Consistent skincare routines

“Glowing skin is always in”

I love the feeling of confidence that comes from healthy, nourished, glowing skin everyday. It wasn’t always this way, anyone that knows the journey of Clockface Beauty will have heard it a million times, but when I was pregnant with Alfie I suffered with terrible hormonal skin, not just on my face but on my body too, particularly the tops of my legs. My confidence really took a battering, I wanted to hide my face or smother it in make up (which believe me only makes the cycle worse). I also began really looking at ingredients as I was conscious about certain things not recommended for use on pregnant women and I found it so unbelievably frustrating the lack of transparency of ingredient listings as they are nearly always just labelled in their INCI (Latin) name.

My wonderful Mum, and specialist scientist with over 30 years experience, created for me what has gone on to become our Signature Collection Facial Serum, an all natural, organic, waterless, truly transformative product that soothed and healed my skin and gave me the gift of skin confidence, and just like that our Clockface Beauty journey began. We ensured every label contained ingredient common names too so you can feel informed about what’s in our formulations too.

Skincare however is not only about finding the best products containing the right ingredients, but also very crucially about being consistent. I understand when you have issues with your skin the temptation is to look for what people are using on Instagram, what you’ve found on Google, the latest product a high street store is promoting, literally throwing the kitchen sink at it! You are often left with either at best no solution and at worst a greater problem. The best thing you

can do is be consistent.

It’s what I tell every single client and respond with on every “Ask Sarah” with, I’ll provide you the solution, you then need to be consistent, stick with those products only and keep your routine the same (unless you have an allergy or reaction to any type of ingredient then of course I would say stop using it). But we find, you get that instant result, the clear up of that acne, the dulling of the rosacea or the fine lines appearing minimised and then people stop, they have that immediate elation but then slip back into habits of not removing make up or stopping that weekly mask. If you do, the problems will reoccur, your skin is like anything else, it needs maintenance. We have deliberately tried to avoid the huge number of steps in any persons routine to make it easier, if you have less time you are still able to enjoy, but there is plenty there for those who also enjoy the ritual.

So my advice will always be, you get optimum long term results when you stay consistent with your regime, and however tempting it is to roll into bed after a night out (remember those?!) without removing your makeup, always take that extra couple of minutes to cleanse your face and pop a few drops of serum on, because I can guarantee when you wake, you might be feeling tired but your skin will feel hydrated, restored and refreshed.

If you have any skin questions, need advice or just looking for a change, head on over to Clockface Beauty and either take the skin quiz in the Skin Clinic for your perfect routine or select “Ask Sarah” and get directly in touch.

Natural stone & Rose Gold bracelets

“Beauty the way nature intended” Clockface Beauty

You will see within “My Style” that I hardly ever don’t have accompanied with my outfit the beautiful bracelets we designed and have handmade for Clockface Beauty.

For me they have almost become a comfort blanket as well as a fashion accessory, yes they are beautiful, the stones each carefully chosen, but not just on their appearance. Each has its own property, the Blue Angelite is a powerful stone that was discovered in Peru in the 1980s. Associated with the wind, it has a beautiful milky blue appearance that is believed to have a calming effect on your mind and the Peruvian Pink Opal is still worshipped today as a healing and protective stone. It is considered one of the most important healing stones that can have a profound effect on a person’s mood. It’s often referred to as the “stone of spiritual awakening” due to the powerful vibrations that it holds. I really feel that when I wear them.

I cannot recommend enough for both this reason and their versatility when styling with your outfit, head on over and take a look. They can be worn individually or stacked as pairs or a trio, my favourite combination is the Peruvian Pink Opal paired with the Swarovski pearl.

Peruvian Pink Opal & Rose Gold

Swarovski Pearl & Rose Gold

[Angelite & Rose Gold]

I’d love to hear what which is your favourite.

The Clocktower

The Clocktower

Balancing my family life with the business has always been one bit easier thanks to the home office!

Our garden annexe is lovingly referred to as The Clocktower, and it’s the head office for Clockface Beauty. Mum and I work from there every day, we hold meetings with our marketing team, we test products, and we even pack orders. And when we’re done for the day, we’re one short walk across the garden

away from the house.

It’s a game-changer for our working day, as I’m such a big believer in creating the right setting for work. If my space feels right, I feel motivated and inspired to deliver.

So here are just some of my top tips for creating the perfect workspace at home.

1. Have a designated workspace.

This doesn’t have to be an entire room, but you do need a space to make your own. A space at the dining table or at the kitchen table can even be packed away each night – but make it your own when you’re working. Put all of the things you need out ready, once you’re at the space, you’re in work mode.

2. Think of the ambience.

Ideally, you're locking yourself with some peace and quiet. But that's not always doable. So when you can't shut the door to block out the external noise, try using some headphones. If Mum's on a work call, I listen to a relaxing soundtrack (nothing with words cause I just sing along!) which works as relaxing white noise for me. My current favourite is the Bridgerton Instrumental soundtrack, but let me know what works for you!

3. Use fragrance to inspire.

The right fragrance in the room can completely lift your mood. We always have oil burning in our office with notes that are chosen to lift us! We of course opt for the Clockface Beauty Essential Oil Blend in Rejuvenate, but you can choose anything which ignites your mind. Perhaps a citrus candle, or even a spritz of your favourite perfume.

