

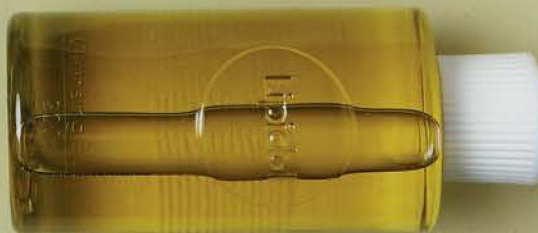


AVE: 94333.44 (ZAR)

# Beauty

## SOME GREAT PRODUCTS FOR YOUR SKIN DURING TREATMENT:

- Nimue Makeup Remover, R369
- Esse Body Oil, R350
- Placecol Vitamin E Silk, R350
- Africa Organics Kalahari Melon Body Lotion, R39
- Placecol Optimum Hydro Mask, R250
- Coverderm Maxydrat Visage, R406
- Plain Ordinary Skincare Moisturising Balm, R310
- Lipidol Cleansing Body Oil, R79,95



# therapy

If you're undergoing chemo and radiotherapy, your skin takes an unexpected knock. 'Soothe', 'calm' and 'protect' are key words while you're in the process.

**B**eing diagnosed with cancer and going through chemo and radiotherapy are two of the most intensely emotional roller-coasters that life can take you on. And women in particular are often faced with another struggle at the same time – many report feeling as though they're being stripped of their femininity. While chemo and radiation are necessary, they also have some nasty side-effects. It's not just about hair loss: skin can become itchy, dry and sensitive, and nails brittle, and the added difficulty is that your skin can slowly start to react to the tried and tested products you've used for years. Oils can come in very handy here, especially unscented ones like Bio Oil, which is not only great for scars, but also for peeling nails and torn cuticles. Here's what the experts suggest:

'Any skin reaction usually begins a few weeks after starting treatment, but it all depends on the type of treatment, which is specific to your cancer and the stage it is in,' explains Dr Claire Jamieson, aesthetic physician and founder of Ordinary Skincare. 'The drugs thin the skin, making it more prone to severe sun damage with lasting consequences.'

Expect dry, itchy, sensitive and peeling skin. Radiotherapy can cause redness and soreness that resembles a sunburn, which is why applying

sunscreen daily is so important.

To limit the damage and discomfort, says Dr Maureen Allem, aesthetic physician and founder of the Skin Renewal Clinics, patients need to use a barrier cream like Lamelle's Serra Restore Cream (R396,57). Packed with moisturisers that calm and soothe, barrier cream nurtures sensitive and inflamed skin but also forms a protective layer that safeguards it from further moisture loss. Sudocrem (R39,95) – yes, the baby bum cream! – is a good alternative.

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Both doctors agree that anyone undergoing chemo and radiation should follow a skincare routine that is gentle and aimed at repairing the skin. 'Skip retinoids and acids like AHAs and BHAs; they can be sensitising and irritate the skin during therapy,' says Dr Allem. Dr Jamieson, whose skincare range focuses on soothing irritated and sensitive skin, advises patients to avoid perfumed and anti-ageing products, as well as those containing lightening ingredients and vitamin C. Clean gently, use tepid water, and dab dry, she says. Look for balms like the Plain Ordinary Moisturising Balm (R310) – that don't contain water. That means less preservative or emulsifier, which reduces the chemical load.

And of course, there's no denying the devastating effect losing your hair can have on your psyche. 'Hair is part of our identity ... it's the outfit we wear every day,' says Shelene Shaer hairdresser and owner of Tanaz Hair, Body & Nails. 'Losing your hair is an emotional journey. I encourage clients to cut their hair into a shorter style. Once it really starts to fall out, consider shaving it off – the patchy spots are much harder to deal with,' says Shelene. A good tip is to take a photo and save a lock

of hair if you're going to have a wig made. Once you've lost your hair, treat your scalp the way you treat the rest of your skin, says Shelene. 'I advise clients to use a satin pillowcase as it's less irritating, and to keep their clean scalp moisturised and protected with a good sunscreen.' Try Philip Kingsley's No Scent No Colour Shampoo (R419,95), which was developed specially for cancer patients. It's important not to use or ingest any products that encourage hair growth unless they've been okayed by your doctor. ♣

With the help of prominent industry experts, the Look Good Feel Better programme offers practical advice and support. [www.lgfb.co.za](http://www.lgfb.co.za)