

MONU

PROFESSIONAL SKINCARE

UK Retail eBook

# TOP SKIN CARE TIPS FOR THIS SPRING



In this eBook you will find some great skincare tips from leading professional skincare brand MONU.

## Behind the brand

At MONU Skincare we truly believe that what you put on your body should be as healthy and natural as what you put into it. We ensure each and every skincare product we manufacture uses only the finest of natural ingredients to ensure nothing short of professional quality at realistic prices that promise to fit into your budget.

We always strive for the highest standard in everything we do – from initial product developments through to creation, human testing and product and packaging design. All of our products are formulated, packaged and sent to you from our factory in Cheltenham and our close-knit team work together to guarantee you get the most from your everyday skincare and the quality we provide. We work hard to provide our customers with a service they can rely on, ensuring problems are resolved quickly, deliveries sent on time and quality customer service is only a phone call or email away.

We're incredibly proud of our rich heritage, which spans over 3 decades. It's this invaluable experience that has allowed us to understand what our customers want, creating unique formulations that help you to enjoy a little bit of luxury from the comfort of your own home. Utilising the powerful properties of natural ingredients, including plants, herbs, minerals and essential oils, each and every one of our products has been lovingly designed to help bring out the best in your skin.

Looking after your skin is a great way to help you look younger and more radiant; it is proven that healthy skin retains a noticeable glow and elasticity for longer. We believe that our fantastic range of innovative skincare products is second to none, offering something to suit any skin type whilst tackling a plethora of skin concerns head on. From anti-ageing solutions and blemish treatments to dry-skin soothers and clarifiers for oily complexions, you're sure to find something to help your skin radiate a healthy, natural glow.



The satisfaction of our audience is important to us and we do all we can to educate on the benefits of good skincare and inspire your unique skincare regime through handy tips, advice and product recommendations. Through our regular contributions to monthly beauty boxes, such as Look Fantastic and Love Me Beauty, collaborations with bloggers and blogger events we ensure samples of our product range land in the hands of those who may never have heard of MONU. We want you try our products before you buy, because we are confident in the innovative and lasting results they have to offer.

We continuously strive to improve and develop our existing formulations whilst working on the development of exciting new products that promise to fit seamlessly into your skincare regime. We want people to benefit from our skincare and we love to hear the feedback from those who hadn't heard about us before.

## Cellulite Busting Beauties

Spring is most definitely in the air, and with it comes the need to shake up our health, wellbeing and skincare - ensuring we look and feel our best for the inevitable spring soirees and summer holidays with friends and family. Whilst you may have your facial skincare regimen in tip-top condition for the warmer months, don't forget to nourish, condition and hydrate the rest of your body to guarantee perfect pins and a toned torso that's 100% bikini ready!

One of our most common body hang ups, and something that almost every woman suffers from to some degree, is the dreaded cellulite. Whilst eating healthily and exercising regularly is a great way to improve the appearance of cellulite and uneven skin texture – who wouldn't say no to a helping hand from body lotions, exfoliators and moisturisers? Help slim, tone and de-bump your skin ready for spring and summer with our favourite body products!

### [MONUspa Super Sculpt Body Lotion](#)

Treating your body well on the inside is the key to looking and feeling good, so why not give it a little help on the outside? **MONUspa Super Sculpt Body Lotion** is our number one product for toning, firming and uplifting, allowing you to achieve healthy skin and undeniably visible results.

This revolutionary formulation tackles a plethora of body concerns in one quick and easy application to refresh and revitalise. A combination of intelligent active ingredients allows Super Sculpt to tackle problem areas and reduce the appearance of troublesome cellulite. The lotion works to smooth uneven skin tone, lightening and brightening the complexion to reveal a balanced skin texture that you're sure to feel confident in.



**How to use:** Using upward strokes, massage the **Super Sculpt Body Lotion** into the skin every morning and evening until completely absorbed. For best results, repetitive application is a must! Apply daily as a 4-6 week course.

## MONUspa Arabica Salt Scrub



Containing an indulgent combination of **coffee infused salts** and **Vanilla Body Oil** that, when massaged into the skin, work together to extract impurities and excess water. Skin is detoxified and fatty deposits reduced to instantly improve skin texture and radiance. The addition of Linseed Extract promises to soothe skin and replenish moisture levels whilst Oat Flour works to comfort and calm irritation. Skin is left feeling toned, tightened and looking refreshed – just in time for bikini season!

