



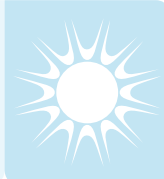
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Doctor's recommendations

Three tips for a healthy and beautiful skin

1 Protect yourself from the sun

all year round and use creams with a high protection factor, especially during the summer months.



2 Moisturize your skin

From the inside out: use daily moisturizers, drink plenty of water and eat fruits that provide vitamins.



3 Visit your aesthetic doctor regularly

We provide advice based on your skin, in order to give you realistic expectations of your treatment and indications to maintain a youthful skin.



Dr. Elisa Delgado Padial