



marie claire

# fixes

PEOPLE OF THE WORLD REJOICE!  
THERE'S A SOLUTION TO THE EXCESS  
BAGGAGE YOU HAVE BEEN **CARRYING**  
**UNDER YOUR EYES**

WORDS NIKKI SHERMAN

Having inherited blemish-free skin from my mother, I also have, thanks to my father's genes, puffy dark circles under my eyes – my 'genetic heirlooms', as Leandra Medine of *The Man Repeller* blog calls them. These monsters are amplified by sinus problems and various allergies, and my daily struggle to conceal them involves a combination of eye cream, colour corrector and concealer. (I know the consultant at the Bobbi Brown counter very well.) The eye area is largely unforgiving and for many years there have been few non-invasive treatment options. Until now. Welcome, carboxytherapy.

## WHAT IS CARBOXYTHERAPY?

Carboxytherapy, also known as 'miracle gas', is a non-invasive treatment that can be used to combat cellulite, stretch marks, scarring, eye bags and dark circles. It involves injecting a small amount of carbon dioxide into the affected area, which the body then reads as a deficiency in oxygen. This causes the tiny capillaries under the skin to open in

order to increase blood flow, and encourage the dispersion of oxygen and nutrients to the area. Four to six treatments are usually recommended, with fillers an option to combat possible volume loss and puffiness.

## WHY CARBOXYTHERAPY WORKS

Dr Maureen Allem, from Skin Renewal in Parkhurst, explains that when we breathe, oxygen is dispersed through our bodies, but as we age, the oxygen levels in our skin fall, resulting in a decrease in elasticity and collagen production, making skin more susceptible to ageing and discoloration.

## WHAT TO EXPECT

You'll feel a small pinch followed by a warm sensation as the air leaves the needle filling the injected region with gas. This minor discomfort around each eye lasts two to four minutes. The best part of the process was the five-minute face and head massage afterwards. The whole fuss-free session lasted about 10 minutes, and I applied my make-up and returned to work immediately.

IF YOU AREN'T QUITE READY FOR THIS PROCEDURE, HERE IS MY WINNING TRIED-AND-TESTED EYE-CARE COMBINATION:



1. SHISEIDO SHEER EYE ZONE CORRECTOR, R395. 2. DERMALOGICA TOTAL EYE CARE SPF 15, R650. 3. BOBBI BROWN CREAMY CONCEALER KIT, R355.

## RESULTS

After just two treatments I saw a noticeable difference. The dark circles appeared to be much lighter and I wasn't reaching for the concealer as often as before. As carboxytherapy is a cumulative process, the bags became less visible as time went on. To combat the puffiness of the area, Dr Allem decided to inject a little Restylane filler – and the result was instantaneous.

## AVERAGE COST

Carboxytherapy costs R4 000 (R1 000 per session). The Restylane filler costs R3 200 for one full injection. [Skinrenewal.co.za](http://Skinrenewal.co.za); 011-447-9731

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