



EXPERT SKIN & AESTHETIC TREATMENTS

# MEDICAL SKINCARE GUIDE



ENHANCE - REJUVENATE - RESTORE

All prices include VAT

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# MEDICAL SKINCARE GUIDE

Healthy skin begins with the right daily skincare routine.

At BW MedAesthetics we recommend medical-grade skincare designed to support skin health, improve skin quality and enhance the results of professional treatments.

Your practitioner will recommend products based on your individual skin concerns and treatment plan.



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# WHY MEDICAL-GRADE SKINCARE MATTERS

Medical-grade skincare contains higher concentrations of active ingredients designed to support real skin change.

Used consistently, these products can help to:

**Improve skin texture**  
**Increase hydration**  
**Reduce pigmentation**  
**Support clearer skin**  
**Stimulate collagen production**  
**Maintain treatment results**

COMBINING PROFESSIONAL TREATMENTS WITH  
MEDICAL-GRADE SKINCARE PROVIDES THE BEST LONG-  
TERM RESULTS FOR YOUR SKIN.

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## THE ALUMIERMD CORE 4

A foundational Anti-Ageing routine.

The AlumierMD Core 4 is designed to support skin health, protect against environmental damage and improve the visible signs of ageing.

This routine focusses on four key products that work together to support healthy, resilient skin.

While many clients benefit from incorporating these ingredients, skincare routines are always tailored to individual skin concerns.

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## ALUMIERMD CORE 4

### VITAMIN C

#### EverActive C&E + Peptide

A powerful antioxidant designed to protect the skin against environmental damage while supporting collagen production.

Benefits include:

- Brighter skin tone
- Improved skin radiance
- Support for collagen production
- Protection from environmental stress

Vitamin C is typically used in the morning

### SKIN SUPPORT

#### Alumience A.G.E.

A moisturiser designed to hydrate the skin while supporting the skin barrier and improving visible signs of ageing.

Benefits include:

- Improved hydration
- Enhanced skin comfort
- Support for skin elasticity
- Strengthened skin barrier

### RETINOL

#### IntelliRET 0.3+

A next-generation retinol designed to improve skin texture and support collagen production.

Benefits include:

- Improved skin texture
- Reduction in fine lines
- Enhanced skin renewal
- Improved skin firmness

Vitamin is usually introduced gradually and used in the evening.

### DAILY PROTECTION

#### Clear Shield Broad Spectrum SPF 30

Daily sun protection is essential to protect the skin from UV damage and prevent premature ageing.

Benefits include:

- Protection from UV damage
- Prevention of pigmentation
- Maintenance of treatment results
- Support for long-term skin health.

SPF should be applied every morning.

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# PERSONALISED SKINCARE

Not every routine will include all of these products.

Your skincare plan will always be tailored to your skin concerns, treatment plan and skin sensitivity.

Your practitioner will recommend the most appropriate products for you.

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## ACNE AND CONGESTED SKIN

Skincare designed to regulate oil production, reduce congestion and support clearer skin.

Recommended products may include:

**Purifying gel cleanser**  
**Clarifying Serum**  
**Retinol Resurfacing Serum**  
**HydraClarite Moisturiser**  
**Clear Shield Broad Spectrum SPF**

Professional treatments such as chemical peels or microneedling may also be recommended.

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## PIGMENTATION & UNEVEN SKIN TONE

Skincare designed to brighten the skin and support a more even complexion.

Recommended products may include:

**Vitamin C Serum**  
**Intellibright Complex**  
**Retinol Resurfacing Serum**  
**Moisturiser suited to your skin type**  
**Daily SPF protection**

Consistency and daily sun protection are essential when treating pigmentation.

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## ROSACEA & SENSITIVE SKIN

Skincare designed to calm inflammation and strengthen the skin barrier.

Recommended products may include:

**Sensicalm cleanser**  
**Calm-R Serum**  
**Ultimate Boost Serum**  
**HydraCalm moisturiser**  
**Sheer Hydration Broad Spectrum SPF**

The products help reduce redness and support long-term skin health.

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## AGEING & SKIN REGENERATION

Skincare designed to support collagen production and improve skin firmness and texture.

Recommended products may include:

**Vitamin C Serum**  
**Retinol Resurfacing Serum**  
**Alumience A.G.E**  
**Broad Spectrum SPF**  
**HydraRich Moisturiser (or your preference)**  
**Ultimate Boost Serum**  
**AluminEye Eye Cream**

The products are often recommended alongside regenerative treatments such as NeoGen.

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## ALL SKIN MED

### Post-Treatment Skin Support

All Skin Med products are primarily used to support the skin following advanced treatments.

They help calm the skin after procedures such as:

**NeoGen**  
**Microneedling**  
**Chemical Peels**  
**Regenerative treatments**

Products may include:

**Regenerative Ampules**  
**Barrier repair cream**  
**Post-treatment healing products**

The products are usually recommended as part of a post-treatment plan.

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## CELL DERMA GF5

### Regenerative Skin Support

Cell Derma GF5 products contain growth factors designed to support skin regeneration and improve skin quality.

They are particularly beneficial following advanced treatments to support healing and enhance results.

Benefits may include:

**Improved hydration**  
**Enhanced skin repair**  
**Support for collagen regeneration**

The products are generally recommended as part of a post-treatment recovery plan.

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## BUILDING A SIMPLE ROUTINE

Your daily skincare routine will usually include:

### Morning

Cleanser  
Vitamin C / treatment serum  
Moisturiser  
SPF

### Evening

Cleanser  
Retinol  
Treatment serum  
Moisturiser

## SUPPORTING YOUR TREATMENT RESULTS

Professional treatments and medical-grade skincare work best together.

### Using the correct skincare routine can:

Enhance treatment results  
Improve skin health  
Support collagen regeneration

YOUR PRACTITIONER WILL RECOMMEND THE MOST APPROPRIATE PRODUCTS DURING CONSULTATION.

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