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HEALTHY SKIN GUIDE

SMALL SECRETS FROM AMMAN SPA THERAPISTS



Small habits that make a big difference

Beautiful, healthy skin is not the result of a single treatment or a single product. It is the result of proper care, healthy habits and consistency. When we give our skin attention from the inside and the outside, it rewards us with freshness, radiance and a healthy look.

Below you will find a simple guide that will help you extend the results of your spa treatments and keep your skin in the best possible condition.



Healthy habits for beautiful skin

Hydration from within

Water is one of the most important factors for healthy skin. When the body doesn't get enough fluid, the skin is the first to show it – it becomes dry, tired and dull. We recommend that you drink every day:

- 1.5 – 2 liters of water
- herbal teas as an additional source of hydration

Enough hydration helps the skin keep its elasticity, freshness and natural glow.

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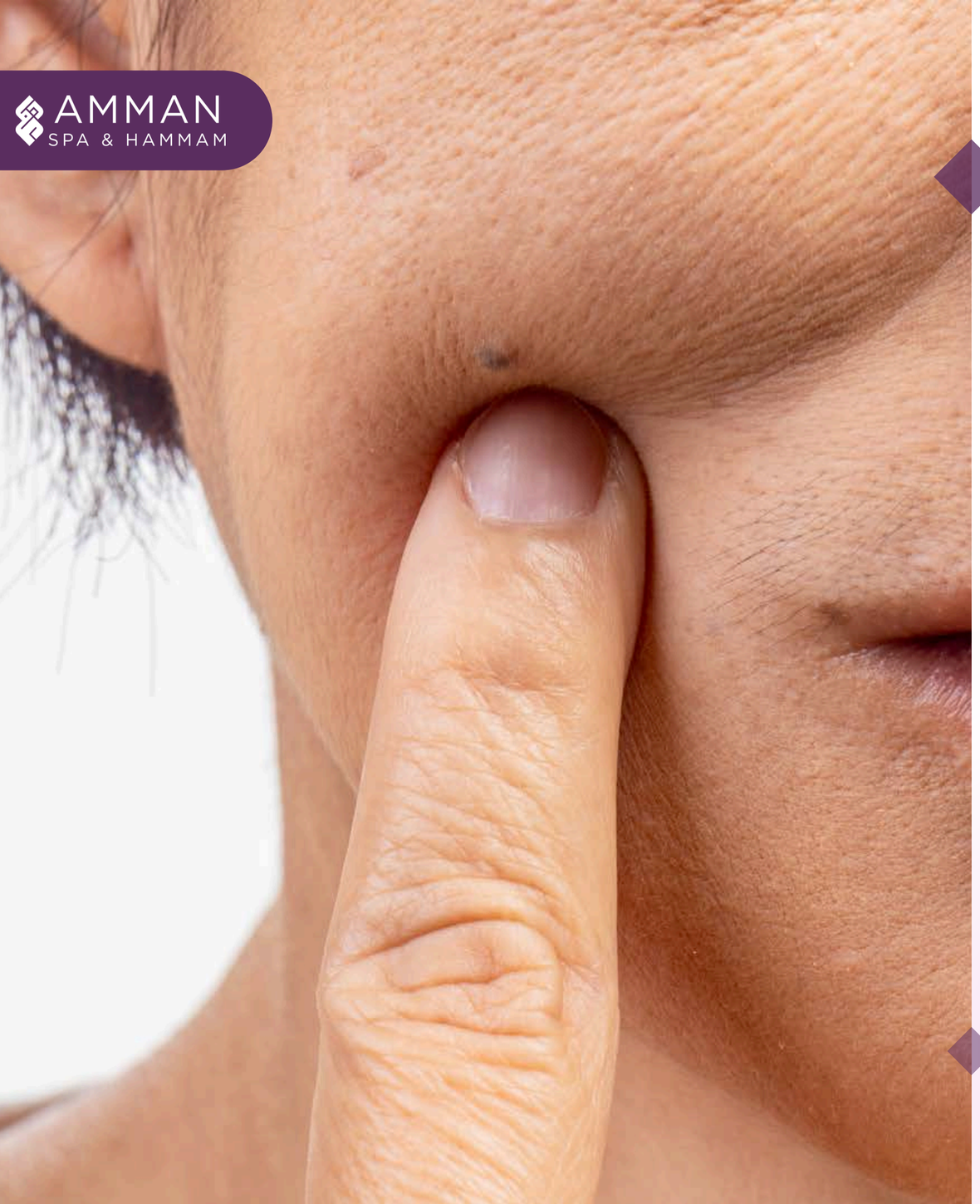
Sleep – a natural beauty treatment

Sleep is the time when the skin intensively renews and regenerates itself. If you don't get enough of it, your skin quickly shows it through:

- dark circles under the eyes
- a gray, tired complexion
- an increased tendency to inflammation and breakouts

Ideally, sleep 7–8 hours every night, because quality sleep slows down the aging process and helps your skin look healthy.