4. Keep things tidy.

A tidy desk makes for a tidy mind! You have to get into the habit of clearing your office on a night. Future you will love you for it! Even if you're in the position to close your door on the office, opt for tidying the desk, filing away any papers and leave the room the way you want to enjoy it tomorrow.

5. Stay inspired.

This is one of my favourites! When you work, you have to stay inspired. In The Clocktower, we have photography on the walls which shows off our journey so far. We have a magazine rack filled with all of our features and reviews. We have the product on display. And we have a huge board that highlights

some of our goals for the future. Surround yourself with inspiration. And if you're working from a shared space, try smaller things such as changing your desktop photo to a montage of inspiring pics.

No Makeup, Makeup Routine

No Makeup, Makeup Routine

I've obviously got a bit of a passion for skincare. I love learning about what our skin needs to thrive, what will give us that healthy glow, and what will give us the long terms nourishment that we need.

I always follow my routine. So I cleanse twice a day, I moisturise religiously, I treat my skin with masks and I use the Clary Sage & Juniper Berry Face Scrub to slough away dead skin cells. So during lockdown, I really enjoyed not covering up my skin with makeup. I let my skin breathe but I still wanted to look put together, especially as I was jumping on Instagram Live a lot and responding to Ask Sarah videos throughout the day.

So I started to get experimental with my skincare and came up with the following tips!

Highlighter

My skin looked glowy and even after moisturising with the Signature Facial Serum, but I missed that pop of sheen that my highlighter gives me. So I used our Moisturising Balm and patted a tiny amount across my cheekbones. It bounces off the light perfectly for a healthy highlight affect, and gives a gorgeous dose of hydration too.

Eyebrow Gel

This is one of my favourite techniques! Grab our Lip Balm and use a small amount to smooth your eyebrows into place. Your brows will look perfectly groomed, and you'll get a beautiful boost of nourishment and hydration.

Foundation

On any days when I really needed a bit of coverage for example after a late night with the boys – I made my own CC cream by mixing a couple of drops of my usual foundation with a small amount of Moisturising Balm. This gives the perfect dewy base which conceals any redness or blemishes, plus our Moisturising Balm has antiseptic properties which will help heal your blemishes throughout the day.

Lipstick

The Signature Lip Balm is all I need. Especially when having to wear a mask so much throughout the day, a good lip balm will keep your skin soft and hydrated. If I really need a pop of colour though, I fill in my lips with a deeper toned lip pencil for a really chic lip stain.

Click HERE to watch my full no makeup, makeup routine. And if you've got your own tips for how to adapt your skincare into the perfect makeup product, I'd love to hear it!

Since the release of this video on our IGTV, we decided to package together the products you'd need to recreate this natural look, which you can now shop HERE.

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5 ways to use your Essential Oil Blends

5 ways to use your Essential Oil Blends

The Clockface Beauty Essential Oil Blends are one of my favourite products that we launched towards the end of 2020. We loved the idea of surrounding yourself with Clockface Beauty. Natural fragrance that can transform the mind is such a key part of our brand, so the idea of furthering upon this was very exciting. These natural oils have a range of benefits, one being that their scent and essence can be used to destress and calm the mind.

We developed three beautiful blends, Sleep, Rejuvenate and our Signature Blend, as well as a limited-edition warming Winter Blend. Beautiful fragrances that can relax the mind, ignite your senses and transform your mood.

What’s wonderful about the Clockface Beauty Essential Oil

blends is that there are so many uses for them around your home. So I thought I'd share my top 5 ways to surround yourself in Clockface Beauty.

1. Turning the home into a twilight spa

On a night, once the children are in bed and the house is quiet, I add a few drops of the Signature Blend to an oil burner. The fragrance is delicately released into the air and it transforms my home into a calming haven.

2. A relaxing bath

I love adding a few drops o foil to my bath for a spa-like experience! You can either add a few drops to the bath water, or mix with your favourite bubble bath then pour under running water. Your skin will be left hydrated and the steamy bathroom will be filled with the most beautiful, calming fragrance.

3. Enhance the workspace

This feels like such a luxury, and why not? When I'm working at my desk and trying to motivate myself to get through admin or paperwork, I love to use the Rejuvenate Blend in my oil burner. This vibrant fragrance is so invigorating and absolutely lifts my mood and productivity levels.

4. Finishing touches

Spread across my home are bowls of acorns which the boys love to pick around autumn time. I add a few drops of my favourite oils to the bowl which fills the room with delicious scents of chamomile, cedarwood and mandarin. I love this tip, and you can even add a few drops to your pot pourri to freshen it up.

5. A soothing sleep

If you're like me, it can sometimes be difficult to switch off after a busy day. My mind will be running through the day, and I start processing what tomorrow will bring. If you're in a similar position, try adding a few drops of the Sleep Blend to an oil burner in your bedroom an hour before bed. The room will be filled with the most soothing, calming scent that will honestly carry you into a cosy sleep.

If you've got your own ideas for how to use the range, I'd absolutely love to hear it. And if you'd like to purchase an Essential Oil Blend, simply head to the Clockface Beauty website!