**Use:** Apply a couple of pumps of the **Calming Vanilla Body Oil** to problem areas, then scoop out a small amount of the **Coffee Salts** and massage well into the skin to create an effective exfoliation treatment.

## Spring Clean Your Body Care

With the sun threatening to make an appearance – are you ready to bare your skin in short sleeves and short skirts? If the thought brings you out in a cold sweat, don't fear – we have all you need to ensure your skin is prepared for the warmer days that lie ahead!

Having spent the majority of the past few months wrapped up in layer upon layer in a bid to battle the cold, you can be forgiven for neglecting your body care regime. After all, it can be tricky manoeuvring thick black tights and skinny jeans over freshly moisturised legs! Unfortunately, a winter of skin neglect will almost certainly leave your skin dry, flaky, pale and more than a little lack lustre.

A few essentials are all you need for an all over glow that's sure to give you some body confidence back! From miracle moisturisers to sensational self-tans and all that's in between, we've put together our simple guide to giving your body a spring back in its step.

## Moisture Miracles:



You should moisturise the skin on your body as regularly as your moisturise the skin on your face. Moisturising is essential for healthy looking skin, keeping legs and arms smooth, silky and summer ready!

**MONU Enriched Body Cream** is the perfect product to introduce into any body care regime. Lightly massage into the skin after a warm bath or shower, paying particular attention to dry, flaky areas. The luxuriously rich formula promises to nourish and hydrate in an instant, whilst added active ingredients like Marine Collagen work to firm and tone the skin. Dryness is a thing of the past and comfort is restored to leave the body feeling nourished.

## Excellent Exfoliation:

You should exfoliate the skin below your neck for the same reasons you exfoliate your face – to keep skin smooth, even and toned. Exfoliating your body also helps self-tanning products glide on to the skin more easily, for a professional finish.

**MONU Body Buffer** offers all you need for perfect skin. Specially formulated using crushed Walnut Shell it works to buff away dead skin cells whilst added



Papaya Enzymes ensure skin is brightened and tone balanced, improving the appearance of imperfections. A powerful treatment that effectively restores hydration - massage a generous amount onto wet skin using circular movements.

### Tempting Tanners:



Dust away the winter cobwebs with a summer glow to help give you that holiday feeling. Choose from the gorgeous colour ranges of [TANWORX](#) or [LDN:SKINS](#) self-tan to suit your skin tone. Their innovative formulations promise to glide on to the skin with ease for an even, streak-free tan.

Whether you prefer gradual tan, lotions for instant colour or easy-use mousse, you're sure to find something to help give you a golden glow in no time at all!

### MONU Natural Radiance Regime

Dull, lifeless complexions become an increasing skin problem during the colder months of the year, leaving most feeling a little fed up of bad skin days. The good news is achieving a natural, radiant glow may be easier than you think! Start by making a few simple, considered changes to your skincare regime and you're sure to start seeing results that will have heads turning.

Unfortunately, when it comes to skincare, patience is key. Visible and lasting results may not appear overnight but by following our handy daily skincare guide, your skin will ooze natural radiance in a matter of weeks – and we say that's well worth the wait!

### Cleansing:



Deep cleansing and conditioning skin should be top of your list of skincare priorities. Investing time in a good twice-daily cleanse helps remove dirt, grease and impurities from the surface of the skin whilst conditioning and nourishing for that fresh-faced glow.

Be sure to use a cleanser that is tailored to your skin tone and texture to ensure the product is tackling your skincare concerns head on without causing irritation. At MONU we have a fantastic range of cleansing products, handily colour co-ordinated based on skin tone – so you know you're choosing the right product for you!

### Exfoliating:

Exfoliating your skin will help it to reflect more light, looking smoother and radiant in no time. A build-up of dead skin cells on the surface of the skin can leave the complexion looking dull and lifeless, exfoliating products, such as [MONU Micro Exfoliant](#) work to buff away these dead skin cells, giving your complexion its sparkle back.

We recommend exfoliating at night rather than the morning as this helps remove all impurities, dirt and leftover makeup that have built up throughout your day. Exfoliate 2-3 times a week and your natural, summer glow is sure to return.



