

WELCOME...

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ISSUE #3

www.skincare-studio.co.uk



THE SKIN STUDIO NEWSLETTER

LET'S TALK SKIN...

Welcome to The Skin Studio

We're already on issue #3! I'm hoping to see this newsletter grow and evolve, and I'd love your input to make that happen.

I've always been passionate about the importance of keeping skin healthy, in a natural way, using what nature gave us, plants! Botanical skincare isn't just effective; the incredible aromas enhance your whole experience.

This March edition features;

Skin Advice & Tips: This month, my aim is to help you understand dehydration. It's the real culprit behind those offending fine lines that eventually turn into wrinkles, but also cause flakiness and skin sensitivity. Virtually all skincare brands have produced serums to target this common concern, all in the name of achieving that youthful, healthy, glowing, and smooth skin.

A lot of people talk to me about skin dehydration, but it's often misunderstood. Ever heard someone say, "My skin is oily, but dry at the same time"? Let me explain...

Treatment of the Month: Mole Assessment by Community Dermatology Ltd.

Product of the Month: Age Resist Hydration Serum. The obvious choice! This time of year, our skin can feel like it's practically begging for some extra TLC. With hydration levels put to the test, winter really takes a toll on our skin.



Q. 'Why is my skin oily, but dry at the same time?'

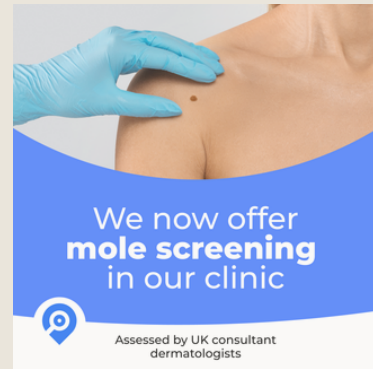
It's all about dehydration. Your skin naturally produces an oil called sebum from the sebaceous glands. When your skin is oily, it means there's more sebaceous activity going on compared to dry skin.

Sebaceous glands, located within the dermis and attached to the hair follicle, secrete an oily substance known as sebum. This oil is crucial for maintaining the suppleness of both skin and hair. Upon reaching the skin's surface, sebum combines with sweat and dead skin cells to form the acid mantle, the skin's natural barrier. When properly balanced, this barrier provides protection against bacteria, viruses, and pollutants, while also preventing unwanted water loss, resulting in dehydration. To maintain a healthy barrier, it is important to gently cleanse the skin to allow it to breathe and remain free from congestion. Followed by a quality moisturiser to prevent water loss. The first signs of dehydration are fine lines and rough texture.

Q. So how does the wrong product affect the skin barrier?

The skin naturally maintains a slightly acidic pH, ideally around 5.5. Excessive oil production in oily skin can lead to acne and comedones (blackheads), often resulting in a shiny appearance. Many over-the-counter products designed for teenage and acne-prone skin tend to be too harsh and alkaline, disrupting the skin's natural pH and compromising its barrier. When I think of harsh alkaline products I think of household cleaning products. While they may remove excess oil, these harsh products also deplete the skin's moisture, leading to dehydration and affecting its protective barrier. This manifests as dry flakes on the skin. In response, the skin may overproduce oil to compensate for the lack of moisture, resulting in a simultaneous oily and dry skin feel. This can increase sensitivity, making even washing with water uncomfortable. If the condition worsens, cracks may develop in the skin, creating openings for bacteria and increasing the risk of infection. A quality moisturiser and, or, serum, suitable for your skin type, can protect the skin from environmental elements such as weather or heating. The skin simply requires the right protection to maintain a healthy barrier, giving healthy glowing skin.

