

Outdoor Lover's Guide to Skin Care

Sports bag essentials

If you're active or a fitness fanatic there's a good chance that your skin is exposed to various harsh conditions. If you mainly exercise outdoors, you may encounter varying temperatures, weather and the harmful rays of the sun. If you're an athlete who trains indoors your skin can still experience far more sweat and dirt than the average person who doesn't exercise regularly. You're a swimmer? That constant chlorine exposure will do a number on your skin. We want your skin to stay happy and healthy-looking, even if you challenge it on a daily basis. You should have a tough workout but it shouldn't cramp your looks.

Cleansing



After your workout, you should cleanse your face pretty quickly; no more than 5 minutes should elapse in order to prevent the sweat settling onto your face. Exercising is almost like a mini-facial as your pores are opened oils are expelled. However if you let sweat sit on your skin, it can clog your pores and cause blemishes. Use an Annique cleanser that contains Rooibos to wash away the grime and sweat that's accumulated on your skin's surface.



Dry skin

Dry skin can benefit from Annique's Lucid Calming Cleansing Crème, a gentle non-irritating creamy cleanser that helps cut through the grease to remove impurities.

Oily skin

Oily skin thrives with Synergy Oil Control Cleanser. It contains antibacterial tea tree oil and skin calming witch hazel to help cleanse your skin of oil and other impurities, allowing it to look and feel cleansed and refreshed.



Normal/combination skin

For normal/combination skin, try to use a gentle cleanser that leaves your skin refreshed and clean like Hydrafine Gentle Cleanser. It easily removes impurities, without disturbing the skin's delicate balance, leaving your skin feeling soft and clean.

Night Repair



After a tough day battling impurities your skin naturally rejuvenates overnight and the majority of night creams are specifically designed to enhance this process by boosting the skin with moisture and also targeting specific skin concerns like fine lines or hyperpigmentation.

Of course, to work sufficiently a cream must contain active ingredients in an adequate concentration, so what should you be looking out for?

Annique's Forever Young Crème de Nuit is the ideal anti-ageing night cream! Because it is richer in nourishment and moisture than normal night cream, yet gentle, it attends to the extra requirements needed by aged and sun-exposed skin. **It contains:**

- VNA 10+ to boost collagen production
- Macadamia nut oil to help retain moisture
- Rooibos extract, a powerful anti-ageing ingredient

pH Balancing



Maintaining healthy pH levels is essential to keeping your skin happy, especially on your face. It can help prevent ageing and generally keep your skin clear of irritation. Harsh ingredients such as some alcohols, soaps, detergents and artificial fragrances can alter the skin's pH, resulting in unbalanced skin conditions such as severe dryness, sensitivity, excess oil, congestion and other skin issues. Additional factors like sweating, sun exposure, and external factors can also affect the skin's pH balance.

Annique's freshener is a spray-on skincare product that is designed to rebalance the pH level of your skin after applying your anti-ageing, treatment and daily skincare products.

What are the benefits of an Annique Freshener?

- Restores the pH balance of the skin
- Aids in the optimal absorption of products
- Refreshes and hydrates the skin
- Cools hot skin down
- Calms and soothes the skin
- Contains Rooibos extract to help soothe allergies and revitalise skin

TOP Tip:

Freshener can be applied throughout the day as needed to ensure that your skin's pH balance and immunity stays intact.

Multitask



Annique's Miracle Tissue Oil Face Cream SPF 15 is designed specifically to help improve uneven skin-tone, protect against the harmful effects of the sun and improve the appearance of past skin damage. This makes it a convenient, multifunctional cream ideal for people who love the outdoors. Its SPF 15 minimises skin damage induced by UV rays and helps increase the skin's moisture content.



Girl on the go



While chasing greatness, you want to look great – every step of the way. Annique's BB Cream is a 5-in-1 skincare sensation that evens out skin imperfections while adding nourishment and moisturisation. Added to this it provides exceptional sun protection as it contains an SPF 30, and minimises the appearance of fine lines. Perfect for the girl on the go.



Spray-on Vitamins



Essense Liquid Skin Nutrition is a multivitamin spray that gives your skin the refreshing moisture it needs. It contains essential properties that prevent dryness, revitalise, nourish and protect skin. It even revives problem and sunburnt skin. This product is suitable for all skin types – simply spray onto the face and neck.



TOP Tip:

To cool off during the hot days place in a cooler bag and enjoy a refreshing feel.

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