



# HYDRATEDSKIN

THE ULTIMATE GUIDE

Having glowing, hydrated skin boosts self-confidence and self-esteem and makes women feel beautiful and attractive. Glow, hydrated skin looks radiant and youthful, and well-hydrated skin is healthier and less prone to irritation and breakouts. You can do various things to pump up the plumpness in your skin, from your skincare and self-care routine to products and med spa services focused on hydrating your skin.

At Charette Cosmetics, we are dedicated to restoring our patients' self-confidence, so they look and feel their best. We offer medical-grade products and in-office med spa treatments to help you get the glowy, hydrated skin you desire.



404.430.4378



# BEST WAYS TO KEEP SKIN HYDRATED

---

Hydrated, glowy skin starts from within, like drinking enough water and eating right. However, achieving hydrated skin requires more than that. It involves a combination of factors, including a healthy diet, a good skincare routine, and using natural products designed to promote hydration.

## DRINK PLENTY OF WATER

---

The first step to getting hydrated skin is to drink plenty of water. Drinking at least eight glasses of water daily is recommended to keep your body hydrated. Water is essential for maintaining the moisture levels in your skin, and dehydration can lead to dry, flaky skin. Drinking water can also help flush out toxins from your body, contributing to clearer skin.



## EAT A HEALTHY DIET

---

Eating a healthy diet is another essential step to getting hydrated skin. Consuming foods rich in antioxidants, vitamins, and minerals can help nourish your skin from within. Foods high in water content, such as fruits and vegetables, can also help keep your body hydrated. Some examples of hydrating foods include watermelon, cucumbers, oranges, and berries.



## PROTECT YOUR SKIN FROM THE SUN

Exposure to the sun can damage your skin and lead to dehydration. Using sunscreen daily with at least SPF 30 can help protect your skin from harmful UV rays and prevent moisture loss. When choosing a facial sunscreen, ingredients like hyaluronic and lactic acid can help keep the skin moisturized.

One of the most essential products to add to your skincare and self-care regimen for glowy, hydrated skin is using **Protect + Preserve**. It is a lightweight, gentle sunscreen with SPF 50 for superior protection and supple, smooth skin. We designed our sunscreen with lactic and hyaluronic acids, and a clinically preferred concentration of niacinamide helps to visibly brighten areas of discoloration and blemishes.



## USE A HYDRATING CLEANSER

A good skincare routine is crucial for achieving hydrated skin. Using a gentle, hydrating cleanser can help remove impurities from your skin without stripping away its natural oils. Look for cleansers that contain hyaluronic acid or glycerin, as these ingredients can help attract and retain moisture in the skin.

At Charette Cosmetics, we recommend **Restart + Refresh Gentle Cleanser** for glowy, hydrated skin. It contains citrus extracts and rich antioxidants to exfoliate and cleanse the skin. This cream cleanser gently gets rid of makeup, dirt, and impurities while maintaining the skin's natural moisture barrier and skin's pH. This cleanser is perfect for restoring moisture so skin is adequately hydrated and protected.



## EXFOLIATE REGULARLY

---

Exfoliating your skin regularly can help remove dead skin cells and improve the absorption of moisturizers and other hydrating products. However, using a gentle exfoliator is important to avoid damaging your skin. Look for exfoliators that contain natural ingredients, such as sugar or oatmeal.

Combining 2% Salicylic Acid, Lactic Acid, and Hydroxyphenyl Propamidobenzoic Acid, **Illuminate + Purify Cleanser** aids in unclogging pores, opening clogged pores, and removing surface oils. The ingredients in this gentle, exfoliating cleanser give you smoother skin and help to strengthen your skin's natural barrier. Plus, exfoliation helps with new skin turnover, which is especially effective at giving your skin the fresh, glowy look you desire.



## APPLY A HYDRATING MOISTURIZER

---

Applying a hydrating moisturizer is essential for maintaining hydrated skin. Look for moisturizers that contain ingredients such as hyaluronic acid and glycerin. These ingredients can help attract and retain moisture in the skin, keeping it hydrated throughout the day. Choosing a moisturizer suitable for your skin type is also important to prevent breakouts or irritation.

Charette Cosmetics created **Nourish + Soften Moisturizing Lotion** for all skin types, so your face is hydrated and protected with a lightweight formula that feels soft and clean. This sheer, oil-free moisturizer smooths and tones skin with Witch Hazel and protects skin against moisture loss with Glycerin. It is enriched with green tea to help soothe and calm the skin.



