

EROS

MAGAZINES

TREND
ALERT!



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BEAUTY
DOORSTEP

5 recommendations of
dermatologist products

NEW SEASON

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CONTENT

Beauty Doorstep.....	5
10 recommendations of dermatologist product.....	7
Reasons to use gentle cleansers in your skin care routine.....	13
Tips & Tticks.....	15
Best scrub by st.ives.....	17
For fresh and soothing skin, recommendations of mask.....	18
Bio-essence a perfect step for pores refining.....	20
Aiken best skin care recommendations.....	23
Where you can get this product at?.....	27





LEARN PATIENCE BEAUTY

BEAUTY DOORSTEP

- Since we're constantly interacting with and surrounded by such strong (and beauty-obsessed) people, it'd be interesting to take a peek at their past—namely, such as what do they eat, what are their routine and most importantly: what is their secret to stay confident and unleash their charisma with a so-called the beauty on the outer side which is our face that is free from skin problems. Before that we must learn how to properly took care of ourselves and the best part is how you will become in the future. Steve jobs once said that the journey is the destination—and these stories are proof that the first step is often where you learn the most.

HOW TO LOOK BEAUTIFUL NATURALLY

Here are some ways that one can look naturally beautiful:

1. Regularly Moisturise Your Skin

- Moisturisation is crucial for your hydration. Apply a good moisturiser daily that suits your skin. It will keep your skin soft and supple.

2. Get Beauty Sleep

- Sleep deprivation can make you look tired develop dark circles around your eyes. It is because the lack of sleep dilates the blood vessels.
- Sufficient sleep lowers stress and gives you better skin. It also helps you to get rid of those dark circles. Getting at least eight hours of uninterrupted sleep is crucial for maintaining skin health.
- You can also buy a sleeping mask that will block all the lights to get better-uninterrupted sleep.

3. Drink Enough Water

- Water has amazing benefits not only for your health but also for your skin. Drinking enough water helps you flush the toxins out of your system and keep your skin hydrated and conditioned from within. It clears out your skin and makes it appear radiant.
- Water will help treat acne and other skin problems. It also maintains a healthy supply of oxygen in the body, which, in turn, helps to keep your skin glowing. It also reduces the risk of premature ageing, fine lines, wrinkles, and puffiness.
- You should drink 8-10 glasses of water every day to improve your skin's elasticity. Keep a bottle with you to avoid dehydration. You can also have green tea, fruit juices, and more to increase your water content.

4. Pluck Your Eyebrows

- Properly plucked eyebrows enhance your beauty. Get a good set of tweezers and get your eyebrows cleaned up. Having eyebrows perfectly plucked can make your whole face look great.

5. Exercise Regularly

- Apart from keeping you fit and healthy, regular exercise is beneficial for the skin. You should work out for the skin because it helps improve blood circulation, which delivers essential vitamins and nutrients to your face and makes it appear healthy and glowing.
- This is crucial for treating acne and other oxidative damage on the skin. Therefore, you should develop a habit of exercising consistently to look pretty naturally.

6. Use Sunscreen Every Day

- The long wave ultraviolet A (UVA) and short wave ultraviolet B (UVB) are harmful sun rays. These rays, especially UVA, can penetrate deep into the dermis, the thickest layer of skin, and damage your skin.
- The rays cause premature ageing, sunspots and may also lead to serious skin problems such as skin cancer. Therefore, it is necessary to wear broad-spectrum sunscreen every day before stepping out in the sun.
- Skin dermatologists recommend that you should wear at least SPF 30 sunscreen. SPF is the sun protection factor determining how well the sunscreen will protect you. Choose a sunscreen for your skin type and apply it.

10 RECOMMENDATIONS OF DERMATOLOGIST PRODUCTS

1. CETAPHIL GENTLE SKIN CLEANSER

- For all that suffer from eczema, you probably already have this in your armoury. For everyone else, say hello to what could be your best new friend. I have friends who swear by this because rather than drying out your face after cleansing it, it still feels nice and moisturised. That's because this is a gentle cleanser that does not strip your face of its natural oils. You could also give the other range of products a stab, you can't go wrong with cetaphil!



2. NEUTROGENA FREE-ALCOHOL TONER

- Add our gentle toner to your skin care routine for clean, healthy-looking skin. Our specially formulated, oil-free Alcohol-Free Face Toner refreshes skin without stripping its own natural moisturizers, so you can get a clean, refreshing toning experience without the harsh drying effects of alcohol. Plus, special mild purifiers gently remove impurities and reconditions skin. Your skin will feel fresh and clean, without tightness, dryness, or stinging.



