



BUILD PRECIOUS COLLAGEN WITH THE NEW DERMAPEN

By Dr Maureen Allen

The Dermapen is the most advanced, highly effective collagen induction therapy procedure that injects multiple, microscopic needles into the skin to prompt it to repair itself. The automatic, high speed vibrating function of the Dermapen creates multiple insertions, quickly and clinically with very little discomfort.

The Dermapen is designed to treat facial skin conditions such as fine lines, enlarged pores, wrinkles, stretch marks, crepe skin and acne scars.

The concept of skin needling is based on the skin's ability to repair itself whenever it encounters physical damage such as cuts, burns and other abrasions. Immediately after an injury occurs skin destroys old damaged tissue such as acne scarring and wrinkles and replaces it with new fresh healthy collagen.

During the treatment, the Doctor gently moves the Dermapen over the client's skin to create miniscule sub-cutaneous channels. This is perceived by the body as a "mini injury or wound" which stimulates the release of growth factors that trigger the production of collagen and elastin. This is all part of the healing process. This new fresh collagen remodels over time. The result is smoother, firmer and younger looking skin down the line.

The procedure is normally completed within 20 minutes for the entire face and neck and up to 60 minutes for the body depending on the size of the problem area. There's minimal downtime after this treatment. However, facial redness may last for 12-48 hours after the procedure.

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SIDE EFFECTS OF LITTLE OR NO SLEEP

If you enjoy living, it is in your best interest to take sleep very seriously. This is one of the most essential basic keys to good health and can easily infringe on anyone's ability to function well both physically and mentally.

Most in our society don't get enough sleep simply because it always seems that there is so much to do. It is important however to make sure that you sleep for at least 7 hours a night because over time it could be sleep deprivation that is interfering with your ability to get things done.

When you are tired because of lack of sleep you move slower than usual without even realizing it making it harder to focus on the functions that help make daily tasks easily completed. This can and usually leads to a bit of frustration as well. Not enjoying the proper amount of sleep you are endangering yourself will questionable judgments, slower reflexes and often flaring tempers.

Research involving truck drivers reveal that drivers without the proper amount of sleep have less than acceptable acute senses awareness and is the reasoning behind many state laws mandating the number of hours

that drivers can set behind the wheel without sleep and rest. Lack of sleep is not something to simply take for granted especially concerning driving.

It is also believed that lack of sleep can cause memory loss and certain mental illnesses. Not enough sleep can cause delusions and paranoia as well as being responsible in part for bad sudden judgments in reasoning.

Insomnia and many other sleep related problems including night terrors are beginning to show their ugly head in many of today's youth. Children that routinely have sleep problems are the most likely to fall asleep in class and have behavior related problems in the classroom. These kids usually do poorly in school.

Not realizing the importance of sleep is putting many parents and their children in harms way. It is best to start out life with healthy sleeping habits and making good night habits a constant routine. Keeping a steady night time routine schedule with the aid of a TV is an excellent way to ensure good sleep. If getting a good nights sleep is becoming a problem for anyone you care about, you should invest the time to examine and improve your sleep habits. Many serious sleep issues are caused by sleep deprivation over time and never from just one night every now and then. If left unsolved sleep issues can lead to serious mental and physical issues.

By: Ethan C Kalvin www.articledashboard.com



SSISA launches partnership with Futurelife High Protein Smart Food for Boot Camp

The Sports Science Institute of South Africa (SSISA) is very excited to announce the launch of a brand new innovative partnership with Futurelife High Protein Smart Food which will make our Boot Camp with SSISA programmes even better than before and take us to other cities.

The launch of the association kicks off in Cape Town in April 2014, but with our unified goal of making South Africans fitter and healthier; expect us in other areas soon!

Boot Camp with SSISA powered by Futurelife High Protein Smart Food- is an action-packed 8 week programme of themed, fun-filled outdoor training that works the body, mind

and spirit. It includes comprehensive health and fitness assessments, three weekly one-hour outdoor sessions run by biokineticists as well as exciting off-site sessions at beautiful locations and weekend hikes.

Our Cape Town courses kick off 8 April 2014 and will include both Boot Camp and Boot Camp Lite courses. Base venues include Newlands, Pinelands and the Northern suburbs. Courses are offered at various time-slots.

SPACE IS LIMITED SO ENLIST NOW! For more information call 021 659 5600 or email fit@ssisa.com