

SKIN SCIENCE



PRABAL GURUNG



RECOMMENDED PRODUCTS

BABOR HSR LIFTING
EXTRA FIRMING HAND
CREAM 50ML **R814**
BIONIKE DEFENCE
B-LUCENT
ANTI-DARK SPOTS
SKIN-EVENING HAND
CREAM SPF20 50ML
R100

WHAT CAUSES OUR HANDS TO AGE?

Expert Dr Maureen Allen, founder and medical director of Skin Renewal

Our hands are always exposed to the elements, while constantly assisting us in carrying out daily activities. Sun exposure or photoageing causes dark spots, enlarged veins and the depletion of collagen in the hands, resulting in thinning skin or a bony appearance. There are numerous treatments that can assist with hand rejuvenation, like carboxytherapy or medical needling, as well as laser therapy and dermal fillers.

ANTI-AGE YOUR HANDS

You can 'fake it till you make it' but **YOUR HANDS WILL NEVER LIE.** They will always give away your true age so it's important to show them just as much attention as those nagging crow's feet. **We ask experts about the best treatments** to keep hands looking young

ANTI-AGEING TREATMENTS

LASER REJUVENATION

WHAT IS IT? The deeper layers of the skin are stimulated by heat using specialised laser or light-based therapies. This causes micro-injuries, which helps to speed up the skin's rejuvenation process as well as tightening collagen fibres. The skin of the hands is gradually lifted and collagen production stimulated with future treatments.

PRICE: From R375 per treatment, depending on laser system selected and area size.

CHEMICAL AND LASER RESURFACING

WHAT IS IT? Two treatments that combat uneven skin tone and discolouration caused by sun damage. A series of chemical peels is used to increase skin-cell turnover and improve the skin's tone and texture by removing the upper layers of the skin. By doing this, the healthier, plump skin is revealed, the skin's natural ability to repair itself is sped up and it allows for the easy penetration of at-home products.

PRICE: From R775 per treatment.



RECOMMENDED PRODUCTS

FILORGA HAND-FILLER
ANTI-AGEING MASK FOR
HANDS AND NAILS **R550**
COMFORT ZONE SKIN
DEFENDER TRIPLE PROTECTION
HAND CREAM 75ML **R355**

DERMAL FILLERS

WHAT IS IT? Volume loss in the hands and face are the first noticeable signs of ageing or weight loss. Dermal fillers can be used to instantly put volume back and give the hands contoured, plump-looking skin. The filler is made from hyaluronic acid, which is naturally found in the body, and the results can last for 6-8 months. Expect a little bruising, but this subsides quickly after treatment.

PRICE: From R2 900.

3 Best ANTI-AGEING TIPS

1. Always use a moisturising hand cream with sunscreen to prevent photoageing.
2. Keep nails manicured and neat for a youthful appearance.
3. Wear gloves wherever possible to protect your hands from the elements and household tasks.