## USE A FACIAL MIST

---

Facial mists are a great way to hydrate your skin, especially if you work in a dry environment or spend a lot of time in air conditioning. Hydrating toner mists help to soothe, soften and rejuvenate skin while redefining complexion. Natural ingredients in facial mists can help reduce the appearance of fine lines and wrinkles, plump the skin, and encourage new cell growth.

At Charette Cosmetics, we created **Active + Tone Antioxidant Mist** with natural extracts like cucumber, rosemary, and melon to improve your skin's complexion, reduce puffiness and swelling and boost hydration. This cooling mist can be sprayed on your face in the morning and at night as part of your nighttime skincare regimen.



404.430.4378



# HOW DOES **HYALURONIC ACID** HELP SKIN STAY HYDRATED?

---

Hyaluronic acid is a naturally occurring substance in the body that plays a crucial role in keeping the skin hydrated. It is a type of glycosaminoglycan, a long chain of sugars that can hold up to 1000 times its weight in water. This ability to hold water makes hyaluronic acid an excellent hydrating ingredient, which is why you can find it in many of our skincare products at Charette Cosmetics.

- ▲ When applied to the skin, hyaluronic acid forms a barrier on the skin's surface that locks in moisture. It helps to attract water from the environment and hold it in the skin, preventing moisture loss and keeping skin hydrated for a glowy, youthful look.
- ▲ It also helps to plump up the skin, easing the appearance of fine lines

and wrinkles and improving the skin's texture over time.

- ▲ Another way hyaluronic acid helps keep skin hydrated is because it improves the skin's natural barrier function. The outer layer of the skin, called the stratum corneum, is made up of dead skin cells that act as a barrier to prevent water loss from the skin. Hyaluronic acid helps to reinforce this barrier.
- ▲ In addition to its hydrating properties, hyaluronic acid has anti-inflammatory and antioxidant properties to help soothe and calm the skin, reducing redness and irritation.
- ▲ Hyaluronic acid has antioxidant properties that help protect the skin from free radical damage, which can cause premature aging.



# BENEFITS OF VITAMIN C FOR HYDRATED SKIN

---

In addition to hyaluronic acid, Vitamin C is a powerful antioxidant that offers numerous benefits for the skin, including its ability to help hydrate the skin. This is why we recommend adding Vitamin C to your skincare regimen because it is particularly beneficial for those with dry or dehydrated skin.

- ▲ Vitamin C helps to increase collagen production, which can help to improve the skin's hydration levels and overall appearance. Collagen is a protein that is essential for maintaining the skin's structure, elasticity, and hydration. As we age, collagen production decreases, leading to dryness, fine lines, and wrinkles.
- ▲ Vitamin C helps strengthen the skin's barrier function, which is responsible for maintaining hydration levels. It helps to retain moisture and prevent water loss, resulting in more hydrated and plump-looking skin.
- ▲ Environmental stressors, such as UV rays and pollution, can damage the skin and contribute to dehydration. Vitamin C has antioxidant properties that help to protect the skin from these stressors and prevent moisture loss.
- ▲ Inflammation can also contribute to dehydration and dryness. Vitamin C has anti-inflammatory properties that help to calm the skin and reduce redness, resulting in a more glowy, hydrated, and even-toned complexion.



404.430.4378



# HOW TO ADD VITAMIN C TO YOUR SKINCARE ROUTINE

A great way to incorporate the benefits of Vitamin C into your skincare routine for glowy, hydrated skin is with Charette Cosmetics' **Glowing Duo** product pack. It includes both hyaluronic acid and Vitamin C:



- ▲ **Hydrate + Plump Hyaluronic Acid Serum** — This pure, nourishing Hyaluronic Acid serum penetrates deep within the dermis to draw moisture and hold it there. A universal booster repair; with each drop, the skin appears brighter, firmer, and rejuvenated.
- ▲ **Repair + Restore | Vitamin C Serum** — High potency 20% Vitamin C serum designed to improve the look of wrinkles, brightens skin's complexion, and supports the microbiome while the protective antioxidant system guards against free radical skin damage.



