



AESTHETIC TREATMENT FOR WINTER SKIN

Dr Xen Ludick from Skin Renewal says winter is “peeling time”. Doing a light peel every three weeks helps to rid the skin of dead skin cells that tend to be more prominent during the colder months. “It allows us to add hydrating treatments like mesotherapy after the peel. It’s also a great time for deeper peels for more prominent skin issues, as the sun is less harsh,” he says.

Clark adds: “Dehydration causes more flaking skin to be trapped on the skin surface, so this helps to maintain your perfect complexion.” Winter, he concurs, is the best time, as chemical peels are more susceptible to post-peel sun damage. Given that you are exposing young, new skin, it increases the risk of pigmentation or sun spots; this risk is increased with deeper peels. In winter the sun is less harsh and this reduces the risk.

As dehydration is the single most common skin problem, and this can lead to hastened visible aging, he would recommend skinboosters from Restylane. “This is a treatment whereby we inject microdroplets of stabilised hyaluronic acid into the deep dermis to re-establish moisture control and hydration within the skin.” Skinboosters, he says, aim to restore the levels of hyaluronic acid in your skin, similar to those levels experienced in your 20s, which, he says, means “plump, fresh and hydrated skin all winter long”.

Clark comments that winter, in general, makes recovery from aesthetic treatments much easier. “In aesthetics, recovery means little more than social downtime, but patients do find it easier to sit indoors for an evening at home in front of the fire in winter than summer.”

He believes you should continually update your anti-aging regime to suit your skin needs and the seasons. “We treat patients year-round with Botulinum toxin, dermal fillers, laser hair removal, skin rejuvenation, body shaping and fat reduction – none are better suited to the cooler months, but all will help you to look and feel absolutely beautiful through the winter.”



Dermalogica AgeSmart Overnight Repair Serum with Argan and Rose Oils: Helps to stimulate cellular repair overnight. Collagen production is stimulated to firm skin, while the oils revitalise skin and smooth away fine lines.



Placecol Moisture Hold Therapy Daily Treatment: Aids in restoring moisture and suppleness to dry, sensitive and dehydrated skin. It promotes collagen integrity, while enhancing skin density and elasticity.



Bio Effect EGF Day Serum: Contains an ECF cellular activator and hyaluronic acid to moisturise, nourish and soften the skin. This serum is particularly beneficial for dry and sensitive skin.



Filorga Hyal-Defence Hyaluronic Acid Protection Serum: Contains a combination of ingredients for triple action: centaurea extract inhibits the activity of hyaluronidase, an enzyme that breaks down hyaluronic acid; anti-free-radical action protects hyaluronic acid from oxidation and the harmful effects of free radicals; while an active ingredient derived from sugar restores the skin’s elasticity and suppleness by stimulating the production of hyaluronic acid and elastin.