

# How to take care of your skin during the #Covid19Lockdown

By [Heleen Marx](#)

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Skincare may take a back seat as we prioritise 'essentials' during the Covid-19 lockdown in South Africa. But no need to worry, here are a few easy tips together to help keep you on track.

Aesthetic skincare specialist at Aesthetic Lab and Geneway practitioner Heleen Marx offers some expert advice to ensure you take care of your skin during this time.



Heleen Marx

## Three most important things for your skin during the lockdown:

### 1. *Stick to your cleansing routine*

Cleanse every morning and evening as you normally would. Use a concentrated serum that will stimulate the skin on a daily basis. Moisturise and apply your sunblock.

### 2. *Keep wearing sunblock*

Even though you are not going out as much, sunblock is still recommended, preferably an SPF 50. Wear a SPF with a blue light filter as this protects your skin from some of the harmful rays that are emitted by televisions and laptops. This is particularly important for people who suffer from pigmentation but valuable for everyone.

### 3. *Vitamin C is more important now than ever before.*

Very few people eat enough vitamin C content for this to reach the skin. Vitamin C serums with small vitamin C molecules that can reach the dermis are particularly helpful. These help to protect the skin against harmful free radicals that age your skin prematurely. We recommend the Vitamin C Serum by PH Formula.



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## What are the most important ingredients to add to your skincare regime right now?

Vitamin A and Retinol and stimulate collagen production and treat fine lines, ageing and pigmentation. Everyone living in SA has a form of dermal pigmentation that you can't see with the naked eye, which is why products with these ingredients are recommended. Rather be proactive and avoid the risk.



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## Is it a good time to take a make-up holiday?

This depends on the person, but it is a good time to give the skin a break from the extra pressure that make up adds. A tinted SPF is a great alternative to a full coverage foundation. Why not try experimenting with light make-up during this time?

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