



# Love your body with a little tweak!

Why cover up or sit on a beauty problem that bugs you when an expert can sort out things fast and have your confidence soaring in no time? Start now for a glam summer!

## Get rid of spider veins

Oooh, those spidery veins lurking around knees (and points north and south!) take the fun out of summer. "Clients are very embarrassed about their veins and won't expose them on holiday – or even in the bedroom," says dermatologist Dr Russell Emerson. Missing the thrill of sexy shorts, skirts and swimsuits? Then it's time to brave the needle and reclaim your pins!

**WHAT'S THE FIX?** Sclerotherapy is many dermatologists' treatment of choice for fine veins. All it takes is small injections of sclerosant into the skin using a fine needle. The veins then collapse to be safely removed by the body.

**MUCH OUCH?** Not really. You'll probably need two or three treatments spaced at four-week intervals but, at most, the treatment is a little uncomfortable with mild swelling, redness and a bit of itching for a few hours afterwards, as well as some bruising that could stay for two to three weeks. Need it in time for the end-of-year holidays? Then you should be booking your sessions now.

**WORTH IT?** Definitely, we reckon. "It can really improve your quality of life," says Dr Emerson. "So many women who have had effective sclerotherapy treatment say they can now go swimming for the first time in years."

See [veinstherapy.co.za](http://veinstherapy.co.za) for sclerotherapy from R985/session (Joburg), or see [bodyrenewal.co.za/sclerotherapy](http://bodyrenewal.co.za/sclerotherapy) (Cape Town), or [veinsurgery.co.za](http://veinsurgery.co.za) (Durban).

## Banish brown patches

It's ironic, really, that those dark patches guaranteed to spoil minimal summer make-up are created by too much sun. Though medically harmless, brown spots are an unwelcome reminder of ageing. Time to do something about them now!

**WHAT'S THE FIX?** Chemical peeling, despite its slightly scary name, is a technique that is done in minutes, starting with cleansing followed by a dab of peel solution on the brown patch, then some sunblock.

**MUCH OUCH?** A little 'sting-y', but the patch turns white, red, then brown and flaky before falling off on day five. Aftercare is down to using healing cream plus sunblock. Book three months before a sunny holiday so skin has time to heal.

**WORTH IT?** Yes, when it gives skin back its fresh look. Chemical peels help stimulate new skin-cell production and, without dark patches, you'll look younger and feel more confident. See [dermaquestsa.co.za](http://dermaquestsa.co.za) for the *Dermaquest TCA Peel* from R595 for three sessions (Johannesburg), or see [viewhealthandskin.co.za](http://viewhealthandskin.co.za) for the *Microzone Ultrasonic Peel* from R370 (Cape Town).

## GET RED DOTS OFF YOUR CHEST

Ain't that the truth? One small red dome pops up on your chest and more follow.

"Cherry haemangiomas – clusters of capillaries at the surface of your skin – spontaneously appear in middle age," says medical aesthetics expert Marie Duckett. Should we stress about them? No, but if they spoil every low-cut look...

**WHAT'S THE FIX?** Getting shot of them is quick and permanent, thanks to a high-frequency laser treatment called Laser Genesis. The laser gently heats up the skin's upper dermis, shrinking the tiny blood vessels that form the 'domes'. As an added bonus, the laser also helps boost collagen production and improves your skin's texture and tone.

**MUCH OUCH?** It can be a little uncomfortable, but an anaesthetic cream will sort that out. Aftercare is easy-peasy – no perfume on the area and stay out of the sun for a few days.

**WORTH IT?** Yes, if you long for a film-star cleavage. "Those who have had them treated love the fresh new look it gives the skin," says Marie. See [vivacite.co.za](http://vivacite.co.za) for *Laser Genesis* from R800/area (Pretoria), or [sculpt-life.com](http://sculpt-life.com) for *Laser Genesis* from R850/area (Cape Town).

### More for your money

Tiny red veins on your décolletage or face can also be wiped out with Laser Genesis. So while you're having your dots dealt with or your cleavage plumped, maybe check those in at the door too.



## SMOOTH A CRÊPEY CLEAVAGE

If you never reveal anything else all year, surely your cleavage is good to show off? Not always, as so many of us midlife gals have a crêpey look that in no way matches our cared-for faces. But nifty injections of hyaluronic acid can add super hydration, plumping the skin.

**WHAT'S THE FIX?** Tiny amounts of Restylane – a lightweight, skin-hydrating

dermal filler treatment – are injected right across that inverted triangle area between breasts, not to fill but to mega hydrate. "Think of it as a big injection of moisturiser," says practitioner Fiona Collins. "Hyaluronic acid draws water and nutrients to it to improve your skin's elasticity and smooth crêpiness."

**MUCH OUCH?** Not really. Anaesthetic cream numbs things. You may get some redness, but that'll calm. We've seen it done, and it's really no biggie. Don't expect instant results, but you will notice a real difference after the second treatment.

**WORTH IT?** Oh yes! Fine lines are diminished, skin looks more nourished and it feels and looks smoother. It's a real confidence booster – we're in the queue! From R1 000 per area treated – see

[plasticsurgeon.co.za](http://plasticsurgeon.co.za) (Cape Town); [skinrenewal.co.za](http://skinrenewal.co.za) (Cape Town and Gauteng); or [skinandhair.co.za](http://skinandhair.co.za) (Durban).

## WHIP OFF SKIN TAGS

Loose skin blips around your bikini and bra lines are a downer when summer arrives.