3. SPOTLESS BRIGHTENING CLEANSING FOAM

- A whitening cleanser that contains Dio ACTIVE, an effective but gentle ingredient which has proven effects on reducing pigmentation discoloration. The product refreshes and revitalizes the skin effectively, and takes the shine off the T-zone. The formula has been specially developed for the needs of delicate Asian skin. Thus it only contains of well selected ingredients and is free of alcohol and colorants. Penetrates deep into pigmentation spots to reduce melanin and fade out freckles, dark spots and acne scars for 5X brighter and fairer skin.



4. PROACNE SOLUTION CLEANSING FOAM

- Pro Acne Cleansing Foam is suitable for all types of skin, especially combination skin, oily and acne affected skin. Naturally extracted Dio-Active and Bisabolol offers deep cleansing for:
- Reducing comedonal acne by 82%, thoroughly unclogging pores and reducing excess facial oil.
- The product has been tested for sensitive skin. It will not clog pores or induce comedonal acne.
- Gentle formula for delicate and allergy-prone skin. Does not cause dry skin.
- No alcohol. Does not cause skin allergies.



5. SEBAMED LIP DEFENSE SPF30 CHERRY

- Regenerates dry & chapped lips quickly and effectively. Alleviates irritation & inflammation with Vitamin E and Chamomile extract. Nurtures sensitive lips with essential plant oils. Defends sensitive lips from dehydration & sun damage. Apply a layer onto the lips anytime of the day or whenever feeling dry.



6. CETAPHIL MOISTURIZING CREAM FOR FACE & BODY

- For all your moisturising needs. Cetaphil Moisturizing Cream is a great face & body moisturizer for you and your family. Its dermatologist-trusted formula contains extra-strength emollients and humectants that binds water to the skin preventing moisture loss and providing long-lasting hydration.



7. BIO OIL

- Bio Oil Skincare Oil is not a completely natural product. While it does contain a number of natural ingredients such as Chamomile, Lavender, Rosemary and Calendula oils, it also contains ingredients that are not classified as natural.



8. BIO-OIL DRY SKIN GEL

- Bio-Oil Dry Skin Gel is a way to care for dry skin. Most of the water in traditional creams, lotions and body butter is likely to evaporate when encountering your skin. It's often what can cause the cold sensation that you feel when applying these products. Bio-Oil Dry Skin Gel is an oil-based gel moisturiser containing only 3% water, 13% humectants and 84% oil to hydrate and protect the skin from moisture loss.

9. SIMPLE MOISTURISING FACIAL WASH

- Simple Moisturising Facial Wash thoroughly cleanses your skin, removing oil, dirt, and other impurities without leaving it to feel dry or dehydrated. Ideal for everyday use as part of your skincare routine. Dermatologically tested and approved. Ophthalmologically tested. Hypoallergenic, non-comedogenic.



10. SIMPLE KIND TO SKIN MICELLAR CLEANSING WATER

- Simple Micellar Cleansing Water is our most advanced yet gentle facial cleanser to date. It helps remove contaminants known to irritate skin and leaves it clean and fresh. It instantly boosts skin hydration by 90%! This innovative facial cleanser is made with skin-loving ingredients perfect for all skin types, including Vitamin B5, Vitamin E and Triple Purified Water. It contains no artificial perfumes, no color or dye and no harsh chemicals that can upset your skin, making it perfect even for sensitive skin. Dermatologist tested and approved. Unclogs pores and tones skin. Hypoallergenic, non-comedogenic.





PERFECTION

REASONS TO USE GENTLE CLEANSERS IN YOUR SKIN CARE ROUTINE

1. *You Won't Change Your Skin's Barrier Function*

- Our skin's barrier function is the skin's protective outer layer. It helps prevent bacteria, irritants and allergens from penetrating skin. When we use cleansers that are too harsh you can impair your skin's barrier function making it more susceptible to permeation. Your barrier function is compromised and your skin is now much more vulnerable to outside influences. Using a gentle cleanser can leave your barrier function balanced.

2. *You Won't Irritate Your Skin*

- Harsh cleansers can cause your skin to feel uncomfortable and look irritated. It can be red, flushed or flaky. Don't let a harsh cleanser is your cleanser really as gentle as you think. Cleansing should feel refreshing not painful.

3. *You Won't Dehydrate Your Skin*

- Using a cleanser that is too harsh can pull moisture from your skin which can make your skin dehydrated. Avoid using a cleanser that contains alcohol, fragrance or dyes when you notice that your skin feels dehydrated. Dehydrated skin looks dull and lacks plumpness when you touch it.

4. *Your Skin Can Restore Itself Properly At Night*

- Your skin works hard to restore itself at night and using a harsh cleanser can interfere with that process as you may be pulling too much moisture and too many natural oils off your skin. Cleanse with a gentle cleanser to remove particles from your face yet it won't imbalance your skin.

