



Inspired by the beauty of nature

Nora Newton's technique of glazing and layering of soft, muted colours coupled with bold composition captures the peace and tranquillity of these most beautiful and isolated areas of our country and in so doing effortlessly transforms the mood of the viewer.



South Africa's wondrous environment is the inspiration for Nora's evocative and sensitively rendered canvasses. She is especially drawn to the horizontal waterscapes of Churchhaven on the Cape West Coast's Langebaan lagoon, the solitary expanses of the arid Karoo and the deserted beaches of the Eastern Cape's Wild Coast where Nguni cattle appear the only inhabitants as they lazily soak up the sun on the sea shore.

"I'm constantly inspired by the beauty of nature and especially love the play of light in the early morning and late afternoons when the world becomes saturated in colour. This

is when I do most of my small preparatory oil sketches for my paintings. It is a magical time, and always calming, quiet and peaceful. It's where I find my inspiration and it is what I am always striving to convey in my work," says Newton.

Newton grew up with the sea and mountains of Cape Town while childhood holidays near Beaufort West in the Karoo sparked her passion for rural South Africa. She spent 12 years surrounded by the vineyards and soaring peaks of Franschhoek, Stellenbosch and Paarl and her outdoor passions for mountain biking, hiking and horse trailing have taken her to some of the country's most unexplored areas whether on the coast or inland.

And art has always been part of her world. She studied art as a subject for matric and qualified as a graphic designer at the Cape Technicon.

After a number of years working in Cape Town and Johannesburg she decided to satisfy a life-long ambition to study Fine Art and pursue a career as a full time artist.

Courses with various artists, among them Sheri Hornsey, Ryno Swart and Marcelle Lyons plus painting workshops in South Africa, Greece and Venice (where again she was inspired by light and water) helped map the way forward. Her first successful solo exhibition was held in Franschhoek in 1995.

She has since had 6 solo exhibitions and regularly participates in group exhibitions. Her work is held in private collections throughout South Africa, in the United States and Europe.

www.noranevton.com



Sun Damage and Dehydration after the Holidays

By Dr Maureen Allem

The sun beating down on your skin can cause visible signs of ageing from as early as your twenties but it is between 35 – 49 years of age that you really start seeing the damage and changes in your skin. In fact, the earlier you start with sun avoidance and protection, the better your chances of looking younger for longer.

Even a few minutes of unprotected sun exposure every day can cause a noticeable change over the years. The visible signs include freckles, age spots, fine wrinkles and a leathery skin. Not a good way to start off the year!

Studies have shown that repeated ultraviolet exposure breaks down collagen and weakens the skin's ability to synthesise new collagen. In addition, as we age, collagen production in the skin decreases and the combined effect of sun and age has a detrimental effect on our skin. Fortunately all is not lost; at Skin Renewal there are various treatments available to help counter the damaged and dehydrated appearance of skin. By stimulating collagen production in the skin; the elasticity will be restored and the plump appearance of the skin will return.

Some of the cutting edge technologies available include:

- Dermapen Skin Needling offers great results for skin of any age and condition by stimulating healthy new collagen production.
- An array of laser and light treatments to combat the signs of ageing, pigmentation, scarring and tightening of loose & lax skin.
- Botulinum injections and dermal fillers for an instant result in wrinkle reduction and volume restoration!

Looking after one's skin is mandatory if you want to retain a youthful appearance for longer. Monthly anti-ageing treatments are advised if you really care about the condition of your skin!

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021 794 6843 / 072 828 8557
constantia@skinrenewal.co.za