

SKIN

# Six Top Aestheticians Share Their Skin-Care Routines

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# Georgia Louise

Courtesy of Georgia  
Lousie/Brittany  
Theophilus



**Morning:**

When it comes to caring for your skin, the celebrity facialist and creator of the **GLOPulse and GLOLite devices** says there are no days off. "I select my skin-care cocktail depending on how my skin feels each day and usually layer up to three serums," she says.

A few of her favorites include **Medik8's CE Thione**, **Biologique Recherche's Colostrum**, and **Environ C-Quence 4+**.

Once her serums have had time to sink in, she likes to use her GLOPulse device in conjunction with a sheet mask to help penetrate the product deeper into the skin. "I finish my routine with my **Vital Finishing Serum** and **Dr. Barbara Sturm Sun Drops**," she says, adding, "I never, ever leave the house without sunscreen."

### **Night:**

At night, or when her skin is feeling worse for wear, she likes to use an LED mask with **Biologique Recherche's Crème Masque Vernix**, which she says puts the glow back into her skin. She's also a *huge* fan of **Environ's 24K Derma-Roller**, which she tries to do every night, as she says you see the biggest changes in your skin from the constant rejuvenation.

### **The extras:**



# Joanna Czech

Courtesy of Joanna  
Czech/Brittany  
Theophilus



## Morning:

Unlike some of her peers, aesthetician and skin-care brand consultant Joanna Czech has a more comprehensive routine that includes cleansing, toning, serum, and moisturizing, as well as eye care and lip care, too. Because she suffers from rosacea, she relies on gentle products that help soothe, repair, and protect her

fragile complexion.

In the a.m., this means reaching for **Biologique Recherche's Eau Micellaire Biosensible**, which she uses with one of her own washcloths. Then, to tone, her skin she uses **Tammy Fender's Roman Chamomile Tonic**, which contains a blend of chamomile flower water and oil to hydrate and calm distressed skin. Post-tone, she moisturizes with Biologique Recherche's Serum Extraits Tissulaires and follows that with **Medik8's CE Thione**, **Biologique Recherche's Colostrum** mixed with **Augustinus Bader's Rich Cream**.

For eyes, she uses **EvenSwiss Eye Complex** and for lips, her favorite is **Omorovicza's Perfecting Balm**. A healthy dose of **Dr. Barbara Sturm's Sun Drops**, and she's out the door.

### Night:

For Czech, her nighttime routine is the most important, as she says the skin is at rest and able to absorb products better, thereby increasing their efficacy. "For cleansing, I alternate between Biologique Recherche Lait E.V and Meder's Gel Net-Apex Cleanser using a Joanna Czech Linen Washcloth for mild exfoliation," she says. She then tones with the infamous Biologique Recherche P50 400, which, she says, is a *must*.

For her p.m. serums, she mixes the same brand's Quintessential Serums, depending on what her skin is craving that day. "I use Serum Extraits Tissulaires for balance and hydration, and Serum Placenta for healing, brightening, and increasing elasticity," she says.



Once she's applied her serums, she uses her Joanna Czech Facial Massager to help push the products in the skin and increase blood flow. "Two to three times a week, I also use **Environ's C-Quence Serum 1** for vitamin A and mask with **111Skin's Rose Gold Brightening Treatment Mask** followed by the Deesse LED Mask," she says.

As for her final step, she finishes off with a few drops of the **Vintner's Daughter Active Botanical Serum** added to either Biologique Recherche's Masque Vernix or the Augustinus Bader Rich Cream.

### **The extras:**

For soft and supple limbs, Czech likes to use **Environ's Dermalac Lotion** mixed with its **A, C, & E Oil**, and then applied with Biologique Recherche's Massage Gloves.

And when her rosacea is flaring up, she says she pars down her routine to four simple products: **Meder's Gel Net-Apex Cleanser**, Tammy Fender's Roman Chamomile Tonic, and Vintner's Daughter Serum mixed with Biologique Recherche's Creme Masque Vernix.