



BOHO BEAUTY BARN

THE ULTIMATE GUIDE  
TO GREAT SKINCARE

HOW IT WORKS  
AND WHAT YOU NEED TO KNOW

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HI, I'M CAMY



Here's a little snapshot of me.

I'm a beauty salon owner who loves helping people to reach an effective skincare routine and make them feel unique and beautiful!

Something happened when I reached 40, it felt like I started ageing overnight, and hormones began to play havoc in my life, so I started studying skincare in depth.

It is more complex than ever to find a simple, effective skincare routine because the market is full of so many products, so where do we start? I want to send the information that helped me over to you in easy-to-understand steps because skincare doesn't have to be expensive or complicated.

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# 01 Introduction

Over the last five years the skincare industry has been and continue to be at a rapid growth rate. With more and more researchers involved especially in testing natural ingredients and ingredients from Natural Resources

We believe that we need to be using all the expensive anti ageing serums and creams when in reality, what our skin needs is hydration and a good understanding of how our skin works

Every stage of life changes you, transforms you, and modifies you... and your skin is continuous change as well. If we manage to accept this with a smile on our faces, I know for sure that we will also enjoy having good skin in our 40s, 50s, the 60s and so on

Our skin is made up of several layers. The Epidermis is the top layer referred to as a skin barrier. The skin barrier protects the body from external factors such as bacteria, chemicals and temperature

**Disclaimer**  
I am not a doctor.  
For any Skin concerns or conditions, please visit your local GP

Our skin cells can function when we have a healthy skin barrier. Our skin can feel and look amazing on hydration, moisture control, consistency and correct proper application order.

Our skin is the largest organ, we need to treat it with care because it sits outside unprotected and is a reflection of our overall health

Some people are just born with beautiful skin. It's genetics. I haven't. I have always had problems with my skin.

I've had so many painful pimples and uneven skin. I spent a fortune on skincare, but my skin didn't look any better.

It looked worse because I didn't know what I was doing. I've started to educate myself and did some serious research so I hope this guide will help you not to spend a fortune on skincare as your skin doesn't need it.



## CLEANSE, MOISTURISE, SP

# 02 Product Order

### CLEANSING



The most important aspect of skincare is Cleaning and Cleansing the skin.

Some people insist on going without cleanser in the morning.

They reason that they wash their faces each night. No make-up or dirt comes into contact with their skin while sleeping, so splashing water on their face is their option.

That's a big mistake because even the best products won't work if debris or oil is on the skin. Your skin can still produce oil and come in contact with environmental pollution at night

Every evening, we need to make sure we get rid of all the stuff we collect on our skin during the day and make sure we cleanse our skin sufficiently. Keeping our skin clean is crucial in our skincare routine.



### MOISTURISE

The basic products of a good skincare routine are a cleanser, a moisturiser and SPF

After cleanser, you can apply moisturiser to keep your skin balanced, hydrated and plump. For people with dry skin, reach for a thick moisturiser cream

For those with oily skin, try a lighter gel moisturiser.

You want your moisturiser cream to have some brightening properties and then follow that with a light SPF coverage

### SPF



The final step in your skincare is sunscreen!

Free radicals contribute to 80% of ageing, and SPF helps fight those free radicals and prevents the skin from cancer.

It's the best tool for preventing signs of ageing. I apply sunscreen after moisturiser, and I use two fingers' worth of SPF every two hours if I am outside.



03

## SKIN AGING

# Moisture Loss



40 seems like a milestone like the fresh, youthful glow can no longer feel seen. When I hit 40, It felt like I needed to find solutions for keeping my skin healthy. It felt like my skin had aged overnight, and realised that my skin was going through water loss.

Moisture Loss is something we really need to make an effort with.

I set a plan to make moves on my skincare journey!

As we age, the skin deteriorates and loses sebaceous output and moisture.



The primary hormone, the conductor of all skin changes, is estrogen. The skin is the most crucial target for estrogens. Progesterone, the fertility

That's why creams must contain hypoallergenic, tested ingredients that contribute to hydration, both at the level of the dermis(including hyaluronic acid) or other elements which support the cellular matrix and retain water at the level of the epidermis



Antioxidants are the key when it comes to protecting your skin. I use a Vitamin C antioxidant because it is good at encouraging collagen growth.