TREATMENT OF THE MONTH OFFER



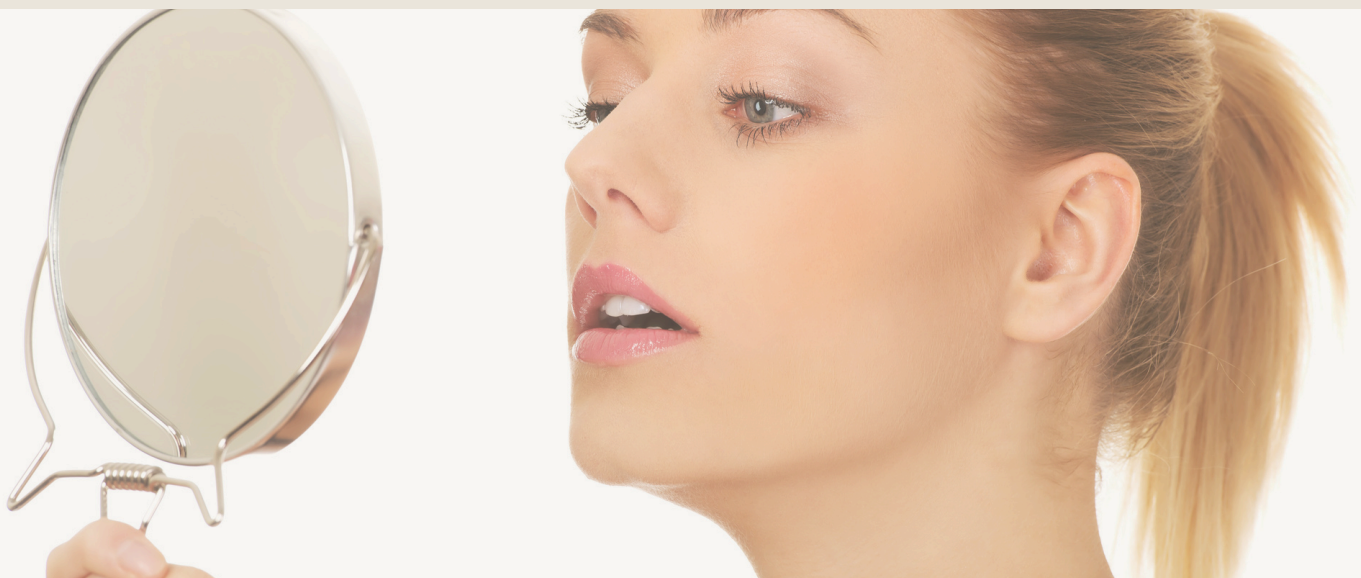
MOLE ASSESSMENT

Description I've been safely and successfully treating all sorts of unwanted skin blemishes for over 30 years. Prior to treatment, I always do a thorough assessment of the blemish. Sometimes, I have to send clients to their GP if the blemish can't be fully identified and shows signs of concern. The downside? GPs often have limited knowledge about skin issues, and that's where the journey tends to stop. Clients end up stuck, not knowing what their blemish is or how to get it removed. That's where Map-My-Mole, by Community Dermatology comes in!

Treatment: A 6-step procedure.

- 1 Clinic Consultation.** Face to face consultation in the studio.
- 2 Skin Assessment.** The skin lesion is photographed through a dermatoscope.
- 3 Secure Upload.** All documents and images are securely uploaded for review.
- 4 Fast Results.** You will receive your personalised report within 24-48 hours.
- 5 Personalised Report.** The report identifies the skin lesion and includes the dermatologist's info.
- 6 Further Action.** If the lesion requires further investigation it will clearly state this on the report.

March Offer £60 (after £75)



SKIN LESIONS

Over my 30-year career, I've witnessed a lot of changes within my industry—new treatment methods, shifting client expectations, evolving attitudes, an increase in knowledge and awareness about skin care, plus the explosion of medical aesthetics.

The demand for this expanding industry never stops amazing me, especially during a period of financial constraints.

As a skin therapist, I've spent years helping people get rid of their unwanted skin blemishes. It also surprises me how often clients share the same thoughts.

'I've seen my GP, nothing can be done, it's cosmetic'. 'I wish I'd been to see you before!'. 'I didn't know this could be treated!'

I thought it would be helpful to include a section on skin blemishes so you can easily spot the difference between a normal blemish and when it might be time to seek some extra advice. This is beneficial to both you and those close to you. Many blemishes develop on the back, an area difficult to monitor yourself. Ask your partner or a friend to take a close up photo on your phone. You're then able to log any changes over time.

SEBORRHOEIC KERATOSIS Commonly known as senile warts, although these are not viral like warts.

Causes Genetics, age, sun exposure, friction.

Identification The clearest tell-tale sign of this lesion is the attachment. There's a clearly defined lip-like border, almost like you could just pick it off. You can easily spot where the healthy skin

stops and the keratosis starts. This is an indication that this blemish is superficial and therefore a healthy lesion. On the other hand, more serious lesions like skin cancer are deeper in the skin, so what you see is just the tip of the iceberg. Skin cancer borders can be pretty vague, often blending right into the healthy skin around them.

Seborrheic Keratosis are often pale in early development, gradually darkening to a very dark brown. Clients often report that these blemishes are itchy as the surface texture dries out and crumbles.

Tip Always monitor new blemishes and take a photo on your phone to monitor change.



PRODUCT OF THE MONTH

AGE RESIST HYDRATING SERUM

Skin type/condition All skin types, especially dehydrated, dry & sensitive skin.

Features & benefits Plumps and hydrates the skin smoothing the appearance of fine lines and wrinkles. Softens skin texture leaving skin silky smooth. Reduces water loss.

Application 1 pump gently smoothed over cleansed face and neck followed by moisturising cream.

FURTHER INFORMATION

If you'd like to purchase the March Product of the Month or have any questions, please get in touch. This offer is available for March only, with a new promotion coming next month. (Visit the website for product range info.)

Newsletter subscribers enjoy an exclusive **10% discount** on the full priced Eve Taylor Botanical Skincare range—a range I personally use and love for its quality feel, results and natural aroma of the essential oils. A full sensory experience!

Thank you for subscribing.



Offer £24
Normal price £30.50

Key ingredients

Sodium Hyaluronate functions as a powerful humectant attracting moisture to itself. Hydration is key to maintain skin health.

This is a premium product to try if your skin is flakey, feels rough or has a dull complexion.

Hydration is the answer!

Electrolysis &
Skincare Studio

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