



## Skin care tips from Victoria Nash

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As the weather changes, so does our skin. Victoria Nash, President/Founder of **Esenté** **Physioceuticals**, was kind enough to share with us skin care tips and product recommendations for spring. Victoria's formal education includes Phoenix Medical and Kar-Ché Professional Career Center, where she received her license for facials and skin analysis.

In the spring we need to transition from our heavier rejuvenating creams to lighter moisturizers and serums. A lightweight moisturizer can be effective in providing healthy resilient skin without that "heavy feel." Serums improve moisture retention, tighten, and firm as well.

Victoria offers these tips for at-home facials.

An at-home facial can be the perfect prescription to help skin restoration when there is no time for that relaxing spa facial treatment.

The first step is to do a deep pore cleansing with products that help to dissolve dead skin cells, increase cellular turnover, and penetrate follicular sebum. (product suggestion: Citrisal Purifying Excellerator)

After cleansing exfoliate with a gentle exfoliation scrub to remove more deadened surface cells to reveal smooth refined skin. (product suggestion: Oligo-Peel Micro-Creme)

Make sure to use a mask that is appropriate for your skin condition. If you have acneic disturbances use a oil absorbing clay mask. (product suggestion: Bio-Facil 11 Clarifying Mask)

For dry or mature skin use a mask that normalizes skin functions and lightly moisturizes. (product suggestion: Hydrating Cucumber or Vitamin Coconut Mask)

Always follow with either day or night moisturizer to protect.

I also ask Victoria Nash about "must-have" skin care products for the spring. Here are her three favorites:

### **Bio-Peel Retinol Serum** (\$65.00)

Use exfoliating products to help clarify congested complexions and reveal healthy tissue.

### **Oligo-Sphere Caviar Pearls** (\$85.00)

Incorporate products with high anti-oxidant properties. Antioxidants help to heal and restore skin functions. Oligo-Sphere Caviar Pearls are 500 times more potent than vitamin E, as well as being anti-inflammatory. Especially helpful for dehydrated skin.

### **Derma-Defense SPF 30** (\$28.00)

Sun protection is a must as we are outdoors more in the spring season. 85% of our skin aging comes from the sun. Always wear a full spectrum sun block. Derma-Defense SPF 30 offers a lightweight full spectrum sun block as well as a light moisturizer and provides skin nourishment.

You can purchase these and dozens of other skin care products at [esente.com](http://esente.com).