5. *Your Skin Will Feel Soft*

- Abrasive cleansers don't just interfere with how your skin looks they can also interfere with how it feels. If your skin feels rough and painful after cleansing you are probably using a cleanser that is too harsh.

6. *You Won't Make Your Skin More Dull*

- By using a gentle cleanser, your skin will have a healthy barrier function and natural oils to protect your skin and the right levels of hydration. This will result in a complexion that is naturally radiant and balanced. Avoid harsh cleansers that can draw out your skin's natural moisture and can make your skin look dull.

EROS PERSPECTIVE



TIPS & TRICKS

HOW TO KNOW IF YOU REALLY HAVE BOTH DRY SKIN AND ACNE

- The first thing you should know is that your skin type can change. Just because you once had acne doesn't mean that the hormones causing your breakouts can't suddenly stop. And with this change, you may get a whole new type of skin. Don't expose your skin to acne products unless you are certain that you have acne-prone skin

- One way to check skin is by doing a simple test with blotting paper. At night cleanse your face and do not apply moisturizer (yes you should always apply moisturizer normally but for the sake of the test skip it this time) then in the morning reach for your blotting paper. Check to see for the following results:
- Dry/Sensitive Skin: Your blotting paper has no oil on it and your skin feels tight.
- Normal skin: Your blotting paper has an average amount of oil on it but is not greasy.
- Combination skin: Some areas are oily in your T-zone (nose, forehead and chin) but the rest is dry.
- Oily skin: Blotting paper shows signs of grease and oiliness in all regions.
- After doing this you should have a good gauge of your skin type.

ARE YOU CAUSING YOUR ACNE - PRONE SKIN TO BE DRY?

- A common misconception about oily skin is that it doesn't need moisturizer or exfoliation. Additionally, if you're avoiding exfoliation because you think it will cause your skin to flare up, you're mistaken. The mixture of old skin cells (which are there because you're not exfoliating), sebum, oil and dirt is making your skin impenetrable so whatever products you are using to fight oil and acne are probably not working on your skin.
- This in turn, may make your skin appear dry and flaky because your new surface cell layer is unable to emerge.
- Use a gentle cleanser on your skin and exfoliate at least once a week.
- Avoid products with potentially harsh beads made out of stone, sand or crystal material. Instead, opt for fruit acids, which will gently get rid of old skin cells.
- Apply an oil-free moisturizer that will provide hydration. Your skin will be able to absorb products correctly and you will no longer have a breeding ground for acne.

BEST SCRUB BY ST.IVES

1. BLACKHEAD CLEARING GREEN TEA FACE SCRUB

- Salicylic acid and bamboo powder packs a punch in this dermatologist-tested, blackhead scrub. This face scrub unclogs pores and calms redness for bump-free skin.



2. ACNE CONTROL APRICOT FACE SCRUB

- Our apricot face scrub for acne using salicylic acid will help you say goodbye to blemishes! This acne scrub will reduce breakouts and make your skin glow.



3. ENERGIZING COCONUT & COFFEE SCRUB

Trust us, you'll want to get out of bed for this! From Canada's #1 Scrub Brand, this scrub contains 100% exfoliants (walnut shell powder and coconut shell powder) to energize dull, tired skin with the smell of fresh coffee beans. This coffee face scrub will leave skin looking and feeling fresh.



FOR FRESH AND SOOTHING SKIN, RECOMMENDATIONS MASK

1. FREEMAN CHARCOAL + BLACK SUGAR MUD MASK

- This velvety, jet-black mud mask works like magic to moisturize, remineralize, and make skin sensationally soft! Skin-loving minerals collected from the Dead Sea have a natural nourishing effect that boosts smoothness and overall skin health. Activated Charcoal locks onto oils & toxins, then gently lifts them away without over-drying or disturbing skin. Black Sugar helps skin hold on to hydration, which helps smooth out roughness and fine lines. Perfect for Normal to Combination Skin.



2. FREEMAN HONEY & TEA TREE CLAY MASK + CLEANSER

- Indulge in a delicious treat for your skin with this multi-action clay mask and cleanser. Manuka Honey helps deliver potent healing properties to nourish skin. Tea Tree Oil helps to purify pores and control oil with its antibacterial properties. Perfect for oily and breakout prone skin.



3. FREEMAN DEAD SEA MINERALS CLAY MASK

- Unwind from the grind with Dead Sea Minerals and Sea Salts that help replenish and balance moisture while purging clogged pores. Lavender and Bergamot help put skin in a bliss-like state and rinse away stress for smooth, radiant skin. Perfect for all skin types.



