



# good hands

The old adage of your hands giving away your age even though your face may still look youthful might become a thing of the past. With technology galloping forward at a rapid rate and more and more men and women turning to the latest non-surgical aesthetic treatments, **Paola Chellev** decided to see what Skin Renewal had on the menu to turn back the hands of time

I was blessed with long fingers and strong fingernails and have always looked after my hands and nails, but as the years went by I could see the skin becoming thinner and more vulnerable and signs of sun damage were evident, in addition to the veins becoming more and more prominent. Regardless of the best hand creams on the market being coated on them, I was resigned to the fact that my hands were definitely past their sell-by date. The therapists at Skin Renewal in Parkhurst weren't fazed and Kim, my knowledgeable therapist, immediately started carboxytherapy in order to improve the condition of my skin. This consists of the subcutaneous administration of medical carbon dioxide gas through a very fine

needle. The therapy is safe, but not for the faint of heart; it was uncomfortable, but over in seconds and the results after three sessions were phenomenal. Straight after the carboxytherapy, Laser Genesis was done on the area, and this was quite soothing and gentle. A laser is used to soften lines and wrinkles and stimulate new collagen, as it works deep under the skin. It felt like warm pulses along my skin and I didn't need any pain reliever before the treatment, but we are all different, so if your pain threshold is low, then it might be advisable to take some medication or let the therapist administer a numbing cream before the treatment.

Alternating with my carboxy therapy treatments, a transdermal mesotherapy was scheduled with Dr Marilyn Brodtkin. This is a biologically active treatment that targets wrinkles by improving the tone and hydration of the skin progressively. A series of tiny injections of a powerful cocktail of hyaluronic acid and vitamins and minerals are administered to the back of the hands, resulting in denser and firmer skin. Dr Marilyn used a numbing cream as well as ice so the pricks were tolerable and there was virtually no down time as my hands looked quite normal by the time I got home. On the final day, she also used a tiny bit of filler to achieve a plumper but natural look.

After a month my hands were definitely looking more beautiful and younger (even my husband noticed which in itself was a miracle) and I was very happy with the results. Although not so for Dr Maureen Allen, founder and CEO of Skin & Body Renewal, who wanted perfection. She scheduled a session of Acutip laser treatment for the fine brown spots that were visible. Each shot felt like a mild pinch, and immediately after the spots started to darken and the skin around them was slightly red. My therapist, Candice, gave me a product called lycogel, which reduced the inflammation and covered beautifully. The spots faded and flaked off in the next week, leaving exceptionally smooth, spotless skin.

Skin & Body Renewal staff are great at customising treatments that target your particular needs. Another thing to remember is that maintenance is up to you. It's no good spending your money on expensive therapies and then exposing your hands to harsh sunlight without the proper sun protection. I'm thrilled with my results and careful to preserve the benefits so I've become a bit of a vampire; but a good SPF should do the trick.

Visit [www.skinrenewal.co.za](http://www.skinrenewal.co.za) for further information and a treatment menu. 💎