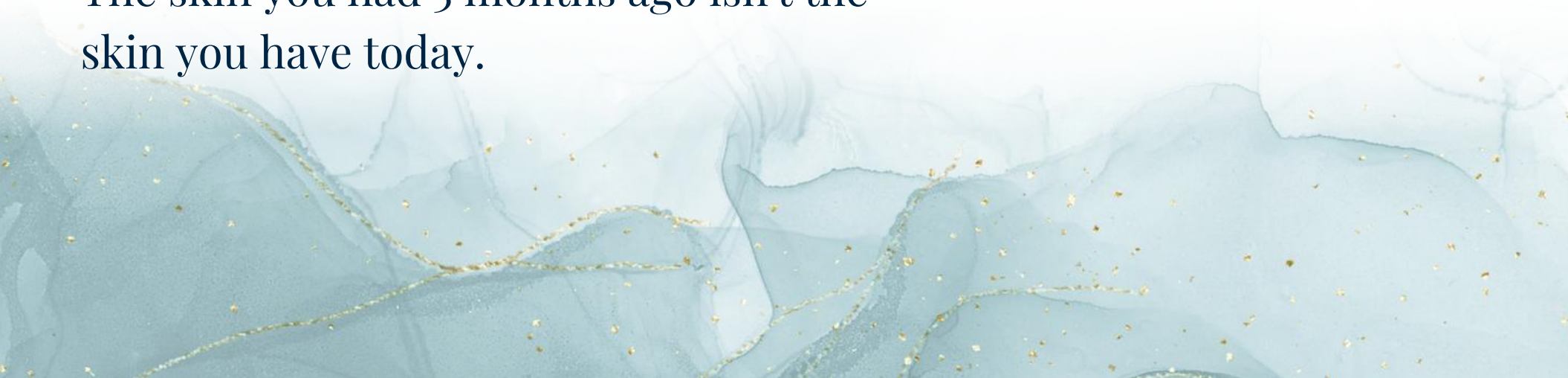
Seasons change, stress levels rise and fall, hormones fluctuate, and even things like sleep, exercise and lifestyle can influence how your skin looks and feels.

Winter is often when these changes become more noticeable. Skin can start to feel tighter, drier or more sensitive. You may notice a loss of radiance, changes in pigmentation, or simply feel like your complexion looks a little tired.

That's why we place such a strong focus on regular skin consultations at Skin Review .



The skin you had 3 months ago isn't the skin you have today.





# Your Skin, Your Journey

Our skin is constantly evolving.

Changes in season, lifestyle, environment and hormone levels can all influence how our skin looks, feels and behaves over time. While some changes happen gradually, others can seem to appear more suddenly, particularly during perimenopause and menopause.

Many women notice their skin becoming drier, more sensitive or less resilient than it once was. A loss of firmness, changes in texture and uneven skin tone can also become more noticeable during this stage of life.

It's often the reason clients tell us that products and routines they once loved no longer seem to deliver the same results. Rather than seeing these changes as a problem, we encourage clients to view them as an opportunity to better understand their skin's changing needs.

For some, the priority may be restoring hydration and strengthening the skin barrier. For others, the focus may shift towards supporting collagen production, improving skin firmness or addressing pigmentation concerns.

There is no single solution that suits everyone, because every skin story is unique. Healthy skin isn't about chasing perfection.

It's about recognising change, adapting your skincare accordingly and giving your skin the support it needs to thrive at every stage of life.

**"BEAUTIFUL SKIN ISN'T ABOUT AGE. IT'S ABOUT UNDERSTANDING WHAT YOUR SKIN NEEDS TODAY."**

# Looking Beyond the Surface

Rather than guessing what your skin needs, we prefer to understand exactly what's happening beneath the surface.

Using our Woods lamp Skin Analysis system, we're able to look at your skin in far greater detail than the naked eye allows. It gives us a clearer picture of your skin's condition and helps us create recommendations that are tailored specifically to you.

The technology allows us to assess concerns such as:

- ✓ Hidden dehydration
- ✓ Early sun damage
- ✓ Pigmentation changes
- ✓ Sensitivity and redness
- ✓ Congestion and pore concerns
- ✓ Early signs of ageing

Just as importantly, it allows us to track changes over time.

I often explain to clients that skin consultations aren't about finding problems. They're about creating a plan.

Think of it like this...

Just as regular dental check-ups help protect your teeth before problems develop, regular skin consultations allow us to identify changes early and make small adjustments before concerns become more noticeable.





*Skin Review*  
Ella Baché Stockist