CHARISMA

BIO-ESSENCE A PERFECT STEP FOR PORES REFINING

1. Bio-Water

- Bio-Water Energizing Water spray is rich in minerals and with low salt content to provide ultra hydration for skin. It keeps skin cool on the go, thereby helping to keep skin always fresh and energized. With its cooling and soothing properties, it effectively helps to calm irritable skin

2. Bio-Water Foamy Cleanser

- Bio-Water Foamy Cleanser is a gentle formula with fine foam that thoroughly cleanses to remove dirt and impurities even deep within pores. It is an ultra-hydration formula that keeps skin soothed and refreshed.

3. Bio-Water Sensitive pH Moist-In Water Gel

- Bio Energy Complex™ is our proprietary formula that boosts the skin's ability to repair, renew and replenish itself. By enhancing the intake of oxygen, it helps the skin breathe, transforming it into active and energized state. This dramatically increases the efficacy of our skin-soothing bio-ingredient - Bio-Water for a calm soothed skin.





Aiken



BEST BY AIKEN PREBIOTIC HYDRA PLUS SKIN CARE SET



Aiken



1. Aiken Prebiotic Hydra Plus Facial Cleanser

- Deeply cleanses without drying skin
- Scientifically proven to eliminate pollutants
- Maintains skin's natural moisture balance



Aiken



3. Aiken Prebiotic Hydra Plus Micellar Water

- Water-based and non-sticky
- Non-irritating
- No rinsing is required



2. AIKEN Prebiotic Hydra Face Mist

- Gives skin an instant burst of hydration anytime, anywhere
- Keeps skin calm and fresh



4. Prebiotic Hydra Serum

- Clinically proven deeply moisturises and nourishes skin to reduce dry skin flakes by 100%
- Enhances skin barrier function and repairs damaged skin by 56%
- Effectively soothes skin redness by 42%
- Proven to smoothen dry skin texture by reducing 12.3% skin roughness



5. AIKEN Prebiotic Hydra Essence Water

- Locks in skin hydration up to 20 layers of skin
- Effectively boosts skin hydration by 2.3 times^
- Clinically proven to retain skin moisture up to 72 hours
- Absorbs moisture from air

BEST BY AIKEN TEA TREE OIL



1. Tea Tree Oil Toner

- Mild toner with natural plant extracts. C
- Helps improve moisture balance on skin.
- Specially formulated to target pimple-prone skin & remove excess oil.
- Helps to soothe and re-fresh skin.



2. Tea Tree Oil Moisturiser

- Contains Tea Tree Oil to help protect skin from pimples naturally.
- Formulation ideal for oily and combination skin.
- Helps to soothe and hydrate skin.



3. Tea Tree Oil Facial Cleanser & Makeup Remover

- Protects skin from pimples naturally
- An effective 2 in 1 gel-based beads for effective cleansing
- Keeps skin healthy, hydrating and pimple free



4. Aiken Tea Tree Oil Soothing Hydra Water

- Soothes skin with trace minerals
- Keeps skin hydrated and fresh
- Light texture & non-greasy formulation

BEST BY AIKEN VITAMIN C



1. Aiken Vita-C Bright Facial Cleanser

- Deeply cleanses excessive sebum, impurities and dirt
- Effectively removes dead skin and reduces comedones
- Scientifically proven to eliminate pollutants (PM2.5)
- Clean and purified skin
- Bright and blemish-free skin

2. Vita-C Bright Moisturiser

- Intensively hydrates and brightens skin tone for natural skin
- Clinically proven to lock skin moisture up to 72 hours
- Scientifically proven to soothe and calm skin
- Nourished and bouncy skin
- Healthy and hydrated skin



WHERE CAN WE GET THESE TRUSTED PRODUCTS AT?



1. WATSON

- It is no doubt that Watsons is the leading health and beauty retailer with over 550 stores in Malaysia. They offer a wide range of Health and Beauty products with over 1000 brands. The Watson stores

can be easily found in Malaysia they have a large number of branches in many places, even the shopping mall. Watsons Malaysia received the Platinum Award for the Best in Retail Category 2019 by Putra Brands Award. It means that Watsons have strong market power in the pharmacy chain.



2. GUARDIAN

- Guardian consists of more than 440 stores in many states and places, including well-known shopping malls, high stress, and even in the online platform. The more powerful is that there is an average of 33 million Malaysian customers recognize and recommend their variety of quality pharmaceutical, health and beauty products. Guardian is accorded with Brand Excellence in Retail, Health, Beauty and Personal Care for 2016/2017 by the Brand Laureate Award.

3. GEORGETOWN PHARMACY

- Georgetown pharmacy is a group of pharmacies located mainly in Penang with branches in Kedah and Perlis. Georgetown pharmacy philosophy is to provide our customers with the highest standards of health-care, which includes excellent pharmacist counseling advice, and new , unique quality products. ALL our pharmacists are friendly and will not hesitate to provide additional tips and tricks to improve your health.





EROS

“When the inner beauty exceeds the outward beauty—it creates a magical dance in the heart.” - Angie Karan.

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