

CARBOXYTHERAPY: THE MIRACLE GAS



Did You Know?

BY age 30, skin's oxygen levels drop by 25 percent and by 40 they drop by 50 percent.

YOUR skin needs oxygen for optimum health and as we age the skin gets less oxygen, which inhibits regeneration and slowly skin starts losing elasticity and collagen. And we all know that collagen is what keeps skin plump and good looking!

As we age, subcutaneous capillaries become dormant, depriving cells of oxygen. This combined with environmental stresses and other variables inhibits the ability of cells to regenerate and function properly. The body naturally gets its oxygen through basic breathing, but factors like pollution reduce the levels. The body will first utilise oxygen in the major organs and lastly oxygen goes to the skin. When the skin doesn't get enough oxygen it becomes more prone to ageing, acne, redness, irritation and age spots.

What is Carboxytherapy?

Carbon dioxide therapy or Carboxytherapy, the miracle gas, has been touted as the biggest beauty breakthrough since Botox. Worldwide, Carboxytherapy is rapidly becoming known as the leading skin rejuvenation treatment. It is a safe, minimally invasive clinically proven method to rejuvenate, restore and recondition the skin and treat loose skin, remove crêpe skin around the eyes, cellulite, resistant fat and stretch marks.

How does it work?

Therapy involves injecting tiny amounts of carbon dioxide (CO²) beneath the skin to break down fatty deposits and stimulate collagen production.

Carboxytherapy infuses CO² just beneath the skin's surface. When the body recognises the CO² it automatically triggers a response by increasing oxygen-rich blood flow to that area as well as growth factors that will encourage production of new blood vessels. Increased

oxygen improves circulation, which in turn stimulates collagen production and cell restoration. Increased blood flow stimulates collagen, which will soften and reduce fine lines, wrinkles and decreases dark circles under the eye. Long-term collagen is stimulated with more regular sheets of collagen laid down. A few months later dermal remodelling occurs with collagen contraction leading to a tightening effect.

What can one expect before and after a Carboxytherapy treatment?

During the treatment the sensation can be likened to a dull throb or pressure. This mild discomfort lasts two to four minutes. CO² is 20 times more soluble than oxygen and it is easily and quickly diffused from the injection site to the surrounding tissue. After a treatment the gas is totally reabsorbed within five minutes and the treated area will raise and turn slightly red as oxygen perfuses into the area, which undergoes an inflammatory response which in turn stimulates collagen production. After the procedure, there is no pain – just possibly a crackling sensation under the skin that lasts until the gas is excreted. The area should not be rubbed or immersed in water for about four hours. Patients can return to work immediately after treatment – a truly walk in, walk out procedure.

Treatments

About four to six treatments are recommended every two to four weeks and then a touch-up session is recommended every six to eight months after that.

The treatment has no downtime and a single session can take between fifteen minutes and an hour depending on the vastness of the area to be treated.

What is the cost per treatment?

R650 per area

For more information or to book your Carboxytherapy session, contact Skinrenewal on 0861 263 972 or visit www.skinrenewal.co.za.

SKIN SINS

SIX bad skincare mistakes we make that can lead to premature aging and dull looking skin:

Avoid the sun. We have heard it many times yet we fail to listen. The sun along with tanning beds is extremely harmful and damaging for your skin; not only can it accelerate aging and lead to premature aging, but it can also lead to cancer. At the end of the day, is a tanned skin really worth it? Rather opt for natural bronzers and self tans.

Wearing make-up to bed. Wearing make-up will result in your skin not being able to breathe, thus clogging your pores and leading to skin irritation and even acne breakouts.

Not caring for neck and chest skin. We often make the mistake of neglecting our delicate décolletages (our necks and upper chests) during our skincare routine. This area is also exposed to the elements just like our faces, and shows signs of ageing faster than areas we keep covered up. Make sure you apply sunscreen to your décolletage every day as well.

Taking very hot showers. Taking hot showers can lead to dry skin and can wreak havoc with our skin's lipid barriers, leading to dry skin. Keep your showers short and lukewarm.

Not changing sheets and pillowcases often enough. Prone to acne? Make sure you change your sheets and pillowcases often. These absorb oils from your skin and can reapply these oils and dirt onto our skin later on.

Over-exfoliating. Although regular exfoliation can remove dead, dull skin cells, it is important to not go overboard and over exfoliate. Exfoliate once or twice a week with a natural product like oatmeal or even sugar. If you have sensitive skin prone to allergic reactions, then exfoliating should be avoided all together.

SOUND YOUNGER WITH A VOICE LIFT

DESIGNED to make your voice sound more youthful, voice lift surgery has become increasingly popular among the ageing population, especially professionals who use their voices such as performers, lawyers and telephone operators. Implants are inserted through an incision in the neck; doctors can also inject fat or collagen to plump up the vocal cords, which will make them sound younger.



Follow us on twitter.com/people_sa

www.peoplemagazine.co.za

PEOPLE 35