## COLLAGEN

### 04 All About Collagen

We all know that as we age, our collagen production slows down, and we know that as we age, we really should start taking collagen.

Collagen is the most abundant protein in the body. It's the main component of our bone, skin, muscle and ligament structure.

I'm not a scientist or medical professional, but I have joined the Nu Skin Team, where I did a lot of research and even tried out the Beauty Focus Collagen+ . I have noticed a significant improvement in my skin texture and complexity, and the effects are visible on the skin after just a few weeks.

Collagen makes up over 80% of our skin, which helps us to preserve skin elasticity , improve hydration and prevent signs of ageing.

The conclusion of one of the studies on Beauty Focus Collagen + confirms this:

Women who use the supplement, including me, for a minimum of two weeks notice a firmer and more hydrated complexion and a reduction in wrinkles and fine lines. The beneficial effect of Beauty Focus Collagen is manifested in an improved skin surface structure.

In addition to the beauty benefits that women notice with the long-term administration of collagen supplements, Beauty Focus Collagen have benefits for the health of the joints and hair too.

As we hit our 20's we start to lose as much as 1% of our collagen each year, and by the time we hit our 50s, we lose up to a third.

Not all collagen supplements are of the same quality. Beauty Focus Collagen+ is the only collagen supplement where the complete formula is clinically validated.



BEAUTY  
FOCUS  
COLLAGEN+

## SKIN RITUAL

# Product Order

While doing my skincare research, something captured my attention . The benefits of dampening your skin as you layer your face products to trap water inside could be seen on my skin pretty rapidly.

My skin looks fantastic; the pores are closed, the texture is silkier and fine wrinkles under the eyes are not that pronounced; the skin is firmer, brighter and more hydrated.

### MY SKIN RITUAL

- Cleanse skin ,patt off any excess water,leaving the skin a little damp
- Mist
- Eye Serum
- Hydrating Serum (onto damp skin)
- Mist again
- Moisturise
- SPF



Our skin needs moisture. I use a Hyaluronic Acid Mist (you can use thermal water or filtered water) directly after cleansing and before applying Hydrating Serum and Eye Cream.

I mist again after the Hydration Serum to trap moisture and I follow with moisturiser.

Once we apply our facial mist, we've got about 60 seconds before the moisture evaporates, so we need to seal it with a cream. My skin never looked healthier after incorporating this routine.





## PRODUCT RECCOMENDATION

# Tools & Resources

01

### CLEANSERS

AgeLOC Lumispa Device  
Lumi Spa Cleanser  
The Cleansing Balm Sienna X  
Elemis Pro Collagen Cleansing  
Balm Beauty Pie Plantastic Cleanser

02

### TONER

Dr Glycolic Glow Toner  
Ole Henriksen Balance Force Oil  
Control Toner  
NuSkin Here You Glow Exfoliating Toner

03

### HYDRATING MISTS

NUSKIN Na PCA Moisture Mist  
Beauty Pie Triple Hyaluronic  
Acid Mist  
Dr Jart + Ceramidin Cream  
Mist(great for hydration and  
glow)

04

### HYDRATING SERUM

Vintner's Daughter Active  
Treatment Essence  
NuSkin Galvanic  
Treatment Facial Serum  
Beauty Pie Genius Lift Elixir

05

### ANTIOXIDANT SERUM

NuSkin age LOC Future Serum  
Beauty Pie Superdose Vitamin C  
Sunday Riley C.E.O 15% Vitamin  
C Rapid Flash Brightening  
Serum

06

### MOISTURISER

Pillowtalk Derm Active Seal  
Moisturiser  
U Beauty The Super Hydrator  
Beauty Pie Happy Face  
NuSkin Day Dream Protective  
Cream Creamy Day Moisturiser  
SPF 30

## Communication



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## FREQUENTLY

# Asked Questions

- DO I NEED A SEPARATE EYE CREAM?

