



THE
AEVIA

AEVIA SKIN

GLOW GUIDE

Doctor-approved, natural routines &
treatments for radiant skin

The Aevia | Skin & Mind, King's Cross



Message From *The Docs*

At Aevia Skin, we believe healthy skin isn't about chasing fads or buying endless products. It's about *understanding your skin*, and supporting it with the right routines and treatments. That's why we have created this guide as your simple blueprint to **radiant, resilient skin**.

Dr Renée Okhuria & Dr Ferrell Okhuria

Meet Your *Skin Barrier*



Think of your skin like a protective wall. The outer layer (your barrier) keeps water in and irritants out. When strong, your skin looks calm and glowy. When weak, it feels dry, red, or breakout-prone.

- **Hydration:** keeps skin plump
- **Oil balance:** prevents dryness & congestion
- **Tone:** affected by sun and inflammation
- **Microbiome:** good bacteria protect your skin



The Pillars of *Healthy Skin*

Healthy skin comes down to **simple, consistent habits**.

To keep it easy, we have broken it down into 5 pillars:

1.

GENTLE CLEANING

2.

DAILY HYDRATION

3.

SUN PROTECTION

4.

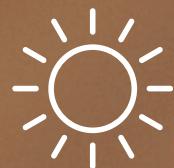
STAY CONSISTENT

5.

PRIORITIZE SELF-CARE

Your Easy Everyday *Routine*

Here's how to structure routines that work in *minutes*,
not hours.



AM (DAY)



PM (NIGHT)

1. CLEANSE
2. TREAT**
3. MOISTURISE
4. SPF 30-50

1. CLEANSE
2. TREAT**
3. MOISTURISE
4. RELAX

**AM treatment: Niacinamide or Vitamin C

PM treatment: Retinoid or BHA/AHA (depending on skin type)

What's *Really* Inside Your Products?

Niacinamide
balances oil,
strengthens

AHA/BHA
exfoliates
(alternate nights)

Ceramides
repairs barrier

Vitamin C
brightens, protects

Hyaluronic Acid
hydrates

Azealic Acid
reduces redness and
pigmentation

Retinoids
smooth, renew
(2-3 nights/week)





WHAT DO I DO NEXT?

When Skincare *Alone* Isn't Enough

Some skin concerns need a little extra support. Treatments can give faster, longer-lasting results when guided by a doctor.

FOR DULLNESS

- Skin boosters (Prophilo, Sunekos)
- Gentle peels

FOR FINE LINES

- Neuromodulators (Botox)
- Polynucleotides

FOR TEXTURE

- Polynucleotides
- Microneedling

FOR PIGMENTATION

- Polynucleotides
- Microneedling

Glow Is More Than Skin

Deep

Your lifestyle shows up on your face. These everyday habits help skin thrive:



Sleep 7-8hrs
a night



Stay hydrated

+



Manage
stress



Eat colourful,
nutrient-rich
food

+



Avoid bad
habits



Aevia Mind
coaching



Why Choose *Aevia Skin*?

We're a **doctor-led skin longevity clinic** based in King's Cross, London.

Our mission is to help you achieve natural, healthy-looking results without overcomplication or over-treatment. We combine subtle in-clinic procedures with smart, science-backed routines.

BOOK YOUR FREE 15-MIN GLOW & SKIN MOT TODAY

A close-up photograph of a woman's face. Her dark hair is pulled back, and she has a neutral expression. Her right hand is visible, with her fingers resting near her ear, suggesting a moment of quiet or contemplation.

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Thank you for reading!

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