404.430.4378



# MED SPA SERVICES FOR GLOWY, HYDRATED SKIN

---

What sets Charette Cosmetics apart from other med spas is that we can treat all skin types and all skin conditions with dramatic results. All of our services and products are safe for all skin types and skin tones. For soft, hydrated, glowy skin, we offer the following med spa services:

- ▲ Celebrity Laser Facial
- ▲ Carbon Laser Facial
- ▲ Morpheus8 Face
- ▲ PRP (Platelet-Rich Plasma)
- ▲ Morpheus8 Face
- ▲ Dermal Fillers



404.430.4378



# CELEBRITY LASER FACIAL

---

A client favorite that improves skin hydration is Charette Cosmetics' Celebrity Laser Facial. This specialized facial gently and safely heats the skin to stimulate collagen production for a healthy, youthful glow.

Results are achieved by heating the dermis, a deep layer of skin where collagen production occurs. Collagen is responsible for helping skin look younger, plumper, and healthier with fewer visible fine lines and wrinkles. It also hydrates the skin and eases redness, giving a more even, healthier complexion. The Celebrity Laser Facial is non-invasive and non-ablative, meaning no recovery or downtime.



404.430.4378



# CARBON LASER FACIAL



The Carbon Laser Facial is an excellent option for oily skin that improves hydration. This unique, effective procedure is done in two steps. First, a layer of carbon lotion is applied to the skin, which removes dirt, oil, and dead skin from the pores. Then, once the lotion dries, a laser penetrates the deeper layers of the skin, and there is controlled damage that stimulates the skin's natural wound-healing process.

The heat emitted from the laser also causes the pores to contract, making them look smaller and controlling sebum production. It also prevents acne by decreasing inflammation and the bacteria within the pores. In addition, this process stimulates collagen and elastin production and creates refreshed-looking skin. There's also an exfoliating benefit that helps to lend a brightening and smoothing effect to the skin, so it looks like it glows from within.



# PRP (PLATELET-RICH PLASMA)

---

Today, the power of cellular therapy is within reach to treat many cosmetic concerns like dry, irritated, or flakey skin. At Charette Cosmetics, our clients are thrilled with the transformative results of PRP, and one of the many benefits is hydrated glowy skin.

The medical community has touted the science behind PRP's regenerative properties for a long time and used it in various cellular therapies to treat the body, from healing injuries to promoting surgery recovery. More recently, we have discovered that PRP works wonders when it comes to reversing the signs of aging, easing hyperpigmentation, and improving skin tone and texture for a glowy look, thanks to its collagen-stimulating effects.



# MORPHEUS8 FACE

This treatment is ideal for correcting the look of hyperpigmentation. Morpheus8 Face is a next-level RF microneedling treatment that pairs next-level technology with precise energy delivery. The procedure creates smoother, better-contoured, firmer, more youthful-looking skin with less noticeable hyperpigmentation.

Like traditional microneedling, RF microneedling creates controlled micro-injuries within the skin to produce new collagen. It does this with the combination of microneedling and radiofrequency energy. The procedure uses tiny, gold-plated needles that safely and painlessly pierce the skin to create microchannels. These channels allow the radiofrequency energy to be delivered deep into dermal layers. In addition to creating new collagen for firmer skin, Morpheus8 treats more stubborn spots like the jawline and neck.



# DERMAL FILLERS

---

When it comes to med spa service, dermal fillers work like magic. They can quickly correct cosmetic concerns like loss of volume, fine lines, wrinkles, deep wrinkles, frown lines, shallow hollows, and more. If you want to supplement your skincare routine for that glowy, hydrated, youthful look you desire, dermal fillers are a great choice.

Dermal fillers are FDA-approved injectable products with a rejuvenating, contouring, and anti-aging effect. When used as a filler, hyaluronic acid can add volume to the cheeks, lips, and other areas of the face and smooth out wrinkles and fine lines. Hyaluronic acid fillers are also reversible. If a patient is unhappy with the results or experiences any adverse effects, the filler can be dissolved using an enzyme called hyaluronidase.

Face fillers are designed to restore volume to the face, which can help smooth out wrinkles and fine lines, enhance facial contours, and add definition. As we age, our skin loses elasticity and volume, leading to sagging skin, deep wrinkles, and a hollow or sunken appearance. Fillers add volume to the skin and underlying tissues, which can help create a more youthful and refreshed appearance.