Yes, I think so. Eye creams target dark circles, puffiness, lines and wrinkles, which are necessary for hydration in that delicate, thin area. So I treat that as a separate zone because that shows the signs of ageing first, too.

- DO I NEED TO USE SPF IN AUTUMN AND WINTER?

Regardless of the season and temperature, we must protect the skin from UV radiation every day with a product that provides broad-spectrum sun protection from UVA1, UVA2 and UVB radiation.

The shade does not negate the need to protect the skin and does not provide 100% sun protection.

- THE FOUNDATION WITH SPF INCLUDED IS ENOUGH FOR YOUR SKIN TO BE PROTECTED?



My answer is no. People use different amounts of foundation and don't use it all over, like ears, neck and chest. Foundation shouldn't be applied as the primary source of protection. Apply a minimum of 30 SPF and better if it is mineral.

- ARE PORE STRIPS GOOD FOR YOU?

You probably think it is worth it, but it's not; they can stretch your pores and cause overstimulation of sebum; they can damage the skin and irritate it.



# Tips on Skincare

- Reducing sugar- I can see a big improvement in my skin
- Your Gut Health-look after your gut health is very important . There is a lot of evidence showing the direct impact gut health has on your skin
- I recommend a silk pillow case because silk absorbs less moisture than cotton and is great for hair too
- Take your make up off before bed
- Exercise-get moving,big,little,increases endorphines and increase circulation,so great for the skin
- Clean your phone,it goes even in ...restroom
- Don't use face wipes-they barely touch the surface; they are cheaply made and disrupt skin PH.  
Remember, cleaning is the most crucial step, so you don't want to push in the dirt.
- Step off social media and don't follow trends is costly and confusing. Don't copy what others are using.



READY TO START YOUR SKINCARE  
JOURNEY?

# Special Offer for you

01 BOOK YOUR 30 MINUTES SKINCARE  
CONSULTATION

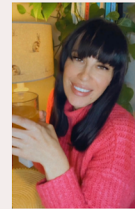
02 TELL ME YOUR SKIN GOALS  
COMPLETE YOUR SKIN CONSULTATION AND  
SEND ME A SELFIE

03 I ANALYZE YOUR SKIN AND DESIGN A  
TREATMENT PLAN USING THE BEST  
COMBINATION OF INGREDIENTS TO ACHIEVE  
YOUR GOALS

04 YOUR SKIN JOURNEY BEGINS

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## SUMMARY

### CLEANSER

Let's summarise! The cleanser is the foundation of great skincare. Also is essential to know what cleanser to use because it can ruin your skincare routine. The right cleanser can transform your skin. Too much cleaner or using too harsh a cleanser will remove too many natural oils from the skin, leaving it feeling stripped and tight.

Your skin shouldn't feel tight after cleansing.  
I use LumiSpa Device or a microfibre pad.

### HYDRATION

It is from inside from drinking water and outside through our skincare. A facial mist is perfect because it feels fresh and hydrating. Our skin can flourish from using water.

### MOISTURISER

It is one of the most important because it prevents moisture loss and protects our skin cells from free radicals (they are like little bugs that attach themselves to healthy skin cells and accelerate the skin ageing process)

### SPF and ANTIOXIDANTS

I can't stress enough how 80% of ageing is due to sun rays. Once we get older, we need products that help stop or limit the damage caused by free radicals; SPF is not enough.

Our skin needs vitamins and antioxidants because they serve as bodyguards to protect healthy cells from free radical attacks.

An essential aspect of your skincare is your limiting beliefs because they create stress and make us feel terrible, but our skin can suffer enormously, so make sure you shift your perspective.

It is an excellent link between our skin health and our emotional health as well, so value yourself by not believing all your thoughts. Positive emotions can have a beneficial effect on the way we look.

A person who has good thoughts cannot ever be ugly. You can have a wonky nose and a crooked mouth and a double chin and stick out teeth, but if you have good thoughts they will shine out of your face like sunbeams and you will always look lovely

Roald Dalh

*Camy*