**WHAT'S THE FIX?** A Lamprobe device uses an ultra-fine wand to deliver current directly into the tag, burning it off, leaving a tiny red area that heals within a week. Another option is cryotherapy, delivered in one of two ways: a swab is dipped into a cryogen, and then placed onto the tag to freeze it off, or a small device sprays the cryogen directly onto it. After, a gauze is applied and it can take between five to 14 days to heal.

**MUCH OUCH?** The Lamprobe stings a little, but it's self-cauterising so there's little bleeding; all you'll need afterwards is a slick of healing cream. Got lots of tags? If you don't mind the stings, many can be treated in one go.

Cryotherapy causes slight discomfort and you can expect a blister to form, but the procedure is over in minutes.

**WORTH IT?** Definitely, if they catch on your clothes or you hate the way they look. It's really liberating to get rid of them! See [lamprobe.co.za](http://lamprobe.co.za) for *Lamprobe* sessions from R500 each (Joburg), or see [skinrenewal.co.za](http://skinrenewal.co.za) for *cryotherapy*, from R450/area (Cape Town and Gauteng). >>



## Put the freeze on muffin tops and more!

New non-invasive treatments are ironing out pockets of diet-resistant fat. CoolSculpting by ZELTIQ is cosmetic practitioner Dr Tracy Mountford's choice. Great for muffin tops, tums, thighs and waists that fill out from menopause.

**WHAT'S THE FIX?** The sculpting device, which looks like a small massage machine, is placed on the body, sucks in the area to be reduced, then cools it to destroy fat cells without harming tissues. The area is massaged and that's it. But don't rush to the mirror to see results, the body has to get rid of the cells naturally and that takes time. "You'll see the first signs at around three weeks, with dramatic improvements in up to eight weeks," says Dr Mountford.

**MUCH OUCH?** Hmm... it depends. "It's not painful, but can be a little uncomfortable for the first few minutes," reckons Dr Mountford.

**WORTH IT?** If you have the cash, then it's a yes when you realise that the fat is gone for good from that area. "It's safe, predictable and patients are thrilled with the results," says Dr Mountford. See [laserderm.co.za](http://laserderm.co.za) for CoolSculpting by ZELTIQ from R7 000 per area treated (Gauteng and Western Cape).

## MONEY TOO TIGHT TO MENTION?

Try a few low-budget tweaks...

**BRIGHTEN...** your skin with an at-home mask that's said to help with fine lines, blemishes and pigmentation. REN Glycolactic Radiance Renewal Mask, R480 for 50ml, combats blackheads and blemishes, while removing dead skin cells to renew the complexion. Available from selected Woolworths, Edgars and Red Square stores.

**CALM...** the redness that makes skin look fiery and older! Clinique Redness Solutions Urgent Relief Cream, R400 for 30ml, soothes redness, hydrates the skin and protects it from external irritants. Available from leading retailers.

### DEFINE...

your brows and bring your face back to life. Bobbi Brown Eye Shadow, R295, is a fab two-in-one buy – it's matte eyeshadow that can also be used to define those sparse brows. Available from Edgars and Bobbi Brown stores.

**PLUMP...** out those lines. Collagen is a remarkable protein that helps reduce the appearance of fine lines, but if fillers aren't your scene, taking it in capsule form could be a good idea. Try SOLAL Collagen Plus Skin Essentials, R189 for 30 capsules. Available from Dis-Chem.

## Not into permanent?

Visit an Eyecandy brow and lash bar, exclusive to Woolworths, where brow-expert therapists will define your arches beautifully using threading for shape and tinting for colour. Our verdict? Brilliant!

From R70; [eyecandybrows.co.za](http://eyecandybrows.co.za)

## Bring your face into focus

When a slick of BB cream and lip gloss just doesn't cut it in summer, it's time to pull your face into focus!

### WARM UP YOUR LIPS

Loss of outline and colour can be fixed with a natural-looking 'permanent' lip colour, which lasts between two and four years before you need to have a touch up.

**WHAT'S THE FIX?** Using an ultra-fine needle and permanent colour, lips are softly outlined then blended into the body of the lip with no harsh line.

**MUCH OUCH?** No, the lips are numbed. You may get a little swelling, tenderness and flaking as colour emerges, but a great lip balm will take care of that.

**WORTH IT?** Absolutely! If you long to just pop on some gloss and go, it's a must.

See [flawlesscosmetics.co.za](http://flawlesscosmetics.co.za)

to book a treatment from R1 800 (Joburg), or see [skinandhair.co.za](http://skinandhair.co.za) to book with permanent make-up artist Amanda Hardy at the Durban Cosmetic Laser Centre, from R900.

BEFORE



AFTER

### REVIVE BROWS

Try colour that doesn't need re-applying every day. "Permanent make-up is for those who want to look their best all the time," says expert Karen Betts.

**WHAT'S THE FIX?** A pigment pen that places subtle colour 0,5mm under the skin surface. Pigment is about 40% darker at first, but fades to a more natural colour after a few weeks.

**MUCH OUCH?** No more painful than tweezing and only takes an hour. If you need it, ask for a numbing cream.

**WORTH IT?** "It's cheaper than a facelift – perfect for a hassle-free life," says Karen.

See [bodyologie.co.za](http://bodyologie.co.za) for a treatment from R1 800 (Joburg), or see [thelaserbeautique.co.za](http://thelaserbeautique.co.za) (Gauteng), or call 033 342 5299 to book a session with Amanda Hardy at Neroli Health & Beauty (Pietermaritzburg). w&h

BEFORE



AFTER