

# SKIN101



## REVITALISING COSMETIC TREATMENTS

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

**F**acial mists are great for short-term energising but for longer-lasting results, Dr Maureen Allen recommends these facials from Skin Renewal.

### HYDRATING ANTI-AGEING FACIAL

**YOU NEED** Hydration.

**WHAT IT DOES** A 60-minute treatment that uses electrical current and microdermabrasion to help hyaluronic acid penetrate the skin, increase the skin's collagen production and rehydrate the skin.  
**PRICE** From R650.

### PDT ANTI-AGEING FACIAL

**YOU NEED** An antioxidant boost.  
**WHAT IT DOES** This 60-minute,

non-invasive treatment uses LED light at different wavelengths to rejuvenate the skin. A combination of microdermabrasion and a glycolic peel is also used with the light sequences.

**PRICE** From R700.

### MESOGLOW ANTI-AGEING FACIAL

**YOU NEED** A skin boost.

**WHAT IT DOES** This 60-minute facial involves microdermabrasion, growth factors (proteins that stimulate cellular growth and healing), peptides, vitamins and hyaluronic acid to improve collagen production and hydration.  
**PRICE** From R850.

**Skinrenewal.co.za**

## WHAT ARE FACIAL MISTS?

**W**ant a quick fix for dewy, hydrated skin? Of course you do! The new generation of facial mists is so much more than just fragranced water (which only dehydrates the skin – your skin cannot absorb water so it just evaporates, taking the skin's moisture with it). You can spritz facial mist after cleansing (before applying moisturiser), after applying make-up and at any time during the day when your skin needs a pick-me-up. It gives a quick boost of hydration, while priming and protecting your skin.



### RECOMMENDED PRODUCTS

1. DERMALOGICA AGESMART ANTIOXIDANT HYDRANT MIST 150ML R610
2. FILORGA ANTI-AGEING MIST 100ML R610
3. VICHY EAU THERMALE 150ML R170
4. AFRICOLGY NATURAL SPRING WATER MIST 100ML R180
5. URIAGE EAU THERMALE 50ML R80

## DEMYSTIFYING MISTS

Facial mists are having a moment as skin's 'little helpers' by boosting it with essential hydration and antioxidants. But there's more to these super spritzers than simply setting and refreshing your make-up

## 3 Best FOR MOISTURE RETENTION

### TIPS

1. Apply serum or moisturiser immediately after cleansing the face, while it is still damp.
2. Use an oil serum or rich night cream before bed to ensure super hydrated skin throughout the day.
3. Look for products with hyaluronic acid and vitamin B, which retain moisture and keep the skin elastic.



### WIN!

An anti-ageing facial from Skin Renewal. Enter on our website

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