

SKIN 101: Beat The Skin Hangover



This time of year can be hard on skin – once parties, travel and one too many late nights all take their toll.

Here's how to care for your skin so it doesn't call 'last rounds' before you do.

TREATMENT TO TRY: IV Vitamin Therapy

WHAT IT DOES: An intravenous (IV) method delivers powerful antioxidants along with vitamins, minerals and fluids, straight into the blood stream to hydrate the skin. One of the commonly used antioxidants is glutathione, which helps the liver detox harmful chemicals by binding to toxins to eliminate them and improve skin health.

PRICE: Consultation R650, treatments from R950

WHERE: Health Renewal, Fourways, Johannesburg

Call: 0861 7546 72 | Visit: [Health Renewal](#)

To read the full article visit: <http://www.marieclaire.co.za/beauty/skin-101-beat-skin-hangover>