

Laura Bell HAIR

PURE HAIR STYLIST - LIFESTYLE - FASHION

Lifestyle, Hair, Wellbeing

My Fall Overhaul

Laura Bell · November 6, 2018



Didn't Summer treat us well? Warm sunshine on top of warm sunshine, no wonder the colder weather has come as a bit of a shock. I'm taking the change of season as the perfect opportunity to concentrate on caring for my skin and hair. I absolutely love autumn. The changing colours, dusting off my boots and outerwear, cranberry and copper hued make up, my list goes on. However, I suspect the sudden change in temperature, combined with windier and wetter weather has contributed to my skin breaking out and my hair feeling dry. Over the last month I've been working on getting my skin and hair back to its best and I'd like to share with you some miracle products I've been using along the way.



I had the pleasure of meeting skin care guru Renee Lapino at a PR event back in summer. I now watch her Instagram stories daily and what she says, goes. A trained medical facialist, Renee specialises in treatment, skincare, and lifestyle advice to achieve and maintain glowing skin. As I mentioned the drop in temperature, mixed with broken sleep (courtesy of my 1 year old), and a small amount of stress (courtesy of a house move!) my skin wasn't feeling 100%. Cue Renee's recommendations and my skin no longer feels dry or itchy. First up, Fillerina Day Cream Grade 1. Dubbed as 'filler in a tube' this day cream promises to smooth away fine lines, whilst plumping and hydrating. It felt gentle on my sensitive skin, and worked quickly providing day long hydration. It's a yes from me! Not only did I notice visible improvement, this wonder product doubled up as a long lasting primer. Before switching up my skin care routine, I'd notice early afternoon my face start to itch, especially around my nose and top lip. Fillerina and I believe my next hero product have stopped itchiness and fully reduced redness.



When my skin feels compromised, the last thing I want to do is cover my face in make up. It makes my skin feel tight, increases sensitivity and the redness can make me feel a little self conscious so it's a vicious circle. I use foundation to cover the problem, however long term the clogging probably does more damage. (It's not easy, is it?!) Renee, the Queen of Skin, pointed me in the direction of Oxygeneix foundation (shade - ivory). Not only does Oxygeneix address a wide range of skin problems, it can be applied directly to compromised skin to give even colour/coverage whilst supporting the skin's healing process. A firm favourite amongst Medical Facialists, it can be used following surgical procedures and aesthetic treatments to support collagen production and skin cell growth. It took daily use over 5 days to eliminate the problem, but it genuinely helped and felt great on my skin. I will be sticking with this little 15ml miracle, if it's good enough for Kourtney Kardashian, it's good enough for me!



My blonde beach waves call for 4 monthly bleach highlights and weekly heat styling - 2 of the main culprits contributing to breakage and dryness. Teamed with the colder weather and the drying effects of central heating, my hair needed soon TLC. My mid lengths and ends were starting to feel a little dryer than usual, you know that feeling when your hairbrush pulls on little knots - that was me. Luckily this problem was combated in one swift hair wash. A detoxing shampoo using Eufora's Urgent repair was my first port of call. Now here's a fact that not even many hairdressers know - Hard water has a negative effect on your hair. It makes your colour dull, the minerals from hard water build up on the strands and stop your hair swaying like it should. If your water leaves water marks on your shower door, the chances are you live in a hard water area. (UK hard water map.) Eufora Urgent Repair deeply cleanses the hair removing hard water and product build up. The clean fresh feeling Urgent Repair gives is hard to describe! It makes my hair feel lighter, more volumised at the root, it stays cleaner for longer, it's just wonderful!



With a clean canvas, next up is MoroccanOil Mask Light. I use this mask regularly through out the year as a twice monthly mask, however it can be used in replacement of conditioner for an intense hit of moisture. A teaspoon sized amount through mid lengths and ends left for 5 minutes transformed the textured of my hair instantly. The knots are gone for good, and my hair is soooo much easier to blowdry. I'll be using my MoroccanOil Mask Light in place of my conditioner in to the cold winter months, to help keep my Moroccan locks healthy.

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