## AHA's:



Incorporating moisturising products that contain Alpha Hydroxy Acids (AHA's) into your skincare regime will instantly encourage skin radiance. AHA's help to speed up the skin's natural exfoliation process by breaking down the outer layer of the skin and removing dead skin cells. Skin looks even, smooth, toned and brighter.

We recommend our resurfacing [AHA Day and Night Treatment System](#) to soften and moisturise the skin's micro-relief, reducing the appearance of fine lines and imperfections related to sun damage. Use for 3 consecutive nights before taking a 7 day break and undertaking your next 3 night course.

## Vitamin C:

Vitamin C is a key active ingredient for promoting skin radiance. Using serums and moisturisers with added Vitamin C help to refine skin tone and revive skin texture whilst protecting the complexion from sun damage.

We offer a fantastic range of products at MONU that are packed full of this innovative active ingredients – from [Brightening Boost](#) to revive a dull complexion to [Hydra Lift Serum](#) for firming and smoothing skin and [Super Serum Day](#) and [Super Serum Night](#) to re-educate and uplift the skin, leaving you looking youthful and feeling full of vitality.



## MONU Face Masks

At MONU, one of our favourite skincare products is face masks. Easy to apply and packed full of active ingredients and aromatic essential oils, our face masks offer the luxury of a salon treatment from the comfort of your own home.

Used once or twice a week, a face mask can overhaul your skincare regime. Not only will they ensure your skin feels softer and looks smoother but the powerful active ingredients found in our exciting range helps other products to work more effectively on the complexion. The perfect at-home facial treatment, you really can't beat the feeling of tightened, toned skin you get from our quality face masks.

Whether you're looking to sooth redness, inject moisture into dry areas or simply bring a bit of radiance back to your complexion, it's important to choose a mask that works for your skin type and texture. Follow our guide below to help you on your way to skin perfection!

## Dry/Sensitive:



To hydrate dry skin and sooth redness, choose the [Hydrating Mask](#). Formulated to condition skin to leave it looking thoroughly refreshed and hydrated, this non-setting treatment is recommended for use 2-3 times a week. Incorporating an indulgent blend of natural ingredients, including Geranium Essential Oil and Kaolin Clay, the Hydrating Mask is suitable for skin of a sensitive nature, promising to deep-clean and energise the complexion for a truly radiant glow.

Use: Apply the mask to the face and neck using brush strokes with the fingertips. Leave for 10-15 minutes and wipe away with a damp sponge or cotton wool. If you're looking for a more intense boost of hydration we recommend massaging the mask into the face until absorbed and leaving on overnight, simply wash off the mask in the morning to reveal toned skin and a healthy, refined complexion.

### Normal/Combination:



Choose the [Aromatic Mask](#) to leave normal/combination looking instantly refreshed and refined. This deep cleansing product combines Natural Attapulgitic Clay with fragrant essential oils to provide a deep cleansing treatment that thoroughly energises the skin whilst awakening the senses for the ultimate in relaxation. An added blend of Beeswax and Coconut Oil ensures skin is calmed, soothed and hydrated for a fresh, clean and noticeably more radiant look.

Use: Applied to the face and neck with the fingertips, the [Aromatic Mask](#) should be left to work its magic for 10-15 minutes. To remove, simply wipe away with a damp sponge or cotton wool, followed by a swipe of toner and you're daily moisture for added radiance.

### Anti-Ageing:

If you're looking to smooth away fine lines and wrinkles, look no further than [RENU Flash Relax Mask](#). Designed to firm facial contours, the Flash Relax Mask promises to give you a more radiant and youthful complexion. Perfect for mature or dry skin, a combination of Ginseng and Magnesium gently relaxes the muscles to provide a lifting effect. A blend of Vitamins C and B5 naturally enhances skins radiance whilst restoring moisture and intensively hydrating. Used 1-2 a week, skin tone and textured is balanced to ensure the face looks visibly brighter and lighter.

Use: Apply to clean skin following a long day, paying attention to avoid the delicate eye and lip areas. Massage in well then leave for 5-10 minutes. Remove with lukewarm water using sponges or damp cotton wool.



### Conclusion

We hope you have enjoyed reading our eBook for skincare tips this spring. If you need more advice visit our website [www.beautyunplugged.co.uk](http://www.beautyunplugged.co.uk)

Why not try MONU out for yourself! Shop online at [www.monushop.co.uk](http://www.monushop.co.uk)