There are a variety of fillers available that can be used to address different concerns and areas of the face. For example, hyaluronic acid fillers can be used to add volume to the cheeks, lips, and other areas of the face, while collagen fillers can be used to improve skin texture and firmness.

Due to their natural properties, hyaluronic acid fillers are the most popular fillers used. They are more temporary but have minimal side effects yet noticeable results. They also fill in lines and wrinkles and add volume to aging facial features for a glowy, hydrated look.



There are various types of dermal fillers, which fall into the following categories:

### **HYALURONIC ACID (JUVEDERM, RESTYLANE)**

The most popular filler, hyaluronic acid, contains a synthetic gel version of the same hyaluronic acid naturally found in the body. This filler improves lines, wrinkles, and folds, adding volume to the temples, cheeks, and lips and enhancing the nose and jawline.

---

### **CALCIUM HYDROXYLAPATITE (RADIESSE)**

This filler smoothes out more severe facial folds and creases like those around the mouth. It also adds fullness to the face and enhances the appearance of the jawline by stimulating collagen production. In addition, the results are longer-lasting, and there's no need to worry about migration, which can occur with hyaluronic acid fillers.

---

### **POLYLACTIC ACID (SCULPTRA)**

Like Radiesse, Sculptra creates collagen over time. It helps fill lines, wrinkles, deep folds, creases, and hollow areas. While it may provide initial volume, the results appear gradually over a few months at the injection site. Also, a few sessions are often needed to achieve full results.

---

### **POLYMETHYL- METHCRYLATE MICROSPHERES (BELLAFILL)**

Commonly referred to as PMMA, this filler is semi-permanent and treats more severe facial folds, creases, lines, and wrinkles. It also works well for correcting and smoothing out pitted scars. However, PMMA fillers also take time to see the results (usually upwards of three months) since it takes time for the product to create the volume.

Each dermal filler family differs in its molecular and chemical makeup, the treatment areas of use, its onset of action, and the longevity of the results. Therefore, a mix-and-match approach of various dermal fillers may be needed to achieve the full results. At Charette Cosmetics, we will work with you to choose the best fillers for your aesthetic goals.



# WHY CHOOSE CHARETTE COSMETICS FOR HYDRATED SKIN

---

Charette Cosmetics brings a whole new approach to the world of cosmetic treatments, including products designed to ease the appearance of melasma. Our innovative techniques and tailored approach allow us to address your skin concerns, enhancing and revitalizing your self-confidence.

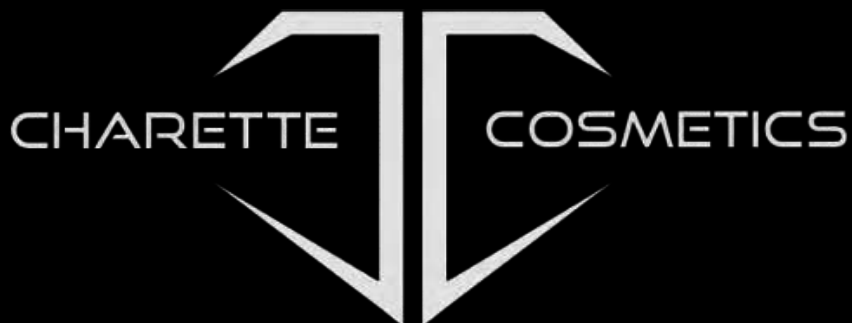
Founded by Paul Charette, a medical aesthetician and cosmetic practitioner, Paul's extensive aesthetic education, unparalleled techniques, and attention to detail are evident in every aspect of Charette Cosmetics. His dedication to finding the most advanced and effective skincare products and protocols makes our clients feel confident and beautiful in their skin.

Our medical-grade skincare products work to protect and treat your skin, revealing the most beautiful version of yourself. For your convenience, we offer Shop Pay and Google Pay. Shop our lineup of natural products online or connect with us on socials to see amazing skin transformations from real customers.



404.430.4378





## GET STARTED WITH CHARETTE COSMETICS

If you're ready to rejuvenate your skin and make it look young, fresh, healthy, and glowy, now is the time to book a consultation with Charette Cosmetics. A one-on-one consultation with our experienced aestheticians will determine the best treatment for you. We can also customize a package specific to your skincare needs so that you can obtain the best results possible.

Schedule a consultation or book your appointment today!

404.430.4378