Stress and skin

Long-term stress often shows up right on the skin. It can cause:

- breakouts
- redness
- sensitivity
- a lifeless look of the skin

That's why it's important to find small relaxation rituals that restore balance, such as:

- walks in nature
- mindful breathing
- massage
- spa time for yourself



Sun – in moderation

The sun is one of the main causes of premature skin aging. That is why dermatologists often stress that SPF is the best anti-aging product.
Tips for protecting your skin:

- use SPF 30–50 every day
- wear sun protection even in winter and when it's cloudy
- avoid tanning beds

Regular sun protection helps preserve a youthful look and prevent hyperpigmentation.



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Nutrition that feeds your skin

Skin loves food rich in vitamins, antioxidants and healthy fats.
For healthy, fresh-looking skin we recommend:

- more fruit and vegetables
- nuts and healthy fats
- less sugar and processed food

A balanced diet supports skin regeneration and helps it keep its natural radiance.



Recommended skin care routine

A consistent skin care routine is the key to long-term results and a healthy look. When we give our skin proper care every day, we help it keep its balance, hydration and natural radiance. A routine doesn't have to be complicated or include a large number of products – it is much more important that it is regular and adapted to the needs of your skin type and its current condition.

A good home routine also significantly improves the effectiveness of the professional treatments we perform at the spa, because it helps the results of a treatment last longer and keeps your skin in optimal condition between visits.



Morning routine

1. Gentle cleansing - Removes excess sebum and prepares the skin for further care.
2. Toner or hydrosol - Balances the skin and brings back its freshness.
3. Serum - Contains active ingredients that target skin needs such as:

- hydration
- soothing
- glow effect
- anti-aging action

4. Moisturizer - Locks in moisture and protects the skin barrier.
5. SPF 30–50 - The most important step of the morning routine – every day, without exception.



Evening routine

Alongside your daily routine, occasional extra care can make a big difference.

- Exfoliation: 1–2 times a week (gentle and without overdoing it)
- Mask: 1–2 times a week, depending on your skin's current condition

The most important rule: less is more – listen to your skin

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Additional care

In the evening, the goal is to thoroughly cleanse and renew the skin.

1. Thorough cleansing

If needed, the double cleanse method is used to completely remove make-up and impurities

2. Toner

3. Serum or active ingredients

Can be hydrating, soothing or renewing

4. Night cream or nourishing care

Helps the skin regenerate overnight



Spa treatments – support for your skin

Professional spa treatments give the skin what home care often cannot fully achieve.
Benefits of professional treatments:

- deeply renew the skin
- target specific concerns
- boost the effect of your home care

That is why we recommend regular visits as advised by your therapist, so that your skin is always at its best.

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Book your facial treatment appointment at Amman Spa

Skin remembers..

Your skin remembers the way we care for it. When we treat it regularly, gently and with expert support, it rewards us with a healthy, radiant look.
At Amman Spa we believe every skin deserves an individual approach and professional care.
Book your treatment at Amman Spa and let your skin receive the care it deserves.



All facial treatments at Amman Spa

If you want to give your skin professional care, you can see the complete range of facial treatments at Amman Spa on our website.
The range includes various treatments adapted to different skin needs, including:

- deep hygienic facial cleansing
- intensively hydrating treatments
- anti-aging treatments for skin renewal
- HydraFacial treatment for cleansing, exfoliation and hydration
- treatments for sensitive or problem skin

Every treatment at Amman Spa begins with an expert consultation with a spa therapist, who will assess the condition of your skin and recommend the best care for long-term results.



Gift voucher for a facial treatment at Amman Spa

If you want to delight someone dear with a special gift, you can easily buy an online gift voucher on the website **www.spasarajevo.ba**.
A gift voucher is a perfect choice for:

- birthdays
- anniversaries
- holidays
- special occasions
- or simply as a sign of appreciation

Give the experience of professional skin care and relaxation in a spa setting, with treatments that restore freshness, hydration and a healthy look to the skin.



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At Amman Spa we believe every skin deserves an individual approach, expert analysis and professional treatments that support the health and beauty of your skin.
That's why we invite you to:

- book your facial treatment
- consult our spa therapists
- find the ideal care for your skin.

www.spasarajevo.ba